The Arbors At WESTBURY Tel: 516-333-6400 www.thearborsassistedliving.com MARCH 2024 Tuesday Wednesday Sunday Monday **Thursday Friday** Saturday CHAIR YOGA WITH JANICE **BANKING HOURS LOCATION KEY BREAKFAST SERVED** *ALL TRIPS ARE IF WEATHER PERMITS. MONDAY - FRIDAY 10:15 MORNING UPDATE AND NEWS 10:15 NEWS AND DISCUSSIONS B - Bistro 7:30 AM & 8:45 AM GR M=MICHAFI *ALL PROGRAMS ARE SUBJECT TO CHANGE. 11:00 AM - 3:00 PM 10:45 STAND BE FIT 10:45 CHAIR YOGA WITH JANICE D - Dining Room D=DAVID **CHANGE WILL BE REFLECTED ON THE DAILY** 11:15 WALKING CLUB GR "Always remember to forget the things that made you sad. J=JESSICA GR - Great Room **LUNCH SERVED COMPUTER CLUB** 11:15 YOU BE THE JUDGE 11:15 WORD IN A WORD J=JIMMY M - Media Room 11:30 AM & 12:45 PM MONDAY - FRIDAY 2:30 MOVIE MATINE 2:30 MOVIE MATINEE B=BEATRICE 9:00 AM - 10:00 AM 0 - Outings But never forget to remember the things that made you glad. E=EDWIN MICHAEL FILS WILL BE HAPPY P - Patio DINNER SERVED TO ANSWER ANY QUESTIONS F=FATIMA WALKING CLUB 3:45 WRITING CLUE IR - In Room 4:30 PM & 5:45 PM YOU MAY HAVE REGARDING J0=J0Y MONDAY / WEDNESDAY / 3.45 IIMMY'S CONVERSATION CORNER UN - Upper Nook THIS CALENDAR. 4:00 CONVERSATION CORNER **THURSDAY** E=ALL STAFF 4:00 SHARBAT SERVICE 2.00 PM 7:15 EVENING RINGO 7:15 EVENING BINGO I=INDEPENDENT 8:15 EVENING MOVIE B GR 8:15 EVENING MOVIE TARGET SHOPPING CROCHET CLUB WITH JESSICA 10:15 MID WEEK NEWS 10:15 NEWS AND VIEWS 10:15 HAPPENINGS & HOROSCOPES 10:15 CURRENT EVENTS & UPDATES 8:30 BUS TRIP FOR MASS 10:15 MORNING UPDATE AND NEWS 10:45 SUNDAY STRETCH 10:45 PET THERAPY VISIT GR 10:45 KEEPING IN SHAPE 10:45 BALLOON VOLLEYBALL 10:15 TODAY'S HEADLINES 11:00 SUNDAY MASS LIVE STREAM CH 26 GR 10:30 LIGHT N LIVELY FITNESS F GR 11:15 WALKING CLUB F GR 11:15 WALKING CLUB 10:45 MORNING FITNESS GR 11:15 WALKING CLUB 11:15 HORSE SHOF CHALLENGE 11:15 WALKING CLUB 11:15 MUSIC APPRECIATION 11:15 BEAN BAG TOSS 11:15 BOARD OF ELECTIONS VISIT GR 2:30 MOVIE MATINEE 11:15 ART WORKSHOP (MEDIA ROOM) 2:30 MOVIE MATINEE 2:30 MOVIE MATINEE 2:30 FLOOR DARTS 2:30 MOVIE MATINEE 2:30 AXE THROWING CHALLENGE 2:30 CONVERSATION CORNER 2:30 LEFT RIGHT CENTER N GR 3:00 VETS CHAT WITH GARY 2:30 CROCHET CLUB WITH JESSICA 2:30 TARGET SHOPPING 3:00 AFTERNOON SNACK SOCIAL 3:00 AFTERNOON SNACK SOCIA 3:15 AFTERNOON SNACK SOCIAL 3:00 CHEF'S CORNER 3:00 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 3:45 AFTERNOON BINGO 3:15 AFTERNOON RINGO 4:00 SCRABBLE