

MAY 2024

The Arbors At **WESTBURY** Tel: 516-333-6400
www.thearborsassistedliving.com

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
STAFF KEY M=MICHAEL J=JESSICA J=JIMMY C=CARMEN E=EDWIN F=FATIMA JO=JOY E=ALL STAFF I=INDEPENDENT	LOCATION KEY B - Bistro D - Dining Room GR - Great Room M - Media Room O - Outings P - Patio IR - In Room UN - Upper Nook	BANKING HOURS MONDAY - FRIDAY 11:00 AM - 3:00 PM COMPUTER CLUB MONDAY - FRIDAY 9:00 AM - 10:00 AM WALKING CLUB MONDAY /WEDNESDAY/ THURSDAY 2:00 PM	BREAKFAST SERVED 7:30 AM & 8:45 AM LUNCH SERVED 11:30 AM & 12:45 PM DINNER SERVED 4:30 PM & 5:45 PM	<i>*ALL TRIPS ARE IF WEATHER PERMITS. *ALL PROGRAMS ARE SUBJECT TO CHANGE. CHANGE WILL BE REFLECTED ON THE DAILY BOARD.</i> YOUR RECREATION DIRECTOR MICHAEL FILS WILL BE HAPPY TO ANSWER ANY QUESTIONS YOU MAY HAVE REGARDING THIS CALENDAR.	1 BALLROOM DANCING TRIP 9:30 BALLROOM DANCING TRIP 10:00 TODAY'S HEADLINES 10:15 PAMPERING & NAILS 10:45 VOLLEY BALL COMPETITION 11:15 WALKING CLUB 11:15 SMART BOARD GAMES 1:30 CROSSWORD FUN 2:30 MOVIE MATINEE 2:30 APPLES TO APPLES 3:00 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 4:00 AFTERNOON POKER/ CARDS 7:15 EVENING BINGO 8:15 EVENING MOVIE	2 MILLERIDGE INN LUNCHEON / CROCHET 8:30 BUS TRIP FOR MASS 10:00 HOT TOPICS & DISCUSSION 10:45 MORNING EXERCISE 11:00 DAVEN W/ RABBI BROWNSTEIN 11:15 WALKING CLUB 11:15 A TO Z TRIVIA 12:00 MILLERIDGE INN LUNCHEON 1:30 KINGS IN A CORNER 2:30 MOVIE MATINEE 2:30 CROCHET CLUB WITH JESSICA 2:30 LIGHTNING TRIVIA 3:30 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 7:15 EVENING BINGO 8:15 EVENING MOVIE	3 JEOPARDY WITH JIMMY 10:00 MORNING UPDATE AND NEWS 10:15 PAMPERING & NAILS 10:45 STRETCH TO THE MUSIC 11:15 WALKING CLUB 11:15 YOU BE THE JUDGE 1:30 WORDLE CHALLENGE 2:30 MOVIE MATINEE 2:30 AFTERNOON BINGO 3:00 AFTERNOON SNACK SOCIAL 3:45 WRITING CLUB 3:45 JIMMY'S CONVERSATION CORNER 4:00 SHABBAT SERVICE 7:15 EVENING BINGO 8:15 EVENING MOVIE	4 GARDEN CLUB 10:00 WEEKEND NEWS & UPDATES 10:45 WEEKEND WORKOUT 11:15 WALKING CLUB 11:15 WORD IN A WORD 1:30 CELEBRITY BIO: JOHN WAYNE 2:30 MOVIE MATINEE 2:30 GARDEN CLUB 3:00 AFTERNOON SNACK SOCIAL 3:45 BEAN BAG TOSS WITH JOY 4:00 CONVERSATION CORNER 7:15 EVENING BINGO 8:15 EVENING MOVIE
