


# SEPTEMBER 2024

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

# ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<b>1 KOHL'S SHOPPING TRIP</b> 10:15 NEWS AND VIEWS N GR 10:30 SUNDAY MASS LIVE STREAM Y GR 10:45 ONE TO ONE VISIT N GR 11:00 SUNDAY STRETCH F GR 11:15 TABLE GAMES I GR 11:15 WALKING CLUB I IR 1:30 TABOO THE GAME N GR 2:30 KOHL'S SHOPPING TRIP N GR 2:30 MOVIE MATINEE F GR 2:30 YOU BE THE JUDGE N GR 3:00 ICE CREAM SUNDAY SUNDAES B GR 3:45 AFTERNOON BINGO E GR 4:00 SPORTS CENTER IN MEDIA ROOM F GR 7:15 EVENING BINGO I IR 8:15 EVENING MOVIE H GR	<b>2 LABOR DAY</b> 10:15 HAPPENINGS & HOROSCOPES N GR 10:30 BALLOON VOLLEYBALL Y GR 10:45 PET THERAPY VISIT N GR 10:45 START YOUR MORNING VISIT F GR 11:15 WALKING CLUB I GR 1:30 WHAT WOULD YOU DO? N GR 2:30 AFTERNOON BINGO N GR 2:30 MOVIE MATINEE F GR 2:30 AFTERNOON BINGO N GR 3:00 AFTERNOON SNACK SOCIAL N GR 3:00 MARY HARMONY PERFORMING B GR 4:00 CONVERSATION CORNER E GR 7:15 EVENING BINGO E GR 8:15 EVENING MOVIE N GR	<b>3 DOLLAR TREE SHOPPING</b> 10:15 CURRENT EVENTS & UPDATES N GR 10:45 STRENGTHEN & FLEX Y GR 10:45 YOU'VE GOT MAIL - VISIT F GR 11:15 WALKING CLUB I GR 11:15 CRANIUM CRUSHERS I GR 1:30 CELLPHONE CLUB I GR 2:30 MOVIE MATINEE F GR 2:30 DOLLAR TREE SHOPPING N GR 2:30 AXE THROWING TRAINING N GR 3:00 SNACK SOCIAL N GR 3:45 AFTERNOON BINGO E GR 4:00 RUMMIKUB E GR 7:15 EVENING BINGO E GR 8:15 EVENING MOVIE I IR	<b>4 JANI CHINESE FOOD LUNCHEON</b> 10:15 MID WEEK NEWS B GR 10:30 BALLOON VOLLEYBALL P GR 10:45 HOSPITALITY VISIT I GR 11:15 WALKING CLUB F GR 11:15 TRENDING TOPICS B GR 12:00 JANI CHINESE FOOD LUNCHEON I GR 1:30 WORD IN A WORD F IR 2:30 MOVIE MATINEE B O 2:30 BEAN BAG TOSS B GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:45 AFTERNOON BINGO F M 4:00 INDEPENDENT CARD GAMES E GR 7:15 EVENING BINGO Y GR 8:15 EVENING MOVIE F GR	<b>5 DAVEN WITH RABBI BROWNSTEIN</b> 8:30 BUS TRIP FOR MASS B O 10:15 HOT TOPICS & DISCUSSION B GR 10:45 MORNING EXERCISE F GR 10:45 HOSPITALITY VISIT F GR 11:00 DAVEN WITH RABBI BROWNSTEIN I GR 11:15 WALKING CLUB I GR 11:15 A TO Z TRIVIA F IR 1:30 TABOO THE GAME B R 2:30 MOVIE MATINEE Y GR 2:30 BEAN BAG TOSS B GR 2:30 LIGHTNING TRIVIA E GR 3:30 AFTERNOON SNACK SOCIAL F GR 3:45 AFTERNOON BINGO E GR 7:15 EVENING BINGO I IR 8:15 EVENING MOVIE M	<b>6 CONVERSATION CORNER</b> 10:15 MORNING UPDATE AND NEWS B GR 10:45 LIGHT LIVELY FITNESS B GR 10:45 ONE TO ONE VISIT N GR 11:15 WALKING CLUB J GR 11:15 YOU BE THE JUDGE N GR 1:30 CROSSWORD PUZZLES I GR 2:30 MOVIE MATINEE F GR 2:30 WHO WANTS TO BE A MILLIONAIRE F M 3:00 AFTERNOON SNACK SOCIAL B GR 3:45 AFTERNOON BINGO F GR 3:45 JIMMY'S CONVERSATION CORNER E GR 4:00 INDEPENDENT CARD GAMES I GR 7:15 EVENING BINGO I