September 2025

Monday

Sunday

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

Thursday

Wednesday

Saturday

STAFF KEY I = INDEPENDENT E = EDWIN J = JIMMY F = FATIMA C = CARMEN JS = JOY JE = JESSICA Y = YULIZA Z=EZECHIEL H=HEATHER V = VENDOR AS = ALL STAFF B - Bistro D - Dining Room M - Media Room O - Outings P - Patio IR - In Room UN - Upper Nook	1	Page	9:00 MORNING MUSIC I GR 9:30 COFFEE CLUTCH I B 9:45 BREAKING NEWS C GR 10:15 ZUMBA C GR 11:00 TRIVIA E GR 12:00 COLORING CORNER I GR 1:30 UNOIL CARD GAME F GR 1:30 TECH SUPPORT E GR 2:30 AFTERNOON BINGO F GR 4:00 BIBLE STUDY V GR 4:00 NAME THAT TUNE E GR 6:00 CHECKER AND CHESS I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO F GR 8:15 EVENING MOVIE F M	9:00 MORNING MUSIC I GR 9:30 COFFEE CLUTCH I B 9:45 THIS DAY IN HISTORY C GR 10:15 TAI CHI AND MEDITATION C GR 11:00 VOLLEYBALL CHALLENGE E GR 12:00 CHESS AND CHECKERS I GR 12:00 PUZZLES I GR 12:01 COOKING CLUB F GR 2:30 JEWISH SERVICES WITH RABBI BROWNSTEIN V M 2:30 AFTERNOON BINGO E GR 4:00 MATCHING CAME E GR 6:00 TABLES GAMES I GR 6:00 TABLES GAMES I GR 7:00 RUMMIKUB I GR 8:15 EVENING MOVIE F M	9:00 MORNING MUSIC 9:30 COFFEE CLUTCH 9:35 COFFEE CLUTCH 9:45 USA NEWS 10:15 FRIDAY FITNESS 11:00 GARDENING GROUP 11:00 BEAN BAG TOSS 12:00 TAKE OUT: CHINESE FOOD 1:00 TABLE GAMES 2:30 AFTERNOON BINGO 3:15 HAPPY HOUR! 4:00 CRAFTING CLUB 4:00 CARD GAMES 7:00 RUMMIKUB 7:15 EVENING BINGO 8:15 EVENING MOVIE
The state of the	CRUISE THROUGH JAMAICA 9:00 MORNING MUSIC GR 9:30 COFFEE CLUTCH I B 9:45 VISIT JAMAICA JE GR 10:15 SHOPPING TRIP - TARGET E/Z O 10:15 CHAIR AEROBICS Z GR 10:30 COMFORT DOG VISIT V GR 11:00 LADDER BALL Z GR 12:00 FUOOR RING TOSS GAME Z GR 12:00 FUOOR RING TOSS GAME Z GR 13:0 COLORING CORNER I GR 2:30 AFTERNOON BINGO C GR 3:15 HAPPY HOUR! E/JE GR 4:00 TRIVIA Z GR 4:00 MANICURES & MUSIC C GJE GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO C GR 8:15 EVENING BINGO C GR 8:15 EVENING BINGO C GR 8:15 EVENING MOVIE C M	9:00 MORNING MUSIC I GR 9:30 COFFEE CLUTCH I B 9:45 VISIT ITALY C GR 10:15 WALKING CLUB AS P 11:00 FAMILY FEUD JE GR 12:00 HANGMAN JE GR 1:00 CARD GAMES I GR 2:30 RESIDENT COUNCIL C GR 3:00 VETERANS' CHAT WITH ERIC I M 3:15 ITALIAN HAPPY HOUR! E/JE GR E/JE GR 4:00 CONNECT 4 C GR 6:00 MAHJONG I GR 7:15 EVENING BINGO E GR 8:15 EVENING MOVIE E M	9:00 MORNING MUSIC I GR 9:00 TRIP: OLYMPICS GAME E/Y O 9:30 COFFEE CLUTCH I B 9:45 BREAKING NEWS C GR 10:15 ZUMBA C GR 11:00 TRIVIA C GR 12:00 COLORING CORNER I GR 1:30 UNO! CARD GAME F GR 2:30 AFTERNOON BINGO F GR 3:30 OLYMPICS CELEBRATION C/E GR 4:00 BIBLE STUDY V GR 6:00 CHECKER AND CHESS I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO F GR 8:15 EVENING MOVIE F M	11 CRUISE THROUGH MEXICO 1 GR	9:00 MORNING MUSIC 9:30 COFFEE CLUTCH 9:45 VISIT ENGLAND 10:15 FRIDAY FITNESS 11:00 GARDENING GROUP 11:00 BEAN BAG TOSS 12:00 BOWLING 12:00 TAKE OUT: PIZZA 1:00 TABLE GAMES 2:30 AFTERNOON BINGO 3:15 HAPPY HOUR! 4:00 CARD GAMES 6:00 CARD GAMES 7:00 RUMMIKUB 7:15 EVENING BINGO 8:15 EVENING MOVIE