5 CINCO DE MAYO 10:00 NEWS AND VIEWS 10:45 ZUMBA FITNESS 11:00 SUNDAY MASS LIVE STREAM CH 26 11:15 CAMINANDO CLUB 11:15 HISTORY OF CINCO MAYO 1:30 CINCO DE MAYO TRIVIA 2:30 MOVIE MATINEE 2:30 AFTERNOON BINGO 2:30 LEFT RIGHT CENTER 3:00 AFTERNOON SNACK SOCIAL 3:45 CINCO DE MAYO FIESTA 4:00 SPORTS CENTER IN MEDIA ROOM 7:15 EVENING BINGO 8:15 EVENING MOVIE	6 DOLLAR TREE SHOPPING 10:00 TODAY'S HEADLINES 10:15 HOSPITALITY VISITS 10:30 PET THERAPY VISIT 10:45 LIGHT N LIVELY FITNESS 11:15 WALKING CLUB 11:15 ART WORKSHOP (MEDIA ROOM) 1:30 BRAIN GAMES 2:30 MOVIE MATINEE 2:30 DOLLAR TREE SHOPPING 3:00 AFTERNOON SNACK SOCIAL 3:15 AFTERNOON BINGO 4:00 HANG MAN 7:15 EVENING BINGO 8:15 EVENING MOVIE	7 VETS CHAT WITH GARY 10:00 TRENDING TOPICS & UPDATES 10:15 HOSPITALITY VISITS 10:45 KEEPING IN SHAPE 11:15 WALKING CLUB 11:15 HORSE SHOE CHALLENGE 1:30 TECHNOLOGY CLASS 2:30 MOVIE MATINEE 2:30 VIRTUAL WALK: PARIS 3:00 VETS CHAT WITH GARY 3:15 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 4:00 MIND JOGGERS 7:15 EVENING BINGO 8:15 EVENING MOVIE	8 BAKING WITH FATIMA 10:00 MID WEEK NEWS 10:15 PAMPERING & NAILS 10:45 BALLOON VOLLEYBALL 11:15 WALKING CLUB 11:15 MUSIC APPRECIATION 1:30 MEXICAN TRAIN DOMINOES 2:30 MOVIE MATINEE 2:30 BAKING WITH FATIMA 3:00 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 4:00 SCRABBLE GAME 7:15 EVENING BINGO 8:15 EVENING MOVIE	9 ART BY DEBBIE VIOLA 8:30 BUS TRIP FOR MASS 10:00 HAPPENINGS & HOROSCOPES 10:15 HOSPITALITY VISITS 10:45 MORNING FITNESS 11:00 DAVEN W/ RABBI BROWNSTEIN 11:15 WALKING CLUB 11:15 TABLE TOPICS 1:30 SCRABBLE COMPETITION 2:30 MOVIE MATINEE 2:30 ART BY DEBBIE VIOLA 3:00 CHEF'S CORNER 3:15 AFTERNOON BINGO 4:00 TABOO 7:15 EVENING BINGO 8:15 EVENING MOVIE	10 AMI'S JEWELRY / CONVERSATION CORNER 10:00 MORNING UPDATE AND NEWS 10:15 PAMPERING & NAILS 10:15 HOSPITALITY VISITS 10:45 FRIDAY FITNESS 11:15 WALKING CLUB 11:15 BEAN BAG TOSS 1:30 LEARN A NEW GAME 2:30 MOVIE MATINEE 2:30 CONVERSATION CORNER 3:00 AFTERNOON SNACK SOCIAL 3:00 AFTERNOON BINGO 4:00 SHABBAT SERVICES 7:15 EVENING BINGO 8:15 EVENING MOVIE	11 CHAIR YOGA WITH JANICE 10:00 NEWS AND DISCUSSIONS 10:15 HOSPITALITY VISITS 10:45 CHAIR YOGA WITH JANICE 11:15 WALKING CLUB 11:15 WORD IN A WORD 1:30 CLASSICAL MUSIC CONCERTS 2:30 MOVIE MATINEE 2:30 FLOOR DARTS 3:00 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 4:00 WORDLE CHALLENGE 7:15 EVENING BINGO 8:15 EVENING MOVIE		
