

NOVEMBER 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

1ST SEATING MEALS
Breakfast - 7:45am
Lunch - 11:45am
Dinner - 4:45pm

WALKING CLUB
TUESDAY/SATURDAY
10:00 AM

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	I	GR
	9:30 COFFEE CLUTCH	I	B
	9:45 SPORTS NEWS	Z	GR
	10:30 YOGA WITH JANICE	V	GR
	11:00 MANICURES & MUSIC	JE	GR
	11:15 AXE THROWING CHALLENGE	Z	GR
	12:00 PUZZLES	I	GR
	1:30 TRIVIA	JE	GR
	2:30 AFTERNOON BINGO	F	GR
	3:15 HAPPY HOUR!	AS	GR
	3:30 KNITTING/CROCHET CLUB	F	GR
	4:00 INDOOR GOLF	F	GR
	5:00 CREATIVE CORNER	I	GR
	6:00 COLORING CORNER	I	GR
	7:00 RUMMIKUB	I	GR
	7:15 EVENING BINGO	F	GR
	8:15 EVENING MOVIE	F	M

2 DAYLIGHT SAVINGS			
9:00 MORNING MUSIC	I	GR	
9:30 COFFEE CLUTCH	I	B	
9:45 TODAY'S HEADLINES	JE	GR	
10:00 TRIP: ST. PAUL THE APOSTLE CHURCH	E	O	
10:00 SUNDAY STRENGTHENING	JE	GR	
10:30 SUNDAY MASS ON TV	I	GR	
11:15 JEOPARDY	JE	GR	
12:00 BOARD GAMES	I	GR	
1:30 WHO WANTS TO BE A MILLIONAIRE	E	GR	
2:15 SHOPPING TRIP: KOHL'S	E	GR	
2:30 AFTERNOON BINGO	F	GR	
3:15 HAPPY HOUR!	AS	GR	
4:00 HORSE RACING GAME	E	GR	
5:00 CREATIVE CORNER	I	GR	
6:00 CARD GAMES - GEN RUMMY	I	GR	
7:00 RUMMIKUB	I	GR	
7:15 EVENING BINGO	F	GR	
8:15 EVENING MOVIE	I	M	

3	9:00 MORNING MUSIC	I	GR
	9:30 COFFEE CLUTCH	I	B
	9:45 HAPPENINGS & HOROSCOPES	Z	GR
	10:00 CHAIR AEROBICS	Z	GR
	10:15 SHOPPING TRIP - TARGET	E	O
	11:00 LADDER BALL	Z	GR
	12:00 COLORING CORNER	I	GR
	1:30 FLOOR RING TOSS GAME	C	GR
	2:30 AFTERNOON BINGO	E	GR
	3:15 HAPPY HOUR!	AS	GR
	4:00 TRIVIA	Z	GR
	4:00 MANICURES & MUSIC	C	GR
	5:00 CREATIVE CORNER	I	GR
	6:00 TABLE GAMES	I	GR
	7:00 RUMMIKUB	I	GR
	7:15 EVENING BINGO	C	GR
	8:15 EVENING MOVIE	C	M

4 ELECTION DAY			
9:00 MORNING MUSIC	I	GR	
9:30 COFFEE CLUTCH	I	B	
9:45 WORLD NEWS	C	GR	
10:00 CANDIDATE DEBATE	AS	GR	
11:00 FAMILY FEUD	C	GR	
11:00 HANGMAN	C	GR	
12:00 CARD GAMES - SOLITAIRE	I	GR	
2:30 RESIDENT COUNCIL	AS	D	
3:15 HAPPY HOUR!	AS	GR	
4:00 AFTERNOON BINGO	C	GR	
4:00 DINNER TRIP: OLIVE GARDEN	E	O	
5:00 CREATIVE CORNER	I	GR	
6:00 MAHJONG	I	GR	
7:00 RUMMIKUB	I	GR	
7:15 EVENING BINGO	E	GR	
8:15 EVENING MOVIE	E	M	

