

DECEMBER 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
S = SOFIA
D = DANNY
V = VENDOR/VOLUNTEER
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

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPENINGS & HOROSCOPES
10:00 CHAIR AEROBICS
11:00 LADDER BALL
12:00 COLORING CORNER
1:30 FLOOR RING TOSS GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
3:30 MANICURES & MUSIC
4:00 HOLIDAY CARDS
5:00 CREATIVE CORNER
6:00 TABLE GAMES
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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HAIR SALON 8AM - 2PM
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 WORLD NEWS
10:00 WALKING CLUB
11:00 FAMILY FEUD
11:30 CALENDAR PLANNING MEETING
12:00 MIDDAY MOVIE
1:00 CARD GAMES - SOLITAIRE
2:30 RESIDENT COUNCIL
3:15 HAPPY HOUR!
4:00 AFTERNOON BINGO
5:00 CREATIVE CORNER
6:00 MANJONG
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPY NEWS
10:00 ZUMBA
10:30 MANICURES & MUSIC
11:00 TRIVIA
11:30 LUNCH TRIP - OLIVE GARDEN
12:00 COLORING CORNER
1:00 UNO! CARD GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
3:30 LIGHTING OF THE TREE CEREMONY
4:00 BIBLE STUDY
5:00 CREATIVE CORNER
6:00 CHECKER AND CHESS
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 THIS DAY IN HISTORY
10:00 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
5:00 CREATIVE CORNER
6:00 TABLES GAMES
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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

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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!
3:30 KNITTING/CROCHET CLUB
4:00 INDOOR GOLF
5:00 CREATIVE CORNER
6:00 COLORING CORNER
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

7

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 SHOPPING TRIP: KOHL'S
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 HORSE RACING GAME
5:00 CREATIVE CORNER
6:00 CARD GAMES - GEN RUMMY
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPENINGS & HOROSCOPES
10:00 CHAIR AEROBICS
10:15 SHOPPING TRIP - TARGET
10:30 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!
3:30 MANICURES & MUSIC
4:00 TRIVIA
5:00 CREATIVE CORNER
6:00 TABLE GAMES
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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HOLIDAY PARTY
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 WORLD NEWS
10:00 WALKING CLUB
11:00 FAMILY FEUD
12:00 MIDDAY MOVIE
1:00 CARD GAMES - SOLITAIRE
3:30 COCKTAIL HOUR
5:00 HOLIDAY DINNER PARTY
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPY NEWS
10:00 ZUMBA
10:30 MANICURES & MUSIC
11:00 TRIVIA
11:30 LUNCH TRIP - VINCENT'S CLAM BAR
12:00 COLORING CORNER
1:00 UNO! CARD GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 BIBLE STUDY
5:00 MATCHING GAME
6:00 CREATIVE CORNER
7:00 CHECKER AND CHESS
7:15 RUMMIKUB
8:15 EVENING BINGO
8:15 EVENING NEWS

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HARMONAIRES - HOLIDAY SONGS
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 THIS DAY IN HISTORY
10:00 WESTBURY SENIOR CENTER: HARMONAIRES
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
5:00 CREATIVE CORNER
6:00 TABLES GAMES
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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AMY JANE - JEWELRY & ACCESSORIES SHOP 12-4PM
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 USA NEWS
10:00 FRIDAY FITNESS
11:00 BEAN BAG TOSS
12:00 MIDDAY MOVIE
12:00 TAKE OUT: KFC
1:00 TABLE GAMES
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
3:30 CRAFTING CLUB
4:00 BOWLING
5:00 CREATIVE CORNER
6:00 CARD GAMES - KING'S ON A CORNER
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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