12 MOTHER'S DAY 10:00 MOTHER'S DAY FLOWER CEREMONY 10:45 SUNDAY MASS LIVE STREAM CH 26 10:45 SUNDAY STRETCH 11:15 WALKING CLUB 11:15 ALL ABOUT MOM 1:30 JOGGIN YOUR NOGGIN 2:30 MOVIE MATINEE 2:30 MOTHERS DAY CRAFT 2:30 AFTERNOON BINGO 3:00 AFTERNOON SNACK SOCIAL 3:15 MOTHER'S DAY CELEBRATION 4:00 SPORTS CENTER IN MEDIA ROOM 4:00 FIRESIDE CHATS 7:15 EVENING BINGO 8:15 EVENING MOVIE	13 TRIP TO WALMART 10:00 HAPPENINGS & HOROSCOPES 10:15 HOSPITALITY VISITS 10:45 PET THERAPY VISIT 10:45 STRETCH TO THE MUSIC 11:15 WALKING CLUB 11:15 FLOOR DARTS 1:30 LEFT, RIGHT, CENTER 2:30 MOVIE MATINEE 2:30 TRIP TO WALMART 3:00 AFTERNOON SNACK SOCIAL 4:00 SB: CLASSICAL MUSIC 7:15 EVENING BINGO 8:15 EVENING MOVIE	14 MICHAEL'S CRAFT STORE 10:00 CURRENT EVENTS & UPDATES 10:15 HOSPITALITY VISITS 10:45 SIT & GET FIT 11:15 WALKING CLUB 11:15 CROSSWORD CHALLENGE 1:30 TABLE TOPICS 2:30 MICHAEL'S CRAFT STORE 2:30 MOVIE MATINEE 2:30 MIND JOGGERS 3:00 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 4:00 WORDLE CHALLENGE 7:15 EVENING BINGO 8:15 EVENING MOVIE	15 FASHION ON WHEELS 10:00 TRENDING TOPICS & UPDATES 10:15 PAMPERING & NAILS 10:45 BALLOON VOLLEYBALL 11:15 WALKING CLUB 11:15 CLASSICAL MUSIC 1:30 KINGS IN A CORNER 2:30 MOVIE MATINEE 2:30 AFTERNOON BINGO 3:00 AFTERNOON SNACK SOCIAL 4:00 WORDLE CHALLENGE 7:15 EVENING BINGO 8:15 EVENING MOVIE	16 ARBORS OPEN HOUSE 8:30 BUS TRIP FOR MASS 10:00 TODAY'S HEADLINES 10:15 HOSPITALITY VISITS 10:45 KEEPING IN SHAPE 11:15 WALKING CLUB 11:15 LADDERBALL 12:00 MAMA THERESA LUNCHEON 1:30 YOUTUBE- HOW IS IT MADE 2:30 MOVIE MATINEE 2:30 AFTERNOON BINGO 3:00 AFTERNOON SNACK SOCIAL 3:15 MUSICAL ENTERTAINMENT 4:00 AFTERNOON CARD GAMES 7:15 EVENING BINGO 8:15 EVENING MOVIE	17 JEOPARDY WITH JIMMY 10:00 MORNING UPDATE AND NEWS 10:15 PAMPERING & NAILS 10:45 SIT & GET FIT 11:15 WALKING CLUB 11:15 BOWLING FOR DOLLARS 1:30 YOU BE THE JUDGE 2:30 AFTERNOON BINGO 2:30 MOVIE MATINEE 3:00 SNACK SOCIAL 3:00 JEOPARDY WITH JIMMY 4:00 SHABBAT SERVICES 7:15 EVENING BINGO 8:15 EVENING MOVIE	18 ARMED FORCES DAY 10:00 WEEKEND NEWS & UPDATES 10:15 HOSPITALITY VISITS 10:45 CHAIR YOGA WITH JANICE 11:15 WALKING CLUB 11:15 WORD IN A WORD 1:30 MEXICAN TRAIN DOMINOES 2:30 MOVIE MATINEE 2:30 FLOOR DARTS 3:00 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 4:00 CONVERSATION CORNER 7:15 EVENING BINGO 8:15 EVENING MOVIE		