GAME 4:00 SHABBAT SERVICES 4:00 WORDLE CHALLENGE GR 4:00 SPORTS CENTER IN MEDIA ROOM 4:00 HANGMAN 4:00 MIND JOGGERS 7:15 EVENING BINGO 7:15 EVENING BINGO GR GR 7:15 EVENING BINGO 7:15 EVENING BINGO GR 7:15 FVFNING BINGO 7:15 FVFNING RINGO 7:15 EVENING BINGO 8:15 EVENING MOVIE GR 8:15 EVENING MOVIE H GR **10** DAY LIGHT SAVINGS TIME 11 DOLLAR TREE SHOPPING **12** WALGREENS TRIP **13** FASHION ON WHEELS 14 ART BY DEBBIE VIOLA 15 JEOPARDY WITH JIMMY 16 CHAIR YOGA WITH JANICE 10:15 NEWS AND VIEWS 10:15 HAPPENINGS & HOROSCOPES 10:15 MORNING UPDATE AND NEWS 10:15 CURRENT EVENTS & UPDATES 10:15 NEWS AND DISCUSSIONS B GR 8:30 BUS TRIP FOR MASS B GR 10:45 SUNDAY MASS LIVE STREAM CH 26 GR 10:15 TODAY'S HEADLINES 10:45 PET THERAPY VISIT 10:45 SIT & GET FIT 10:45 **SIT & GET FIT** 10:45 BALLOON VOLLEYBALI 10:45 CHAIR YOGA WITH JANICE 10:45 SUNDAY STRETCH GR 10:45 KEEPING IN SHAPE GR 10:45 STRETCH TO THE MUSIC 11:15 WALKING CLUB 11:15 WALKING CLUB 11:15 WALKING CLUB WALKING CLUB 11:15 WALKING CLUB 11:15 CLASSICAL MUSIC 11:15 CROSSWORD CHALLENGE 11:15 BOWLING FOR DOLLARS GR 11:15 WORD IN A WORD 11:15 WORDLE CHALLENGE 11:15 LADDERBALL 2:30 MOVIE MATINEE 11:15 FLOOR DARTS 2:30 AFTERNOON BINGO 2:30 WALGREENS TRIE IR 2:30 HORSE SHOE CHALLENGE 2:30 ART BY DEBBIE VIOLA 2:30 CHESS & CHECKERS GAMES GR 2:30 MOVIE MATINEE 2:30 MOVIE MATINEE 2:30 MOVIE MATINES 3:00 AFTERNOON SNACK SOCIA 3:00 AFTERNOON SNACK SOCIAL 3:00 AFTERNOON SNACK SOCIAL GR 3:00 SNACK SOCIAL 3:00 AFTERNOON SNACK SOCIAL GR 3:45 AFTERNOON BINGO 3:45 AFTERNOON BINGO 3:00 AFTERNOON SNACK SOCIAL 3:00 JEOPARDY WITH JIMMY 4:00 SPORTS CENTER IN MEDIA ROOM GR 4.00 CUPID TRIVIA 4:00 CONVERSATION CORNER 4:00 SB: CLASSICAL MUSIC M 4:00 AFTERNOON CARD GAMES 4:00 FIRESIDE CHATS 5:00 ROMANTIC DINNER IN DINING ROOM 7:15 EVENING BINGO GR 7:15 EVENING BINGO 7:15 EVENING BINGO 7:15 EVENING RINGO 7:15 FVFNING BINGO 8:15 EVENING MOVIE I IR 8:15 EVENING MOVIE 8:15 EVENING MOVIE 8:15 EVENING MOVIE 8:15 EVENING MOVIE N GR 8:15 EVENING MOVIE 8:15 EVENING MOVIE 20 FASHION ON WHEELS 19 SPRING BEGINS/ RESIDENT COUNCIL 17 ST PATRICKS DAY 18 WALMART SHOPPING 21 APPLEBEES LUNCHEON Y GR 10:15 HAPPENINGS & HOROSCOPES 10:15 MID WEEK NEWS 10:15 NEWS AND DISCUSSIONS 10:15 CURRENT EVENTS & UPDATES 8:30 BUS TRIP FOR MASS 10:30 SUNDAY MASS LIVE STREAM CH 26 GR 10:45 KEEPING IN SHAPE 10:45 BALLOON VOLLEYBALI 10:45 EXERCISE TO MUSIC 10:30 BAR FITNESS W CHELSEA 10:30 LIGHT N LIVELY FITNESS GR 10:45 PET