

# AUGUST 2024

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

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday



| STAFF KEY     | LOCATION KEY    |
|---------------|-----------------|
| M=MICHAEL     | B - Bistro      |
| D=DAVID       | D - Dining Room |
| J=JESSICA     | GR - Great Room |
| J=JIMMY       | M - Media Room  |
| B=BEATRICE    | O - Outings     |
| E=EDWIN       | P - Patio       |
| F=FATIMA      | IR - In Room    |
| JO=JOY        | UN - Upper Nook |
| E=ALL STAFF   |                 |
| I=INDEPENDENT |                 |

| BANKING HOURS                             | BREAKFAST SERVED    |
|---|---------------------|
| MONDAY - FRIDAY<br>11:00 AM - 3:00 PM     | 7:30 AM & 8:45 AM   |
| COMPUTER CLUB                             | LUNCH SERVED        |
| MONDAY - FRIDAY<br>9:00 AM - 10:00 AM     | 11:30 AM & 12:45 PM |
| WALKING CLUB                              | DINNER SERVED       |
| MONDAY /WEDNESDAY/<br>THURSDAY<br>2:00 PM | 4:30 PM & 5:45 PM   |

**\*ALL TRIPS ARE IF WEATHER PERMITS.  
\*ALL PROGRAMS ARE SUBJECT TO CHANGE.  
CHANGE WILL BE REFLECTED ON THE DAILY BOARD.**

**YOUR RECREATION DIRECTOR  
MICHAEL FILS WILL BE HAPPY  
TO ANSWER ANY QUESTIONS  
YOU MAY HAVE REGARDING  
THIS CALENDAR.**

| 1 BEAN BAG TOSS COMPETITION       | 0    |
|-----------------------------------|------|
| 8:30 BUS TRIP FOR MASS            | GR   |
| 10:15 HOT TOPICS & DISCUSSION     | GR   |
| 10:45 MORNING EXERCISE            | GR   |
| 10:45 HOSPITALITY VISIT           | J GR |
| 11:00 DAVEN WITH RABBI BROWNSTEIN | GR   |
| 11:15 WALKING CLUB                | GR   |
| 11:15 A TO Z TRIVIA               | GR   |
| 1:30 TABOO THE GAME               | IR   |
| 2:30 MOVIE MATINEE                | GR   |
| 2:30 BEAN BAG TOSS COMPETITION    | GR   |
| 2:30 LIGHTNING TRIVIA             | GR   |
| 3:30 AFTERNOON SNACK SOCIAL       | IR   |
| 3:45 AFTERNOON BINGO              | GR   |
| 7:15 EVENING BINGO                | M    |
| 8:15 EVENING MOVIE                |      |

| 2 GREGORY MULAD CONCERT          | GR   |
|----------------------------------|------|
| 10:15 MORNING UPDATE AND NEWS    | GR   |
| 10:45 LIGHT LIVELY FITNESS       | B GR |
| 10:45 ONE TO ONE VISIT           | GR   |
| 11:15 WALKING CLUB               | J GR |
| 11:15 YOU BE THE JUDGE           | GR   |
| 1:30 CROSSWORD PUZZLES           | GR   |
| 2:30 MOVIE MATINEE               | F GR |
| 2:30 AFTERNOON BINGO             | F M  |
| 3:00 AFTERNOON SNACK SOCIAL      | B GR |
| 3:15 GREGORY MULAD CONCERT       | F GR |
| 3:45 JIMMY'S CONVERSATION CORNER | E GR |
| 4:00 INDEPENDENT CARD GAMES      | GR   |
| 7:15 EVENING BINGO               | I GR |
| 8:15 EVENING MOVIE               | N M  |

| 3 CHAIR YOGA WITH JANICE       | GR   |
|--------------------------------|------|
| 10:15 WEEKEND NEWS & UPDATES   | GR   |
| 10:45 CHAIR YOGA WITH JANICE   | B GR |
| 10:45 START YOUR MORNING VISIT | F GR |
| 11:15 WALKING CLUB             | N GR |
| 11:15 WORD IN A WORD           | B GR |
| 1:30 WHERE IN THE WORLD        | R    |
| 2:30 MOVIE MATINEE             | GR   |
| 2:30 HORSE RACING WITH FATIMA  | GR   |
| 3:00 AFTERNOON SNACK SOCIAL    | B M  |
| 3:45 BEAN BAG TOSS WITH JOY    | B GR |
| 4:00 CONVERSATION CORNER       | GR   |
| 7:15 EVENING BINGO             | I GR |
| 8:15 EVENING MOVIE             | GR   |

