

OCTOBER 2025

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

STAFF KEY

I = INDEPENDENT
E = EDWIN
F = FATIMA
C = CARMEN
JE = JESSICA
Y = YULIZA
Z = EZECHIEL
V = VENDOR
AS = ALL STAFF

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

WALKING CLUB

TUESDAY/SATURDAY
10:00 AM

1ST SEATING MEALS

Breakfast - 7:45am
Lunch - 11:45am
Dinner- 4:45pm

2ND SEATING MEALS

Breakfast- 9am
Lunch- 1pm
Dinner- 6pm

**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.*

1

9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPY NEWS
10:15 ZUMBA
11:00 TRIVIA
12:00 COLORING CORNER
1:30 UNO! CARD GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 BIBLE STUDY
4:00 MATCHING GAME
6:00 CHECKER AND CHESS
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING MOVIE

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 THIS DAY IN HISTORY
10:15 TAI CHI AND MEDITATION
11:00 VOLLEYBALL CHALLENGE
11:00 JEWISH SERVICES WITH RABBI BROWNSTEIN
12:00 CHESS AND CHECKERS
1:00 PUZZLES
2:15 COOKING CLUB
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 NAME THAT TUNE
6:00 TABLES GAMES
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING MOVIE

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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: CHINESE FOOD
1:00 TABLE GAMES
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 CRAFTING CLUB
4:00 KARAOKE
6:00 CARD GAMES
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING MOVIE

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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 BINGO
3:15 HAPPY HOUR!
4:00 INDOOR GOLF
6:00 COLORING CORNER
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING MOVIE

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 TODAY'S HEADLINES
10:00 TRIP: ST. PAUL THE APOSTLE CHURCH
10:00 SUNDAY STRENGTHENING
10:30 SUNDAY MASS ON TV
11:15 JEOPARDY
12:00 BOARD GAMES
1:30 WHO WANTS TO BE A MILLIONAIRE
2:15 HICK'S FALL FESTIVAL
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 LEFT CENTER RIGHT DICE GAME
5:30 CARD GAMES
7:00 RUMMIKUB
7:15 EVENING BINGO

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPENINGS & HOROSCOPES
10:15 SHOPPING TRIP - TARGET
10:15 CHAIR AEROBICS
11:00 LADDER BALL
12:00 COLORING CORNER
1:30 FLOOR RING TOSS GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 TRIVIA
4:00 MANICURES & MUSIC
6:00 TABLE GAMES
7:00 RUMMIKUB
7:15 EVENING BINGO
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HAIR SALON 8AM - 2PM

9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 WORLD NEWS
10:15 WALKING CLUB
11:00 FAMILY FEUD
12:00 HANGMAN
1:00 CARD GAMES
2:30 RESIDENT COUNCIL
3:00 VETERANS' CHAT WITH ERIC
3:15 HAPPY HOUR!
4:00 AFTERNOON BINGO
4:00 DINNER TRIP: RED LOBSTER
6:00 MAHJONG
7:00 RUMMIKUB
7:15 EVENING BINGO

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPY NEWS
10:15 TRIP: NEW YORK AQUARIUM BKLYN
10:15 ZUMBA
11:00 TRIVIA
12:00 COLORING CORNER
1:00 UNO! CARD GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 BIBLE STUDY
4:00 MATCHING GAME
6:00 CHECKER AND CHESS
7:00 RUMMIKUB
7:15 EVENING BINGO

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 THIS DAY IN HISTORY
10:15 TAI CHI AND MEDITATION
11:00 VOLLEYBALL CHALLENGE
11:00 JEWISH SERVICES WITH RABBI BROWNSTEIN
12:00 CHESS AND CHECKERS
1:00 PUZZLES
2:15 COOKING CLUB
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
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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: PIZZA
1:00 TABLE GAMES
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 CRAFTING CLUB
4:00 KARAOKE
6:00 CARD GAMES
7:00 RUMMIKUB
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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
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!
4:00 INDOOR GOLF
6:00 COLORING CORNER
7:00 RUMMIKUB
7:15 EVENING BINGO
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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 TODAY'S HEADLINES
10:15 SUNDAY STRENGTHENING
11:00 SUNDAY MASS W/ MINISTER ELENA
12:00 BOARD GAMES
1:30 WHO WANTS TO BE A MILLIONAIRE
2:15 SHOPPING TRIP: CVS
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 LEFT CENTER RIGHT DICE GAME
6:00 CARD GAMES
7:00 RUMMIKUB
7:15 EVENING BINGO
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COLUMBUS DAY

9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPENINGS & HOROSCOPES
10:15 SHOPPING TRIP - WALMART
10:15 CHAIR AEROBICS
11:00 COMFORT DOG VISIT
11:00 LADDER BALL
12:00 COLORING CORNER
1:30 FLOOR RING TOSS GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 TRIVIA
4:00 MANICURES & MUSIC
6:00 TABLE GAMES
7:00 RUMMIKUB
7:15 EVENING BINGO

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HAIR SALON 8AM - 2PM

9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 WORLD NEWS
10:15 WALKING CLUB
11:00 FAMILY FEUD
12:00 HANGMAN
1:00 CARD GAMES
2:30 AFTERNOON BINGO
3:00 VETERANS' CHAT WITH ERIC
3:15 HAPPY HOUR!
4:00 AFTERNOON BINGO
4:00 DINNER TRIP: HIBACHI GRILL
6:00 MAHJONG
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING MOVIE