5 ARBORS ELECTION DAY 10AM - 2PM			
9:00 MORNING MUSIC	I	GR	
9:30 COFFEE CLUTCH	I	B	
9:45 HAPPY NEWS	C	GR	
10:00 ZUMBA	C	GR	
11:00 TRIVIA	E	GR	
11:00 MANICURES & MUSIC	C	GR	
12:00 COLORING CORNER	I	GR	
1:00 UNO! CARD GAME	I	GR	
2:30 AFTERNOON BINGO	F	GR	
3:15 HAPPY HOUR!	AS	GR	
4:00 BIBLE STUDY	V	GR	
4:00 MATCHING GAME	E	GR	
5:00 CREATIVE CORNER	I	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	

6 ARBORS ELECTION DAY 10AM - 2PM			
9:00 MORNING MUSIC	I	GR	
9:30 COFFEE CLUTCH	I	B	
9:45 THIS DAY IN HISTORY	C	GR	
10:00 TAI CHI AND MEDITATION	C	GR	
11:00 VOLLEYBALL CHALLENGE	E	GR	
11:00 JEWISH SERVICES WITH RABBI BROWNSTEIN	V	M	
12:00 CHESS AND CHECKERS	I	GR	
1:00 PUZZLES	I	GR	
2:15 COOKING CLUB	F	GR	
2:30 AFTERNOON BINGO	E	GR	
3:15 HAPPY HOUR!	AS	GR	
4:00 NAME THAT TUNE	E	GR	
5:00 CREATIVE CORNER	I	GR	
6:00 TABLE GAMES	I	GR	
7:00 RUMMIKUB	I	GR	
7:15 EVENING BINGO	F	GR	
8:15 EVENING MOVIE	F	M	

7	9:00 MORNING MUSIC	I	GR
	9:30 COFFEE CLUTCH	I	B
	9:45 USA NEWS	Z	GR
	10:00 FRIDAY FITNESS	C	GR
	11:00 BEAN BAG TOSS	Z	GR
	12:00 MATCHING GAME	Z	GR
	12:00 TAKE OUT: PIZZA	I	GR
	1:00 TABLE GAMES	I	GR
	2:30 AFTERNOON BINGO	F	GR
	3:15 HAPPY HOUR!	AS	GR
	3:30 CRAFTING CLUB	F	GR
	4:00 BOWLING	Z	GR
	5:00 CREATIVE CORNER	I	GR
	6:00 CARD GAMES - KING'S ON A CORNER	I	GR
	7:00 RUMMIKUB	I	GR
	7:15 EVENING BINGO	F	GR
	8:15 EVENING MOVIE	F	M

8	9:00 MORNING MUSIC	I	GR
	9:30 COFFEE CLUTCH	I	B
	9:45 SPORTS NEWS	Z	GR
	10:00 WALKING CLUB	AS	P
	11:00 AXE THROWING CHALLENGE	Z	GR
	11:00 MANICURES & MUSIC	JE	GR
	12:00 PUZZLES	I	GR
	1:30 TRIVIA	JE	GR
	2:30 AFTERNOON BINGO	F	GR
	3:15 HAPPY HOUR!	AS	GR
	3:30 KNITTING/CROCHET CLUB	F	GR
	4:00 INDOOR GOLF	F	GR
	5:00 CREATIVE CORNER	I	GR
	6:00 COLORING CORNER	I	GR
	7:00 RUMMIKUB	I	GR
	7:15 EVENING BINGO	F	GR
	8:15 EVENING MOVIE	F	M

9	9:00 MORNING MUSIC	I	GR
	9:30 COFFEE CLUTCH	I	B
	9:45 TODAY'S HEADLINES	JE	GR
	10:00 SUNDAY STRENGTHENING	JE	M
	10:30 SUNDAY MASS ON TV W/ MINISTER	I	GR
	11:15 JEOPARDY	JE	GR
	12:00 BOARD GAMES	I	GR
	1:30 WHO WANTS TO BE A MILLIONAIRE	E	GR
	2:15 SHOPPING TRIP: CVS	E	O
	2:30 AFTERNOON BINGO	F	GR
	3:15 HAPPY HOUR!	AS	GR
	4:00 HORSE RACING GAME	E	GR
	5:00 CREATIVE CORNER	I	GR
	6:00 CARD GAMES - GEN RUMMY	I	GR
	7:00 RUMMIKUB	I	GR
	7:15 EVENING BINGO	F	GR
	8:15 EVENING MOVIE	I	M