19 TRIP TO JERICHO PUBLIC LIBRARY 10:00 NEWS AND VIEWS 10:30 SUNDAY MASS LIVE STREAM CH 26 10:45 SUNDAY STRETCH 11:15 WALKING CLUB 11:15 YOU BE THE JUDGE 1:30 BRAIN GAMES 2:30 MOVIE MATINEE 2:30 TRIP TO JERICHO PUBLIC LIBRARY 2:30 AFTERNOON BINGO 3:00 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 4:00 SPORTS CENTER IN MEDIA ROOM 7:15 EVENING BINGO 8:15 EVENING MOVIE	20 BROADWAY MALL 10:00 TODAY'S HEADLINES 10:15 HOSPITALITY VISITS 10:45 KEEPING IN SHAPE 10:45 PET THERAPY VISIT 11:15 ART WORKSHOP (MEDIA ROOM) 1:30 CRANIUM CRUSHERS 2:30 BROADWAY MALL 2:30 MOVIE MATINEE 2:30 AXE THROWING 3:00 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 4:00 CONVERSATION CORNER 7:00 PASSOVER SEDER W RABBI 7:15 EVENING BINGO 8:15 EVENING MOVIE	21 RESIDENT COUNCIL 10:00 CURRENT EVENTS & UPDATES 10:15 HOSPITALITY VISITS 10:45 EXERCISE TO MUSIC 11:15 WALKING CLUB 11:15 CRANIUM CRUSHERS 1:30 TECHNOLOGY CLASS 2:30 MOVIE MATINEE 2:30 RESIDENT COUNCIL MEETING 3:00 SNACK SOCIAL 3:45 AFTERNOON BINGO 4:00 RUMMIKUB 7:15 EVENING BINGO 8:15 EVENING MOVIE	22 CRAFT CORNER 10:00 MID WEEK NEWS 10:15 PAMPERING & NAILS 10:45 BALLOON VOLLEYBALL 11:15 TRENDING TOPICS 11:15 WALKING CLUB 1:30 FAMILY FEUD CHALLENGE 2:30 MOVIE MATINEE 2:30 CRAFT CORNER 3:00 AFTERNOON SNACK SOCIAL 3:15 YOUTUBE: HOW WAS IT MADE 3:45 AFTERNOON BINGO 4:00 INDEPENDENT CARD GAMES 7:15 EVENING BINGO 8:15 EVENING MOVIE	23 TRAVEL CLUB 8:30 BUS TRIP FOR MASS 10:00 HAPPENINGS & HOROSCOPES 10:15 HOSPITALITY VISITS 10:45 WARM UP EXERCISE 11:00 DAVEN W/ RABBI BROWNSTEIN 11:15 WALKING CLUB 11:15 CRANIUM CRUSHERS 1:30 CONVERSATION CORNER 2:30 TRAVEL CLUB: PARIS 2:30 MOVIE MATINEE 3:00 CHEF'S CORNER 3:45 AFTERNOON BINGO 7:15 EVENING BINGO 8:15 EVENING MOVIE	24 RED HATS SOCIETY 10:00 MORNING UPDATE AND NEWS 10:15 PAMPERING & NAILS 10:15 HOSPITALITY VISITS 10:30 LIGHT N LIVELY FITNESS 11:15 WALKING CLUB 11:15 JEOPARDY W JIMMY 1:30 CALL OUT ANSWERS 2:30 RED HATS SOCIETY 2:30 MOVIE MATINEE 3:00 AFTERNOON BINGO 3:00 AFTERNOON SNACK SOCIAL 4:00 SHABBAT SERVICES 7:15 EVENING BINGO 8:15 EVENING MOVIE	25 MAY BIRTHDAY DAY PARTY 10:00 HOT TOPICS & DISCUSSION 10:15 HOSPITALITY VISITS 10:45 BAR FITNESS WITH CHELSEA 11:15 WALKING CLUB 11:15 WORD IN A WORD 1:30 CROSSWORD CHALLENGE 2:30 MOVIE MATINEE 2:30 AFTERNOON BINGO 3:00 AFTERNOON SNACK SOCIAL 3:15 MAY BIRTHDAY DAY PARTY 4:00 RING TOSS 7:15 EVENING BINGO 8:15 EVENING MOVIE		