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPY NEWS
10:15 ZUMBA
10:30 TRIP: MUSEUM OF AMERICAN ARMOR
11:00 TRIVIA
12:00 COLORING CORNER
1:00 UNO! CARD GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 BIBLE STUDY
4:00 MATCHING GAME
6:00 CHECKER AND CHESS
7:00 RUMMIKUB
7:15 EVENING BINGO
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8:30 BREAKFAST TRIP - IHOP
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 THIS DAY IN HISTORY
10:15 TAI CHI AND MEDITATION
11:00 VOLLEYBALL CHALLENGE
11:00 JEWISH SERVICES WITH RABBI BROWNSTEIN
12:00 CHESS AND CHECKERS
1:00 PUZZLES
2:15 COOKING CLUB
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
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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: KFC
1:00 TABLE GAMES
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 CRAFTING CLUB
4:00 KARAOKE
6:00 CARD GAMES
7:00 RUMMIKUB
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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 BINGO
3:15 HAPPY HOUR!
4:00 INDOOR GOLF
6:00 COLORING CORNER
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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 TODAY'S HEADLINES
10:00 TRIP: ST. PAUL THE APOSTLE CHURCH
10:00 SUNDAY STRENGTHENING
10:30 SUNDAY MASS ON TV
11:15 JEOPARDY
12:00 BOARD GAMES
2:15 SHOPPING TRIP: WALGREENS
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 LEFT CENTER RIGHT DICE GAME
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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPENINGS & HOROSCOPES
10:15 SHOPPING TRIP - STOP AND SHOP
10:15 CHAIR AEROBICS
11:00 LADDER BALL
12:00 COLORING CORNER
1:30 FLOOR RING TOSS GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 TRIVIA
4:00 MANICURES & MUSIC
6:00 TABLE GAMES
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HAIR SALON 8AM - 2PM

9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 WORLD NEWS
10:15 WALKING CLUB
11:00 FAMILY FEUD
12:00 HANGMAN
1:00 CARD GAMES
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 AFTERNOON BINGO
4:00 DINNER TRIP: OUTBACK STEAK HOUSE
6:00 MAHJONG
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING MOVIE

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPY NEWS
10:15 ZUMBA
10:30 TRIP: AMERICAN AIRPOWER MUSEUM
11:00 TRIVIA
12:00 COLORING CORNER
1:00 UNO! CARD GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 BIBLE STUDY
4:00 MATCHING GAME
6:00 CHECKER AND CHESS
7:00 RUMMIKUB
7:15 EVENING BINGO
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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 THIS DAY IN HISTORY
10:15 TAI CHI AND MEDITATION
11:00 VOLLEYBALL CHALLENGE
11:00 JEWISH SERVICES WITH RABBI BROWNSTEIN
12:00 CHESS AND CHECKERS
1:00 PUZZLES
2:15 CHEF'S CORNER
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 NAME THAT TUNE
6:00 TABLES GAMES
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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: BURGER KING
1:00 TABLE GAMES
2:30 AFTERNOON BINGO
3:30 BIRTHDAY PARTY
4:00 CARD GAMES
6:00 RUMMIKUB
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7:15 EVENING BINGO
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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
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!
4:00 INDOOR GOLF
6:00 COLORING CORNER
7:00 RUMMIKUB
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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 TODAY'S HEADLINES
10:15 SUNDAY STRENGTHENING
11:00 SUNDAY MASS W/ MINISTER ELENA
12:00 BOARD GAMES
1:30 WHO WANTS TO BE A MILLIONAIRE
2:15 SHOPPING TRIP: CVS
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 LEFT CENTER RIGHT DICE GAME
6:00 CARD GAMES
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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPENINGS & HOROSCOPES
10:15 SHOPPING TRIP - DOLLAR TREE
10:15 CHAIR AEROBICS
11:00 LADDER BALL
12:00 COLORING CORNER
1:30 FLOOR RING TOSS GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 TRIVIA
4:00 MANICURES & MUSIC
6:00 TABLE GAMES
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HAIR SALON 8AM - 2PM

9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 WORLD NEWS
10:15 WALKING CLUB
11:00 FAMILY FEUD
12:00 HANGMAN
1:00 CARD GAMES
2:30 FOOD COUNCIL
3:15 HAPPY HOUR!
4:00 AFTERNOON BINGO
4:00 DINNER TRIP: TAP ROOM
6:00 MAHJONG
7:00 RUMMIKUB
7:15 EVENING BINGO
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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPY NEWS
10:15 ZUMBA
11:00 TRIVIA
12:00 COLORING CORNER
1:00 UNO! CARD GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 BIBLE STUDY
4:00 MATCHING GAME
6:00 CHECKER AND CHESS
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9:00 MORNING MUSIC
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9:45 THIS DAY IN HISTORY
10:15 TAI CHI AND MEDITATION
11:00 VOLLEYBALL CHALLENGE
11:00 JEWISH SERVICES WITH RABBI BROWNSTEIN
12:00 CHESS AND CHECKERS
1:00 PUZZLES
2:15 COOKING CLUB
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 NAME THAT TUNE
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HALLOWEEN

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
1:00 TABLE GAMES
2:30 AFTERNOON BINGO
3:30 HALLOWEEN PARTY
4:00 CARD GAMES
6:00 RUMMIKUB
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7:15 EVENING BINGO
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ACTIVITY CALENDAR