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HANUKKAH BEGINS - CANDLE LIGHTING @ 4PM
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 W/ MINISTER
11:15 JEOPARDY
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 HORSE RACING GAME
5:00 CREATIVE CORNER
6:00 CARD GAMES - GEN RUMMY
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPENINGS & HOROSCOPES
10:00 CHAIR AEROBICS
10:15 SHOPPING TRIP - WALMART
11:00 LADDER BALL
12:00 COLORING CORNER
1:30 FLOOR RING TOSS GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
3:30 MANICURES & MUSIC
4:00 TRIVIA
5:00 HANUKKAH CANDLE LIGHTING
6:00 CREATIVE CORNER
7:00 TABLE GAMES
7:15 RUMMIKUB
8:15 EVENING BINGO
8:15 EVENING NEWS

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SUSAN'S SHOP BAGS, CLOTHES & MORE 10AM-3PM
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 WORLD NEWS
10:00 WALKING CLUB
11:00 FAMILY FEUD
12:00 MIDDAY MOVIE
1:00 CARD GAMES - SOLITAIRE
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 CONNECT FOUR
5:00 TRIP: LUMINOSITY FESTIVAL
6:00 HANUKKAH CANDLE LIGHTING
7:00 CREATIVE CORNER
8:00 MANJONG
9:00 RUMMIKUB
9:15 EVENING BINGO
9:15 EVENING NEWS

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PICTURES WITH SANTA
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPY NEWS
10:00 ZUMBA
10:30 MANICURES & MUSIC
11:00 TRIVIA
11:30 LUNCH TRIP - RED LOBSTER
12:00 COLORING CORNER
1:00 UNO! CARD GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 PICTURES WITH SANTA
5:00 HANUKKAH CANDLE LIGHTING
6:00 CREATIVE CORNER
7:00 CHECKER AND CHESS
8:00 RUMMIKUB
8:15 EVENING BINGO
8:15 EVENING NEWS

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JEWISH SERVICES WITH RABBI BROWNSTEIN 11AM
8:30 BREAKFAST TRIP - IHOP
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 THIS DAY IN HISTORY
10:00 TAI CHI AND MEDITATION
11:00 VOLLEYBALL CHALLENGE
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
5:00 HANUKKAH CANDLE LIGHTING
6:00 CREATIVE CORNER
7:00 TABLES GAMES
8:00 RUMMIKUB
8:15 EVENING BINGO
8:15 EVENING NEWS

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UGLY SWEATER DAY!
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 USA NEWS
10:00 FRIDAY FITNESS
11:00 BEAN BAG TOSS
12:00 MIDDAY MOVIE
12:00 TAKE OUT: CHINESE
1:00 TABLE GAMES
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
3:30 CRAFTING CLUB
4:00 BOWLING
5:00 HANUKKAH CANDLE LIGHTING
6:00 CREATIVE CORNER
7:00 CARD GAMES - KING'S ON A CORNER
8:00 RUMMIKUB
8:15 EVENING BINGO
8:15 EVENING NEWS

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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!
3:30 KNITTING/CROCHET CLUB
4:00 INDOOR GOLF
5:00 HANUKKAH CANDLE LIGHTING
6:00 CREATIVE CORNER
7:00 COLORING CORNER
8:00 RUMMIKUB
8:15 EVENING BINGO
8:15 EVENING NEWS

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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 SHOPPING TRIP: WALGREENS
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 HORSE RACING GAME
5:00 HANUKKAH CANDLE LIGHTING
6:00 CREATIVE CORNER
7:00 CARD GAMES - GEN RUMMY
8:00 RUMMIKUB
8:15 EVENING BINGO
8:15 EVENING NEWS

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPENINGS & HOROSCOPES
10:00 CHAIR AEROBICS
10:15 SHOPPING TRIP - STOP AND SHOP
11:00 LADDER BALL
12:00 COLORING CORNER
1:30 FLOOR RING TOSS GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
3:30 MANICURES & MUSIC
4:00 TRIVIA
5:00 HANUKKAH CANDLE LIGHTING
6:00 CREATIVE CORNER
7:00 TABLE GAMES
8:00 RUMMIKUB
8:15 EVENING BINGO
8:15 EVENING NEWS