10	9:00 MORNING MUSIC	I	GR
	9:30 COFFEE CLUTCH	I	B
	9:45 HAPPENINGS & HOROSCOPES	Z	GR
	10:00 CHAIR AEROBICS	Z	GR
	10:15 SHOPPING TRIP - WALMART	E	O
	10:30 COMFORT DOG VISIT	V	GR
	11:00 LADDER BALL	Z	GR
	12:00 COLORING CORNER	I	GR
	1:30 FLOOR RING TOSS GAME	C	GR
	2:30 AFTERNOON BINGO	E	GR
	3:15 HAPPY HOUR!	AS	GR
	4:00 TRIVIA	Z	GR
	4:00 MANICURES & MUSIC	C	GR
	5:00 CREATIVE CORNER	I	GR
	6:00 TABLE GAMES	I	GR
	7:00 RUMMIKUB	I	GR
	7:15 EVENING BINGO	C	GR
	8:15 EVENING MOVIE	C	M

11 VETERAN'S DAY			
9:00 MORNING MUSIC	I	GR	
9:30 COFFEE CLUTCH	I	B	
9:45 WORLD NEWS	C	GR	
10:00 WALKING CLUB	AS	P	
11:00 FAMILY FEUD	C	GR	
12:00 HANGMAN	C	GR	
1:00 CARD GAMES - SOLITAIRE	I	GR	
2:30 VETERAN'S DAY CEREMONY	C	GR	
3:15 HAPPY HOUR!	AS	GR	
4:00 AFTERNOON BINGO	C	GR	
4:00 DINNER TRIP: APPLE BEE'S	E	O	
5:00 CREATIVE CORNER	I	GR	
6:00 MAHJONG	I	GR	
7:00 RUMMIKUB	I	GR	
7:15 EVENING BINGO	E	GR	
8:15 EVENING MOVIE	E	M	

12	9:00 MORNING MUSIC	I	GR
	9:30 COFFEE CLUTCH	I	B
	9:45 HAPPY NEWS	C	GR
	10:00 ZUMBA	C	GR
	11:00 TRIVIA	E	GR
	11:00 MANICURES & MUSIC	C	GR
	12:00 COLORING CORNER	I	GR
	1:00 UNO! CARD GAME	I	GR
	2:30 AFTERNOON BINGO	F	GR
	3:15 HAPPY HOUR!	AS	GR
	4:00 BIBLE STUDY	V	GR
	4:00 MATCHING GAME	E	GR
	5:00 CREATIVE CORNER	I	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

13	8:30 BREAKFAST TRIP - IHOP	E	O
	9:00 MORNING MUSIC	I	GR
	9:30 COFFEE CLUTCH	I	B
	9:45 HAPPY NEWS	C	GR
	10:00 TAI CHI AND MEDITATION	C	GR
	11:00 VOLLEYBALL CHALLENGE	E	GR
	11:00 JEWISH SERVICES WITH RABBI BROWNSTEIN	V	M
	12:00 CHESS AND CHECKERS	I	GR
	1:00 PUZZLES	I	GR
	2:15 COOKING CLUB	F	GR
	2:30 AFTERNOON BINGO	E	GR
	3:15 HAPPY HOUR!	AS	GR
	4:00 NAME THAT TUNE	E	GR
	5:00 CREATIVE CORNER	I	GR
	6:00 TABLE GAMES	I	GR
	7:00 RUMMIKUB	I	GR
	7:15 EVENING BINGO	F	GR
	8:15 EVENING MOVIE	F	M