| 4 CVS BUS TRIP                      | N  | GR |
|-------------------------------------|----|----|
| 10:15 NEWS AND VIEWS                | N  | GR |
| 10:45 SUNDAY STRETCH                | Y  | GR |
| 11:00 SUNDAY MASS LIVE STREAM CH 26 | N  | GR |
| 11:15 WALKING CLUB                  | F  | M  |
| 11:15 FINISHING WORDS               | I  | GR |
| 1:30 BRAIN TEASERS                  | IR |    |
| 2:30 MOVIE MATINEE                  | N  | GR |
| 2:30 LEFT RIGHT CENTER              | Y  | GR |
| 2:30 CVS BUS TRIP                   | A  | GR |
| 3:00 AFTERNOON SNACK SOCIAL         | N  | GR |
| 3:45 AFTERNOON BINGO                | F  | GR |
| 4:00 SPORTS CENTER IN MEDIA ROOM    | E  | GR |
| 7:15 EVENING BINGO                  | N  | GR |
| 8:15 EVENING MOVIE                  | I  | IR |

| 5 WALMART SHOPPING              | N | GR |
|---------------------------------|---|----|
| 10:15 TODAY'S HEADLINES         | N | GR |
| 10:45 ROOM VISITS               | A | M  |
| 10:45 PET THERAPY VISIT         | Y | GR |
| 10:30 LIGHT N LIVELY FITNESS    | F | GR |
| 11:15 WALKING CLUB              | Y | GR |
| 11:15 ART WORKSHOP (MEDIA ROOM) | I | GR |
| 1:30 MANDALA ART                | N | IR |
| 2:30 MOVIE MATINEE              | Y | GR |
| 2:30 WALMART SHOPPING           | B | GR |
| 2:30 AFTERNOON SNACK SOCIAL     | E | GR |
| 3:15 AFTERNOON BINGO            | E | GR |
| 4:00 HANG MAN                   | Y | GR |
| 7:15 EVENING BINGO              | N | GR |
| 8:15 EVENING MOVIE              | I | IR |

| 6 GRILL HOUSE BBQ @ COURTYARD     | B | R  |
|-----------------------------------|---|----|
| 10:15 TRENDING TOPICS & UPDATES   | B | R  |
| 10:45 KEEPING IN SHAPE            | Y | GR |
| 10:45 YOU'VE GOT MAIL - VISIT     | F | GR |
| 11:15 WALKING CLUB                | F | GR |
| 11:15 HORSE SHOE CHALLENGE        | F | GR |
| 12:00 GRILL HOUSE BBQ @ COURTYARD | I | GR |
| 1:30 CALL OUT ANSWERS             | I | IR |
| 2:30 MOVIE MATINEE                | A | GR |
| 2:30 LADDER BALL                  | Y | GR |
| 2:30 KOHL'S SHOPPING TRIP         | B | M  |
| 3:15 AFTERNOON SNACK SOCIAL       | F | GR |
| 3:45 AFTERNOON BINGO              | I | GR |
| 4:00 MIND JOGGERS                 | E | GR |
| 7:15 EVENING BINGO                | B | GR |
| 8:15 EVENING MOVIE                | I | IR |

| 7 AXE THROWING CHALLENGE    | B | GR |
|-----------------------------|---|----|
| 10:15 MID WEEK NEWS         | B | GR |
| 10:45 BALLOON VOLLEYBALL    | P | GR |
| 10:45 HOSPITALITY VISIT     | I | GR |
| 11:15 WALKING CLUB          | F | GR |
| 11:15 MUSIC APPRECIATION    | B | GR |
| 1:30 BRAIN GAMES            | I | GR |
| 2:30 MOVIE MATINEE          | F | IR |
| 2:30 AXE THROWING CHALLENGE | B | O  |
| 2:30 GET YOUR NAILS DONE    | B | GR |
| 3:00 AFTERNOON SNACK SOCIAL | B | GR |
| 3:45 AFTERNOON BINGO        | F | M  |
| 4:00 SCRABBLE GAME          | E | GR |
| 7:15 EVENING BINGO          | Y | GR |
| 8:15 EVENING MOVIE          | F | GR |