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HAIR SALON 8AM - 2PM
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 WORLD NEWS
10:00 WALKING CLUB
11:00 FAMILY FEUD
12:00 MIDDAY MOVIE
1:00 CARD GAMES - SOLITAIRE
2:30 FOOD COUNCIL
3:30 BIRTHDAY PARTY
5:00 CREATIVE CORNER
6:00 MANJONG
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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PAJAMA DAY
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPY NEWS
10:00 ZUMBA
10:30 MANICURES & MUSIC
11:00 TRIVIA
11:30 LUNCH TRIP - RED LOBSTER
12:00 COLORING CORNER
1:00 UNO! CARD GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 BIBLE STUDY
5:00 MATCHING GAME
6:00 CREATIVE CORNER
7:00 CHECKER AND CHESS
8:00 RUMMIKUB
8:15 EVENING BINGO
8:15 EVENING NEWS

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MERRY CHRISTMAS
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 THIS DAY IN HISTORY
10:00 TAI CHI AND MEDITATION
11:00 VOLLEYBALL CHALLENGE
12:00 JEWISH SERVICES WITH RABBI BROWNSTEIN
12:00 CHRISTMAS LUNCH - 1 SEATING
1:00 BAKING SANTA COOKIES
2:30 AFTERNOON BINGO
3:15 CHRISTMAS DAY HAPPY HOUR!
4:00 NAME THAT TUNE
5:00 CREATIVE CORNER
6:00 TABLES GAMES
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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KWANZAA BEGINS
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 USA NEWS
10:00 FRIDAY FITNESS
11:00 BEAN BAG TOSS
12:00 MIDDAY MOVIE
12:00 TAKE OUT: MCDONALD'S
1:00 TABLE GAMES
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
3:30 CRAFTING CLUB
4:00 BOWLING
5:00 CREATIVE CORNER
6:00 CARD GAMES - KING'S ON A CORNER
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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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!
3:30 KNITTING/CROCHET CLUB
4:00 INDOOR GOLF
5:00 CREATIVE CORNER
6:00 COLORING CORNER
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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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 W/ MINISTER
11:15 JEOPARDY
12:00 BOARD GAMES
1:30 WHO WANTS TO BE A MILLIONAIRE
2:15 SHOPPING TRIP: DOLLAR TREE
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
4:00 HORSE RACING GAME
5:00 CREATIVE CORNER
6:00 CARD GAMES - GEN RUMMY
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPENINGS & HOROSCOPES
10:00 CHAIR AEROBICS
10:15 SHOPPING TRIP - ALDI
11:00 LADDER BALL
12:00 COLORING CORNER
1:30 FLOOR RING TOSS GAME
2:30 AFTERNOON BINGO
3:15 HAPPY HOUR!
3:30 MANICURES & MUSIC
4:00 TRIVIA
5:00 CREATIVE CORNER
6:00 TABLE GAMES
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS

30

HAIR SALON 8AM - 2PM
9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 WORLD NEWS
10:00 WALKING CLUB
11:00 FAMILY FEUD
12:00 MIDDAY MOVIE
1:00 CARD GAMES - SOLITAIRE
2:30 FOOD COUNCIL
3:15 HAPPY HOUR!
4:00 AFTERNOON BINGO
5:00 MAGIC OF LIGHTS: DRIVE-THROUGH
6:00 CREATIVE CORNER
7:00 MANJONG
8:00 RUMMIKUB
8:15 EVENING BINGO
8:15 EVENING NEWS

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9:00 MORNING MUSIC
9:30 COFFEE CLUTCH
9:45 HAPPY NEWS
10:00 ZUMBA
10:30 MANICURES & MUSIC
11:00 TRIVIA
11:30 LUNCH TRIP - RED LOBSTER
12:00 COLORING CORNER
1:00 UNO! CARD GAME
2:30 TOP OF THE SHELF BINGO
3:15 FINAL SIP OF 2025!
4:00 MATCHING GAME
5:00 CREATIVE CORNER
6:00 CHECKER AND CHESS
7:00 RUMMIKUB
7:15 EVENING BINGO
8:15 EVENING NEWS



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.

ACTIVITY CALENDAR