14	9:00 MORNING MUSIC	I	GR
	9:30 COFFEE CLUTCH	I	B
	9:45 SPORTS NEWS	Z	GR
	10:00 FRIDAY FITNESS	C	GR
	11:00 BEAN BAG TOSS	Z	GR
	12:00 MATCHING GAME	Z	GR
	12:00 TAKE OUT: GYROS	I	GR
	1:00 TABLE GAMES	I	GR
	2:30 AFTERNOON BINGO	F	GR
	3:15 HAPPY HOUR!	AS	GR
	3:30 CRAFTING CLUB	F	GR
	4:00 BOWLING	Z	GR
	5:00 CREATIVE CORNER	I	GR
	6:00 CARD GAMES - KING'S ON A CORNER	I	GR
	7:00 RUMMIKUB	I	GR
	7:15 EVENING BINGO	F	GR
	8:15 EVENING MOVIE	F	M

15	9:00 MORNING MUSIC	I	GR
	9:30 COFFEE CLUTCH	I	B
	9:45 SPORTS NEWS	Z	GR
	10:30 YOGA WITH JANICE	V	GR
	11:00 MANICURES & MUSIC	JE	GR
	11:15 AXE THROWING CHALLENGE	Z	GR
	12:00 PUZZLES	I	GR
	1:30 TRIVIA	JE	GR
	2:30 AFTERNOON BINGO	F	GR
	3:15 HAPPY HOUR!	AS	GR
	3:30 KNITTING/CROCHET CLUB	F	GR
	4:00 INDOOR GOLF	F	GR
	5:00 CREATIVE CORNER	I	GR
	6:00 COLORING CORNER	I	GR
	7:00 RUMMIKUB	I	GR
	7:15 EVENING BINGO	F	GR

16	9:00 MORNING MUSIC	I	GR
	9:30 COFFEE CLUTCH	I	B
	9:45 TODAY'S HEADLINES	JE	GR
	10:00 TRIP: ST. PAUL THE APOSTLE CHURCH	E	O
	10:00 SUNDAY STRENGTHENING	JE	GR
	10:30 SUNDAY MASS ON TV	I	GR
	11:15 JEOPARDY	JE	GR
	12:00 BOARD GAMES	I	GR
	2:15 SHOPPING TRIP: WALGREENS	E	O
	2:30 AFTERNOON BINGO	F	GR
	3:15 HAPPY HOUR!	AS	GR
	4:00 HORSE RACING GAME	E	GR
	5:00 CREATIVE CORNER	I	GR
	6:00 CARD GAMES - GEN RUMMY	I	GR
	7:00 RUMMIKUB	I	GR
	7:15 EVENING BINGO	F	GR
	8:15 EVENING MOVIE	I	M

17	9:00 MORNING MUSIC	I	GR
	9:30 COFFEE CLUTCH	I	B
	9:45 HAPPENINGS & HOROSCOPES	JE	GR
	10:00 CHAIR AEROBICS	Z	GR
	10:15 SHOPPING TRIP - STOP AND SHOP	E	O
	11:00 LADDER BALL	Z	GR
	12:00 COLORING CORNER	I	GR
	1:30 FLOOR RING TOSS GAME	C	GR
	2:30 AFTERNOON BINGO	E	GR
	3:15 HAPPY HOUR!	AS	GR
	4:00 TRIVIA	Z	GR
	4:00 MANICURES & MUSIC	C	GR
	5:00 CREATIVE CORNER	I	GR
	6:00 TABLE GAMES	I	GR
	7:00 RUMMIKUB	I	GR
	7:15 EVENING BINGO	C	GR
	8:15 EVENING MOVIE	C	M

18 HAIR SALON 8AM - 2PM			
9:00 MORNING MUSIC	I	GR	
9:30 COFFEE CLUTCH	I	B	
9:45 WORLD NEWS	C	GR	
10:00 WALKING CLUB	AS	P	
11:00 FAMILY FEUD	C	GR	
12:00 HANGMAN	C	GR	
1:00 CARD GAMES - SOLITAIRE	I	GR	
2:30 AFTERNOON BINGO	C	GR	
3:15 HAPPY HOUR!	AS	GR	
4:00 CONNECT FOUR	C	GR	
4:00 DINNER TRIP: TEXAS ROAD HOUSE	E	O	
5:00 CREATIVE CORNER	I	GR	
6:00 MAHJONG	I	GR	
7:00 RUMMIKUB	I	GR	
7:15 EVENING BINGO	E	GR	
8:15 EVENING MOVIE	E	M	

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