| 8 ART BY DEBBIE VIOLA             | B | R  |
|-----------------------------------|---|----|
| 8:30 BUS TRIP FOR MASS            | B | R  |
| 10:15 HAPPENINGS & HOROSCOPES     | Y | GR |
| 10:45 MORNING FITNESS             | F | GR |
| 10:45 START YOUR MORNING VISIT    | F | GR |
| 11:00 DAVEN WITH RABBI BROWNSTEIN | I | GR |
| 11:15 WALKING CLUB                | F | GR |
| 11:15 TABLE TOPICS                | I | IR |
| 1:30 CROSSWORD CHALLENGE          | B | R  |
| 2:30 MOVIE MATINEE                | Y | GR |
| 2:30 ART BY DEBBIE VIOLA          | B | GR |
| 2:30 AFTERNOON BINGO              | E | GR |
| 3:00 CHEF'S CORNER                | F | GR |
| 4:00 TABOO                        | I | IR |
| 7:15 EVENING BINGO                | H | GR |
| 8:15 EVENING MOVIE                | H | M  |

| 9 CONVERSATION CORNER         | F | GR |
|-------------------------------|---|----|
| 10:15 MORNING UPDATE AND NEWS | F | GR |
| 10:45 FRIDAY FITNESS          | F | GR |
| 10:45 ONE TO ONE VISIT        | F | GR |
| 11:15 WALKING CLUB            | B | GR |
| 11:15 BEAN BAG TOSS           | N | M  |
| 1:30 THE MATCHING GAME        | B | GR |
| 2:30 MOVIE MATINEE            | F | GR |
| 2:30 CONVERSATION CORNER      | E | GR |
| 3:00 AFTERNOON SNACK SOCIAL   | F | GR |
| 3:45 AFTERNOON BINGO          | I | IR |
| 4:00 INDEPENDENT CARD GAMES   | N | M  |
| 7:15 EVENING BINGO            | N |    |
| 8:15 EVENING MOVIE            |   |    |

| 10 LADDERBALL COMPETITION     | F | GR |
|-------------------------------|---|----|
| 10:15 NEWS AND DISCUSSIONS    | F | GR |
| 10:45 WEEKEND WORKOUT         | B | GR |
| 10:45 SATURDAY MORNING VISITS | F | GR |
| 11:15 WALKING CLUB            | B | GR |
| 11:15 WORD IN A WORD          | I | GR |
| 1:30 REMINISCING DISCUSSION   | I | IR |
| 2:30 MOVIE MATINEE            | B | M  |
| 2:30 LADDERBALL COMPETITION   | B | GR |
| 3:00 AFTERNOON SNACK SOCIAL   | B | GR |
| 3:45 AFTERNOON BINGO          | I | IR |
| 4:00 WORDLE CHALLENGE         | S | GR |
| 7:15 EVENING BINGO            |   |    |
| 8:15 EVENING MOVIE            |   |    |

| 11 LEFT, RIGHT AND CENTER           | N | GR |
|-------------------------------------|---|----|
| 10:15 NEWS AND VIEWS                | N | GR |
| 10:45 SUNDAY MASS LIVE STREAM CH 26 | Y | GR |
| 10:45 SUNDAY STRETCH                | F | GR |
| 10:45 ONE TO ONE VISIT              | N | GR |
| 11:15 WALKING CLUB                  | I | GR |
| 11:15 WORDLE CHALLENGE              | I | IR |
| 1:30 CELLPHONE CLASS                | N | GR |
| 2:30 LEFT, RIGHT AND CENTER         | A | GR |
| 2:30 MOVIE MATINEE                  | N | GR |
| 2:30 CHESS & CHECKERS GAMES         | F | GR |
| 3:00 AFTERNOON SNACK SOCIAL         | N | GR |
| 3:45 AFTERNOON BINGO                | E | M  |
| 4:00 SPORTS CENTER IN MEDIA ROOM    | F | GR |
| 4:00 FIRESIDE CHATS                 | I | IR |
| 7:15 EVENING BINGO                  | H | GR |
| 8:15 EVENING MOVIE                  | H | M  |