GR 8:15 EVENING MOVIE N M	<b>7 CHAIR YOGA WITH JANICE</b> 10:15 WEEKEND NEWS & UPDATES B 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 I R 2:30 MOVIE MATINEE I GR 2:30 HORSE RACING WITH FATIMA B GR 3:00 AFTERNOON SNACK SOCIAL B M 3:45 BEAN BAG TOSS WITH JOY B GR 4:00 CONVERSATION CORNER I GR 7:15 EVENING BINGO B GR 8:15 EVENING MOVIE I GR		
<b>8 GRAND PARENTS DAY</b> 10:15 NEWS AND VIEWS N GR 10:30 SUNDAY MASS LIVE STREAM Y GR 11:00 STRENGTHENING SUNDAY N GR 11:15 WALKING CLUB F M 11:15 FINISHING WORDS I GR 1:30 BRAIN TEASERS I IR 2:30 MOVIE MATINEE N GR 2:30 LEFT RIGHT CENTER Y GR 3:00 GRAND PARENTS DAY 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	<b>9 ASSISTED LIVING WEEK</b> 10:15 TODAY'S HEADLINES N GR 10:45 ROOM VISITS A M 10:45 PET THERAPY VISIT Y GR 11:15 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 JERICHO PUBLIC LIBRARY Y GR 2:30 MOVIE MATINEE B GR 3:00 ASSISTED LIVING WEEK SOCIAL N GR 3:00 AFTERNOON BINGO E GR 4:00 HANG MAN E GR 7:15 EVENING BINGO Y GR 8:15 EVENING MOVIE N GR	<b>10 VETS CHAT WITH GARY</b> 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 1:30 CALL OUT ANSWERS I GR 2:30 MOVIE MATINEE I IR 2:30 LADDER BALL A GR 2:30 JERICHO LIBRARY TRIP Y GR 3:00 VETS CHAT WITH GARY 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	<b>11 AXE THROWING CHALLENGE</b> 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 SEPT.11 COMMEMORATION 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	<b>12 ARBOR'S OLYMPICS</b> 8:30 BUS TRIP FOR MASS B R 10:15 HAPPENINGS & HOROSCOPES B GR 10:45 MORNING FITNESS Y GR 10:45 TRIP TO THE ARBORS OLYMPICS F GR 11:00 DAVEN WITH RABBI BROWNSTEIN I GR 11:15 WALKING CLUB I GR 11:15 TABLE TOPICS F 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	<b>13 LIVE MUSIC IN THE GREAT ROOM</b> 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 AFTERNOON BINGO E GR 3:00 AFTERNOON SNACK SOCIAL F GR 3:15 LIVE MUSIC IN THE GREAT ROOM I IR 4:00 INDEPENDENT CARD GAMES N M 7:15 EVENING BINGO N 8:15 EVENING MOVIE I IR	<b>14 LADDERBALL COMPETITION</b> 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 I GR 8:15 EVENING MOVIE I GR		
<b>15 LEFT, RIGHT AND CENTER</b> 10:15 NEWS AND VIEWS N GR 10:30 SUNDAY MASS LIVE STREAM Y GR 11:00 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	<b>16 STOP &amp; SHOP</b> 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 CROSSWORD CHALLENGE Y GR 1:30 FLOOR DARTS I GR 1:30 LEARN A NEW GAME I IR 2:30 MOVIE MATINEE Y GR 2:30 STOP & SHOP N M 3:00 AFTERNOON SNACK SOCIAL F GR 4:00 SB: CLASSICAL MUSIC N GR 7:15 EVENING BINGO E GR 8:15 EVENING MOVIE I GR	<b>17 RESIDENT COUNCIL</b> 10:15 CURRENT EVENTS & UPDATES F 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 1:30 