26 KOHLS SHOPPING 10:00 NEWS AND VIEWS 10:30 SUNDAY MASS LIVE STREAM CH 26 11:15 SUNDAY STRETCH 11:15 TABLE GAMES 11:15 WALKING CLUB 1:30 WORD SHUFFLE 2:30 KOHLS SHOPPING 2:30 MOVIE MATINEE 2:30 YOU BE THE JUDGE 3:00 WINE & CHEESE SOCIAL 3:45 AFTERNOON BINGO 4:00 SPORTS CENTER IN MEDIA ROOM 7:15 EVENING BINGO 8:15 EVENING MOVIE	27 MEMORIAL DAY BBQ 10:00 HAPPENINGS & HOROSCOPES 10:15 HOSPITALITY VISITS 10:30 BALLOON VOLLEYBALL 10:45 PET THERAPY VISIT 11:00 MEMORIAL DAY CEREMONY 11:15 WALKING CLUB 12:00 MEMORIAL DAY BBQ 1:30 FLOOR DARTS 2:30 SHOP RITE BUS TRIP 2:30 MOVIE MATINEE 2:30 MEMORIAL DAY CRAFT 3:00 AFTERNOON SNACK SOCIAL 3:00 AFTERNOON BINGO 4:00 CONVERSATION CORNER 7:15 EVENING BINGO 8:15 EVENING MOVIE	28 FOOD COUNCIL 10:00 CURRENT EVENTS & UPDATES 10:15 HOSPITALITY VISITS 10:45 STRENGTHEN & FLEX 11:15 WALKING CLUB 11:15 CRANIUM CRUSHERS 1:30 LADDERBALL 2:30 MOVIE MATINEE 2:30 FOOD COUNCIL MEETING 3:00 SNACK SOCIAL 3:45 AFTERNOON BINGO 4:00 RUMMIKUB 7:15 EVENING BINGO 8:15 EVENING MOVIE	29 ARBORS'S TALENT SHOW 10:00 MID WEEK NEWS 10:15 PAMPERING & NAILS 10:45 BALLOON VOLLEYBALL 11:15 WALKING CLUB 11:15 TRENDING TOPICS 1:30 WORD IN A WORD 2:30 MOVIE MATINEE 2:30 ARBORS'S TALENT SHOW 3:00 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 4:00 INDEPENDENT CARD GAMES 7:15 EVENING BINGO 8:15 EVENING MOVIE	30 LARRY WOLFE LECTURE 10:00 TODAY'S HEADLINES 10:15 HOSPITALITY VISITS 10:45 KEEP IN SHAPE 11:15 WALKING CLUB 1:30 WHO WANTS TO BE A MILLIONAIRE 2:30 MOVIE MATINEE 2:30 LARRY WOLFE LECTURE 2:30 CELEBRITY BIO 3:00 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 4:00 INDEPENDENT CARD GAMES 7:15 EVENING BINGO 8:15 EVENING MOVIE	31 PIZZA TAKE OUT 10:00 MORNING UPDATE AND NEWS 10:15 PAMPERING & NAILS 10:45 FRIDAY FITNESS 11:15 WALKING CLUB 11:15 BEAN BAG TOSS 12:00 YAY PIZZA FRIDAY 1:30 CRANIUM CRUSHERS 2:30 MOVIE MATINEE 2:30 CONVERSATION CORNER 3:00 AFTERNOON SNACK SOCIAL 3:45 AFTERNOON BINGO 4:00 SHABBAT SERVICES 7:15 EVENING BINGO 8:15 EVENING MOVIE			