| 12 JAKE'S 58 CASINO            | N | GR |
|--------------------------------|---|----|
| 10:15 HAPPENINGS & HOROSCOPES  | N | GR |
| 10:45 START YOUR MORNING VISIT | N | M  |
| 10:45 PET THERAPY VISIT        | Y | GR |
| 10:45 STRETCH TO THE MUSIC     | F | GR |
| 11:15 WALKING CLUB             | F | GR |
| 11:15 FLOOR DARTS              | I | GR |
| 1:30 LEARN A NEW GAME          | Y | GR |
| 2:30 MOVIE MATINEE             | N | M  |
| 2:30 JAKE'S 58 CASINO          | F | GR |
| 3:00 AFTERNOON SNACK SOCIAL    | N | GR |
| 4:00 SB: CLASSICAL MUSIC       | I | GR |
| 7:15 EVENING BINGO             | N | IR |
| 8:15 EVENING MOVIE             | I | GR |

| 13 VETS CHAT WITH GARY            | B | GR |
|-----------------------------------|---|----|
| 10:15 CURRENT EVENTS & UPDATES    | B | GR |
| 10:45 HOSPITALITY VISIT           | B | O  |
| 10:45 SIT & GET FIT               | F | IR |
| 11:15 WALKING CLUB                | F | GR |
| 11:15 CROSSWORD CHALLENGE         | Y | GR |
| 12:00 GRILL HOUSE BBQ @ COURTYARD | F | GR |
| 1:30 CRANIUM CRUSHERS             | I | GR |
| 2:30 MICHAEL'S CRAFT STORE        | A | GR |
| 2:30 MOVIE MATINEE                | B | M  |
| 3:00 VETS CHAT WITH GARY          | F | GR |
| 3:00 AFTERNOON SNACK SOCIAL       | E | GR |
| 3:45 AFTERNOON BINGO              | F | GR |
| 4:00 WORDLE CHALLENGE             | I | IR |
| 7:15 EVENING BINGO                | N | GR |
| 8:15 EVENING MOVIE                | N | M  |

| 14 OLIVE GARDEN LUNCHEON        | M | GR |
|---------------------------------|---|----|
| 10:15 TRENDING TOPICS & UPDATES | M | GR |
| 10:45 YOU'VE GOT MAIL - VISIT   | Y | GR |
| 10:45 BALLOON VOLLEYBALL        | F | GR |
| 11:15 WALKING CLUB              | N | GR |
| 11:15 CLASSICAL MUSIC           | B | GR |
| 1:30 KINGS IN A CORNER          | F | GR |
| 12:00 OLIVE GARDEN LUNCHEON     | I | GR |
| 2:30 CROSSWORD PUZZLE CHALLENGE | F | IR |
| 2:30 MOVIE MATINEE              | B | GR |
| 3:00 AFTERNOON SNACK SOCIAL     | B | GR |
| 3:15 AFTERNOON BINGO            | F | M  |
| 4:00 WORDLE CHALLENGE           | F | GR |
| 7:15 EVENING BINGO              | E | GR |
| 8:15 EVENING MOVIE              | Y | GR |

| 15 THURSDAY MASS @ ST PAUL APOSTLE | B | O  |
|------------------------------------|---|----|
| 8:30 BUS TRIP FOR MASS             | B | O  |
| 10:15 TODAY'S HEADLINES            | B | GR |
| 10:45 KEEPING IN SHAPE             | F | GR |
| 10:45 HOSPITALITY VISIT            | F | GR |
| 11:15 WALKING CLUB                 | I | GR |
| 11:15 LADDERBALL                   | I | IR |
| 1:30 MEXICAN TRAIN DOMINOES        | F | GR |
| 2:30 MOVIE MATINEE                 | E | GR |
| 2:30 HANG MAN CHALLENGE            | F | GR |
| 3:00 AFTERNOON SNACK SOCIAL        | E | GR |
| 3:45 AFTERNOON BINGO               | F | GR |
| 4:00 AFTERNOON CARD GAMES          | N | GR |
| 7:15 EVENING BINGO                 | N | M  |
| 8:15 EVENING MOVIE                 | N | M  |

| 16 JEOPARDY WITH JIMMY        | B | GR |
|-------------------------------|---|----|
| 10:15 MORNING UPDATE AND NEWS | B | GR |
| 10:45 SIT & GET FIT           | N | GR |
| 10:45 ROOM VISITS             | N | GR |
| 11:15 WALKING CLUB            | I | GR |
| 11:15 BRAIN GAMES             | I | IR |
| 1:30 POKER CLUB               | F | M  |
| 2:30 AFTERNOON BINGO          | B | GR |
| 2:30 MOVIE MATINEE            | N | GR |
| 3:00 SNACK SOCIAL             | B | GR |
| 3:00 JEOPARDY WITH JIMMY      | B | GR |
| 4:00 INDEPENDENT CARD GAMES   | B | M  |
| 7:15 EVENING BINGO            | I | IR |
| 8:15 EVENING MOVIE            | N | M  |