CRANIUM CRUSHERS F GR 2:30 RESIDENT COUNCIL I GR 2:30 AFTERNOON SNACK SOCIAL A GR 3:00 VETS CHAT WITH GARY B M 3:45 AFTERNOON BINGO F GR 4:45 WORDLE CHALLENGE E GR 7:15 EVENING BINGO E GR 8:15 EVENING MOVIE F GR	<b>18 CARMEN'S WOMEN GROUP</b> 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 2:30 CROSSWORD PUZZLE CHALLENGE I GR 2:30 MOVIE MATINEE F IR 3:00 AFTERNOON SNACK SOCIAL B GR 3:15 AFTERNOON BINGO B GR 4:00 CARMEN'S WOMEN GROUP B GR 7:15 EVENING BINGO F GR 8:15 EVENING MOVIE E GR	<b>19 LARRY WOLFE LECTURE</b> 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 Y GR 2:30 MOVIE MATINEE F GR 2:30 LARRY WOLFE LECTURE E GR 3:00 AFTERNOON SNACK SOCIAL F GR 3:45 AFTERNOON BINGO E GR 4:00 AFTERNOON CARD GAMES F GR 7:15 EVENING BINGO I IR 8:15 EVENING MOVIE N GR	<b>20 JEOPARDY WITH JIMMY</b> 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 F GR 8:15 EVENING MOVIE I IR	<b>21 CHAIR YOGA WITH JANICE</b> 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 GR 2:30 MOVIE MATINEE I IR 2:30 BRACELETS WITH FATIMA B M 3:00 AFTERNOON SNACK SOCIAL B GR 3:45 AFTERNOON BINGO E GR 4:00 CONVERSATION CORNER F GR 7:15 EVENING BINGO I IR 8:15 EVENING MOVIE S GR		
<b>22 FIRST DAY OF AUTUMN BRUNCH</b> 10:15 NEWS AND VIEWS Y GR 10:30 SUNDAY MASS LIVE STREAM GR 11:00 AUTUMN OPEN HOUSE BRUNCH N GR 11:00 STRENGTHENING SUNDAY 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 INDOOR GOLF Y GR 3:00 AFTERNOON SNACK SOCIAL I GR 3:45 AFTERNOON BINGO N GR 4:00 SPORTS CENTER IN MEDIA ROOM E GR 7:15 EVENING BINGO E GR 8:15 EVENING MOVIE I GR	<b>23 WALMART SHOPPING</b> 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 WALMART 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	<b>24 FOOD COUNCIL MEETING</b> 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 1:30 CALL OUT ANSWERS F IR 2:30 MOVIE MATINEE Y GR 2:30 FOOD COUNCIL MEETING A M 3:00 SNACK SOCIAL Y GR 3:45 AFTERNOON BINGO Y GR 4:00 RUMMIKUB E GR 7:15 EVENING BINGO E GR 8:15 EVENING MOVIE I IR	<b>25 FASHION ON WHEELS</b> 10:15 MID WEEK NEWS B O 10:45 BALLOON VOLLEYBALL M GR 10:45 WEDNESDAY ROOM VISITS Y GR 11:00 FASHION ON WHEELS B O 11:15 TRENDING TOPICS I GR 11:15 WALKING CLUB F GR 1:30 FILL IN THE BLANKS I GR 2:30 MOVIE MATINEE F IR 2:30 CRAFT CORNER Y GR 3:00 AFTERNOON SNACK SOCIAL B O 3:15 YOUTUBE: HOW WAS IT MADE F M 3:45 AFTERNOON BINGO B GR 4:00 INDEPENDENT CARD GAMES Y GR 7:15 EVENING BINGO E GR 8:15 EVENING MOVIE Y GR	<b>26 AXE THROWING CHALLENGE</b> 8:30 BUS TRIP FOR MASS B R 10:15 HAPPENINGS & HOROSCOPES F GR 10:45 START YOUR MORNING VISIT F GR 10:45 WARM UP EXERCISE F GR 11:00 DAVEN W/ RABBI BROWNSTEIN I GR 11:15 WALKING CLUB I GR 11:15 CRANIUM CRUSHERS I IR 1:30 TRAVEL CLUB: MAUI B R 2:30 AFTERNOON BINGO F