THERAPY VISIT 11:15 TRENDING TOPICS 10:45 SUNDAY STRETCH 11:15 WALKING CLUB 11:15 WALKING CLUB 11:15 WALKING CLUB GR 11:15 WALKING CLUB 11:15 WALKING CLUB GR 11:15 CRANIUM CRUSHERS 11:15 WORD IN A WORD 11:15 YOU BE THE JUDGE GR 11:15 WALKING CLUB **MOVIE MATINEE** 2:30 MOVIE MATINEE GR 2:30 HANG MAN CHALLENGE 11:15 CRANIUM CRUSHERS 2:30 RESIDENT COUNCIL MEETING 2:30 AFTERNOON BINGO 2:30 AFTERNOON BINGO GR 3:00 AFTERNOON SNACK SOCIAL 2:30 AFTERNOON BINGO 12:00 APPLE REES LUNCHEON 3:00 SNACK SOCIAL GR 3:15 YOUTURE: HOW WAS IT MADE 2:30 MOVIE MATINEE 3:00 AFTERNOON SNACK SOCIAL 3:00 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON RINGO GR 3:00 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 3:00 CHEF'S CORNER 4:00 SHABBAT SERVICES 4:00 RING TOSS 4:00 CONVERSATION CORNER 4:00 INDEPENDENT CARD GAMES 3:45 AFTERNOON BINGO 7:15 EVENING BINGO 7:15 EVENING BINGO GR 7:15 EVENING BINGO 7:15 EVENING BINGO 7:15 EVENING BINGO 8:15 EVENING MOVIE 8:15 EVENING MOVIE E GR N GR 8:15 EVENING MOVIE 8:15 EVENING MOVIE 8:15 EVENING MOVIE 8:15 EVENING MOVIE **27** JEWELRY MAKING WITH FATIMA 28 LARRY WOLFE LECTURE 25 STOP & SHOP SHOPPING 29 PIZZA TAKE OUT **24/31** PALM SUNDAY(24) EASTER (31) 30 MARCH BIRTHDAY PARTY 10:15 HAPPENINGS & HOROSCOPES 10:15 TODAY'S HEADLINES 10:15 CURRENT EVENTS & UPDATES 10:15 MID WEEK NEWS 10:15 MORNING UPDATE AND NEWS 10:30 SUNDAY MASS LIVE STREAM CH 26 GR 10:30 BALLOON VOLLEYBALL 10:45 STRENGTHEN & FLEX 10:45 BALLOON VOLLEYBALL 10:45 KEEP IN SHAPE 10:45 CHAIR YOGA WITH JANICE 10:45 STAND BE FIT GR 11:15 SUNDAY STRETCH 10:45 PET THERAPY VISIT 11:15 WALKING CLUB 11:15 WALKING CLUB 11:15 WALKING CLUB 11:15 WALKING CLUB 11:15 WALKING CLUE 11:15 TABLE GAMES GR 11:15 WALKING CLUB 11:15 CRANIUM CRUSHERS 11:15 TRENDING TOPICS 2:30 MOVIE MATINEE 11:15 YOU BE THE JUDGE GR STOP & SHOP SHOPPING 2:30 MOVIE MATINEE 2:30 MOVIE MATINEE 2:30 OPEN DANCE PARTY GR 2:30 FOOD COUNCIL MEETING 2:30 JEWELRY MAKING WITH FATIMA 2:30 CFI FRRITY BIO GR 3:00 AFTERNOON SNACK SOCIAL 3:00 SNACK SOCIAL 3:00 AFTERNOON SNACK SOCIAL 3:00 AFTERNOON SNACK SOCIAL 3-15 MARCH RIRTHDAY PARTY 3:45 WRITING CLUE 3:45 AFTERNOON BINGO 3:45 AFTERNOON BINGO GR 3:45 AFTERNOON BINGO 3:30 FLOOR DARTS 3:45 JIMMY'S CONVERSATION CORNER 4:00 INDEPENDENT CARD GAMES 4.00 CONVERSATION CORNEL 4:00 INDEPENDENT CARD GAMES 4:00 CONVERSATION CORNER 4:00 SHABBAT SERVICE 7:15 EVENING BINGO 7:15 EVENING RINGO

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