| 17 CHAIR YOGA WITH JANICE      | B | GR |
|--------------------------------|---|----|
| 10:15 WEEKEND NEWS & UPDATES   | B | GR |
| 10:45 CHAIR YOGA WITH JANICE   | F | GR |
| 10:45 START YOUR MORNING VISIT | B | GR |
| 11:15 WALKING CLUB             | F | GR |
| 11:15 WORD IN A WORD           | F | GR |
| 1:30 THE MATCHING GAME         | I | IR |
| 2:30 MOVIE MATINEE             | B | M  |
| 2:30 BRACELETS WITH FATIMA     | B | GR |
| 3:00 AFTERNOON SNACK SOCIAL    | E | GR |
| 3:45 AFTERNOON BINGO           | F | GR |
| 4:00 CONVERSATION CORNER       | I | IR |
| 7:15 EVENING BINGO             | S | M  |
| 8:15 EVENING MOVIE             |   |    |

| 18 WALGREENS TRIP                   | Y | GR |
|-------------------------------------|---|----|
| 10:15 NEWS AND VIEWS                | Y | GR |
| 10:30 SUNDAY MASS LIVE STREAM CH 26 | N | GR |
| 10:45 SUNDAY STRETCH                | N | GR |
| 10:45 ROOM VISITS                   | Y | GR |
| 11:15 WALKING CLUB                  | I | GR |
| 11:15 YOU BE THE JUDGE              | N | IR |
| 1:30 APPLES TO APPLES               | N | GR |
| 2:30 MOVIE MATINEE                  | A | GR |
| 2:30 WALGREENS TRIP                 | I | GR |
| 3:00 AFTERNOON SNACK SOCIAL         | N | GR |
| 3:45 AFTERNOON BINGO                | E | GR |
| 4:00 SPORTS CENTER IN MEDIA ROOM    | E | GR |
| 7:15 EVENING BINGO                  | I | GR |
| 8:15 EVENING MOVIE                  | E | GR |

| 19 DOLLAR TREE SHOPPING         | Y | GR |
|---------------------------------|---|----|
| 10:15 TODAY'S HEADLINES         | Y | GR |
| 10:45 KEEPING IN SHAPE          | Y | GR |
| 10:45 YOU'VE GOT MAIL - VISIT   | N | M  |
| 10:45 PET THERAPY VISIT         | Y | GR |
| 11:15 WALKING CLUB              | Y | GR |
| 11:15 ART WORKSHOP (MEDIA ROOM) | I | GR |
| 1:30 NAME 5                     | Y | IR |
| 2:30 DOLLAR TREE SHOPPING       | Y | GR |
| 2:30 MOVIE MATINEE              | B | GR |
| 2:30 AXE THROWING               | Y | GR |
| 3:00 AFTERNOON SNACK SOCIAL     | E | GR |
| 3:45 AFTERNOON BINGO            | Y | GR |
| 4:00 CONVERSATION CORNER        | E | GR |
| 7:15 EVENING BINGO              | E | GR |
| 8:15 EVENING MOVIE              | I | IR |

| 20 RESIDENT COUNCIL               | Y | GR |
|-----------------------------------|---|----|
| 10:15 CURRENT EVENTS & UPDATES    | Y | GR |
| 10:45 EXERCISE TO MUSIC           | B | O  |
| 10:45 START YOUR MORNING VISIT    | F | GR |
| 11:15 WALKING CLUB                | Y | GR |
| 11:15 CRANIUM CRUSHERS            | I | GR |
| 12:00 GRILL HOUSE BBQ @ COURTYARD | I | GR |
| 1:30 CALL OUT ANSWERS             | F | IR |
| 2:30 MOVIE MATINEE                | Y | GR |
| 2:30 RESIDENT COUNCIL MEETING     | A | M  |
| 3:00 SNACK SOCIAL                 | Y | GR |
| 3:45 AFTERNOON BINGO              | Y | GR |
| 4:00 RUMMIKUB                     | E | GR |
| 7                                 |   |    |