

JANUARY 2026

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 = SOFIIA 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		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 HAPPY NEW YEAR 2026 9:00 MORNING MUSIC I GR 9:30 COFFEE CLUTCH I B 9:45 GOALS FOR 2026 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 NEW YEAR HAPPY HOUR! AS GR 4:00 NAME THAT TUNE E GR 5:00 CREATIVE CORNER I GR 6:00 TABLES GAMES I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO F GR 8:15 EVENING NEWS I M		2 9:00 MORNING MUSIC I GR 9:30 COFFEE CLUTCH I B 9:45 USA NEWS C GR 10:00 FRIDAY FITNESS S GR 11:00 BEAN BAG TOSS S GR 12:00 MIDDAY MOVIE I GR 1:00 TABLE GAMES I GR 2:30 AFTERNOON BINGO S GR 3:15 HAPPY HOUR! AS GR 3:30 CRAFTING CLUB F GR 4:00 BOWLING C 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 NEWS I M		3 9:00 MORNING MUSIC I GR 9:30 COFFEE CLUTCH I B 9:45 SPORTS NEWS D GR 10:00 WALKING CLUB AS P 11:00 MANICURES & MUSIC JE GR 11:15 AXE THROWING CHALLENGE D GR 12:00 MIDDAY MOVIE I GR 1:30 PUZZLES I GR 2:30 AFTERNOON BINGO F GR 3:15 HAPPY HOUR! AS GR 3:30 KNITTING/CROCHET CLUB F GR 4:00 INDOOR GULF D 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 NEWS I M	
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ACTIVITY CALENDAR