9:00 MORNING MUSIC I GR 9:30 COFFEE CLUTCH I B 9:45 TODAY'S HEADLINES JE GR 10:15 SUNDAY STRENGTHENING JE M 11:00 SUNDAY MASS W/ MINISTER ELENA I GR 12:00 BOARD GAMES I GR 1:30 WHO WANTS TO BE A MILLIONAIRE E GR 2:15 SHOPPING TRIP: CVS 2:30 AFTERNOON BINGO F GR 3:15 HAPPY HOUR! H/F GR 4:00 LEFT CENTER RIGHT DICE GAME H GR 6:00 CARD GAMES I GR 7:10 RUMMIKUB I GR 7:15 EVENING BINGO F GR 8:15 EVENING BINGO F GR	9:00 MORNING MUSIC I GR 9:30 COFFEE CLUTCH I B 9:45 HAPPENINGS & HOROSCOPES JE GR 10:15 SHOPPING TRIP - WALMART E/Z O 10:15 CHAIR AEROBICS JE GR 11:00 LADDER BALL JE GR 12:00 FLOOR RING TOSS GAME Z GR 1:30 COLORING CORNER I GR 2:30 AFTERNOON BINGO C GR 3:15 HAPPY HOUR! E/JE GR 4:00 TRIVIA Z GR 4:00 TRIVIA Z GR 4:00 TRIVIA Z GR 4:00 TABLE GAMES I GR 7:15 EVENING BINGO C GR 8:15 EVENING BINGO C GR	16	9:00 MORNING MUSIC I GR 9:30 COFFEE CLUTCH I B 9:45 BREAKING NEWS C GR 10:15 ZUMBA C GGR 10:30 TRIP:CRADLE OF AVIATION MUSEUM E/Y GR 11:00 TRIVIA C GR 12:00 COLORING CORNER I GR 1:30 UNO! CARD GAME F GR 2:30 AFTERNOON BINGO F GR 3:15 HAPPY HOUR! C/E GR 4:00 BIBLE STUDY V GR 4:00 NAME THAT TUNE E GR 6:00 CHECKER AND CHESS I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO F GR 8:15 EVENING MOVIE F M	18	9:00 MORNING MUSIC 9:30 COFFEE CLUTCH 9:45 USA NEWS 10:15 FRIDAY FITNESS 11:00 GARDENING GROUP 11:00 BEAN BAG TOSS 12:00 TAKE OUT: BURGER KING 1:00 TABLE GAMES 1:00 CRAFTING CLUB 4:00 CRAFTING CLUB 4:00 CARD GAMES 7:00 RUMMIKUB 7:15 EVENING BINGO 8:15 EVENING BINGO 8:15 EVENING MOVIE
21	9:00 MORNING MUSIC GR 9:30 COFFEE CLUTCH GR 9:45 HAPPENINGS & HOROSCOPES JE GR 10:15 SHOPPING TRIP - STOP AND SHOP E/Z D 10:15 CHAIR AEROBICS JE GR 11:00 LADDER BALL JE GR 12:00 FLOOR RING TOSS GAME Z GR 1:30 COLORING CORNER GR 2:30 AFTERNOON BINGO C GR 3:15 HAPPY HOUR! E/JE GR 4:00 TRIVIA Z GR 4:00 MANICURES & MUSIC C/JE GR 6:00 TABLE GAMES GR 7:15 EVENING BINGO C GR 7:15 EVENING BINGO C GR 7:15 EVENING BINGO C GR 8:15 EVENING MOVIE C M	9:30 COFFEE CLUTCH B 9:45 WORLD NEWS C GR 10:15 WALKING CLUB AS P 11:00 FAMILY FEUD JE GR 12:00 HANGMAN JE GR 1:00 CARD GAMES I GR 2:30 AFTERNOON BINGO C GR 3:15 HAPPY HOUR! E/JE GR 4:00 CONNECT 4 C GR	9:00 MORNING MUSIC I GR 9:30 COFFEE CLUTCH I B 9:45 BREAKING NEWS C GR 10:15 ZUMBA C GR 10:30 TRIP: JAKE'S 58 CASINO E/Y O 11:00 TRIVIA C GR 1:30 UNO! CARD GAME F GR 2:30 AFTERNOON BINGO F GR 3:15 HAPPY HOUR! C/E GR 4:00 BIBLE STUDY V GR 4:00 NAME THAT TUNE E GR 6:00 