M 2:30 AXE THROWING CHALLENGE B GR 2:30 MOVIE MATINEE E GR 3:00 CHEF'S DELIGHTS E GR 3:15 HAWAIIAN LUAU PARTY I GR 7:15 EVENING BINGO N IR 8:15 EVENING MOVIE N M	<b>27 YAY PIZZA FRIDAY</b> 10:15 MORNING UPDATE AND NEWS H GR 10:30 LIGHT N LIVELY FITNESS F GR 10:45 HOSPITALITY VISIT B GR 11:15 WALKING CLUB F GR 11:15 JEOPARDY WITH JIMMY I GR 12:00 YAY PIZZA FRIDAY H GR 1:30 BRAIN GAMES F IR 2:30 MOVIE MATINEE F GR 2:30 PUTTING 4 WITH JIMMY B GR 3:00 AFTERNOON SNACK SOCIAL E GR 3:45 AFTERNOON BINGO E GR 4:00 INDEPENDENT CARD GAMES E GR 7:15 EVENING BINGO F GR 8:15 EVENING MOVIE I IR	<b>28 SEPTEMBER BIRTHDAY PARTY</b> 10:15 HOT TOPICS & DISCUSSION B GR 10:30 WEEKEND WORKOUT F GR 10:45 SATURDAY MORNING VISITS F GR 11:15 WALKING CLUB F GR 11:15 WORD IN A WORD F GR 1:30 FILL IN THE BLANKS I GR 2:30 MOVIE MATINEE I IR 2:30 AFTERNOON BINGO B GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:45 SEPTEMBER BIRTHDAY PARTY E GR 4:00 RING TOSS E GR 7:15 EVENING BINGO F GR 8:15 EVENING MOVIE I GR		
<b>29 ICE CREAM SUNDAY SUNDAES</b> 10:15 NEWS AND VIEWS N GR 10:30 SUNDAY MASS LIVE STREAM Y GR 10:45 ONE TO ONE VISIT N GR 11:00 SUNDAY STRETCH F GR 11:15 TABLE GAMES I GR 11:15 WALKING CLUB I IR 1:30 TABOO THE GAME N GR 2:30 MOVIE MATINEE F GR 2:30 YOU BE THE JUDGE N GR 3:00 ICE CREAM SUNDAY SUNDAES B GR 3:45 AFTERNOON BINGO E GR 4:00 SPORTS CENTER IN MEDIA ROOM F GR 7:15 EVENING BINGO I IR 8:15 EVENING MOVIE H GR	<b>30 APPLE PICKING AT HARBES FARM</b> 10:15 HAPPENINGS & HOROSCOPES B GR 10:30 BALLOON VOLLEYBALL Y GR 10:45 PET THERAPY VISIT N M 10:45 START YOUR MORNING VISIT F GR 11:00 APPLE PICKING @ HARBES FARM I GR 11:15 WALKING CLUB I GR 1:30 WHAT WOULD YOU DO? H P 2:30 CROSSWORD CHALLENGE Y GR 2:30 MOVIE MATINEE I IR 2:30 AFTERNOON BINGO B GR 3:00 AFTERNOON SNACK SOCIAL B GR 3:30 FLOOR DARTS N GR 4:00 CONVERSATION CORNER B GR 7:15 EVENING BINGO N GR 8:15 EVENING MOVIE F GR			<b>STAFF KEY</b> M=MICHAEL D=DAVID J=JESSICA J=JIMMY C=CARMEN E=EDWIN F=FATIMA JO=JOY A=ALEXA E=ALL STAFF I=INDEPENDENT	<b>LOCATION KEY</b> B - Bistro D - Dining Room GR - Great Room M - Media Room O - Outings P - Patio IR - In Room UN - Upper Nook	<b>BANKING HOURS</b> MONDAY - FRIDAY 11:00 AM - 3:00 PM  <b>COMPUTER CLUB</b> MONDAY - FRIDAY 9:00 AM - 10:00 AM  <b>WALKING CLUB</b> MONDAY /WEDNESDAY/ THURSDAY 2:00 PM	<b>BREAKFAST SERVED</b> 7:30 AM & 8:45 AM  <b>LUNCH SERVED</b> 11:30 AM & 12:45 PM  <b>DINNER SERVED</b> 4:30 PM & 5:45 PM	<p><b>*ALL TRIPS ARE IF WEATHER PERMITS.</b>  <b>*ALL PROGRAMS ARE SUBJECT TO CHANGE.</b>  <b>CHANGE WILL BE REFLECTED ON THE DAILY BOARD.</b></p> <p><b>YOUR RECREATION DIRECTOR MICHAEL FILS WILL BE HAPPY TO ANSWER ANY QUESTIONS YOU MAY HAVE REGARDING THIS CALENDAR.</b></p>