CHECKER AND CHESS I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO F GR 8:15 EVENING MOVIE F M	9:00 MORNING MUSIC GR 9:30 COFFEE CLUTCH I B 9:45 THIS DAY IN HISTORY C GR 10:15 TAI CHI AND MEDITATION C GR 11:00 VOLLEYBALL CHALLENGE E GR 12:00 CHESS AND CHECKERS C GR 1:00 PUZZLES I GR 2:30 CHEF'S CORNER CHEF D 2:30 JEWISH SERVICES WITH RABBI BROWNSTEIN V M 2:30 AFTERNOON BINGO E GR 4:00 MATCHING CAME E GR 6:00 TABLES GAMES I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO F GR 8:15 EVENING MOVIE F M	9:00 MORNING MUSIC 9:30 COFFEE CLUTCH 9:45 USA NEWS 10:15 FRIDAY FITNESS 11:00 GARDENING GROUP 11:00 BEAN BAG TOSS 12:00 BOWLING 12:00 TAKE OUT: JERSEY MIKES 1:00 TABLE GAMES 2:30 AFTERNOON BINGO 3:30 BIRTHDAY PARTY 4:00 CRAPTING CLUB 4:00 KARAOKE 6:00 CARD GAMES 7:00 RUMMIKUB 7:15 EVENING BINGO 8:15 EVENING MOVIE
28	9:00 MORNING MUSIC I GR 9:30 COFFEE CLUTCH I B 9:45 HAPPENINGS & HOROSCOPES JE GR 10:15 SHOPPING TRIP - DOLLAR TREE E/Z O 10:15 CHAIR AEROBICS JE GR 11:00 LADDER BALL JE GR 12:00 FLOOR RING TOSS GAME Z GR 1:30 COLORING CORNER I GR 2:30 AFTERNOON BINGO C GR 3:15 HAPPY HOUR! E/JE GR 4:00 MANICURES & MUSIC C/JE GR 6:00 TABLE GAMES I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO C GR 8:15 EVENING BINGO C GR	9:00 MORNING MUSIC I GR 9:30 COFFEE CLUTCH I B 9:45 WORLD NEWS C GR 10:15 WALKING CLUB AS P 11:00 FAMILY FEUD JE GR 12:00 HANGMAN JE GR 1:00 CARD GAMES I GR 2:30 FOOD COUNCIL AS D 3:15 HAPPY HOUR! E/JE GR 4:00 CONNECT 4 C GR 4:00 DINNER TRIP: OLIVE GARDEN E/JE O 6:00 MAHJONG I GR 7:15 EVENING BINGO E GR 8:15 EVENING MOVIE E M	BANKING HOURS MONDAY - FRIDAY 11:00 AM - 3:00 PM WALKING CLUB TUESDAY/SATURDAY 10:00 AM TUESDAY/SATURDAY TUESDAY	*ALL TRIPS ARE IF WEATHER PERMITS. *ALL PROGRAMS ARE SUBJECT TO CHANGE. CHANGE WILL BE REFLECTED ON THE DAILY BOARD. YOUR PROGRAMMING TEAM WILL BE HAPPY TO ANSWER ANY QUESTIONS YOU MAY HAVE REGARDING THIS CALENDAR.	

Tuesday

1 5 6 9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 SPORTS NEWS
10:30 YOGA WITH JANICE
11:00 MANICURES & MUSIC
11:15 AXE THROWING CHALLENGE
12:00 PUZZLES
1:30 TRIVIA
2:30 AFTERNOON RINGO I GR
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11:15 AXE THROWING CHALLENGE
12:00 PUZZLES
1:30 TRIVIA
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 INDOOR GULF 6:00 COLORING CORNER 7:00 RUMMIKUB 7:15 EVENING BINGO 8:15 EVENING MOVIE F M PARTY 27 9:00 MORNING MUSIC 9:30 COFFEE CLUTCH JE GR
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JE/S GR 9:45 SPORTS NEWS 10:15 WALKING CLUB 11:00 AXE THROWING CHALLENGE 11:00 MANICURES & MUSIC 12:00 PUZZLES 1:30 TRIVIA 2:30 AFTERNOON BINGO 3:15 HAPPY HOUR!

Friday

GR GR GR GR 7:00 RUMMIKUB 7:15 EVENING BINGO

4:00 INDOOR GULF 6:00 COLORING CORNER