

AUGUST 2026

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

STAFF KEY

I = INDEPENDENT
ED = EDWIN
C = CARMEN
DI = DAYLIN
Y = YULIZA
D = DANNY
DN = DIANA
CH = CARLA HOENE
V = VENDOR/VOLUNTEER
ALL = ALL STAFF

LOCATION KEY

B - Bistro
CY - Back Courtyard
D - Dining Room
GR - Great Room
M - Media Room
O - Outings
P - Patio
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.*

*OUR PROGRAMMING TEAM WILL BE HAPPY
TO ANSWER ANY QUESTIONS
YOU MAY HAVE REGARDING
THIS CALENDAR.*

1

9:00	MORNING TUNES & COFFEE	I	B
9:45	SPORTS NEWS	D	GR
10:00	30 MIN. YOGA	DN	GR
10:30	GUIDED MEDITATION	D	GR
11:00	MANICURES & MUSIC	DN	GR
11:00	AXE THROWING CHALLENGE	D	GR
12:00	MIDDAY MOVIE	I	GR
1:30	PUZZLES	I	GR
2:30	AFTERNOON BINGO	DI	GR
3:15	HAPPY HOUR!	ALL	GR
4:00	INDOOR GOLF	DI	GR
4:00	ARTS & CRAFTS	DN	GR
5:00	CREATIVE CORNER	I	GR
6:00	COLORING CORNER	I	GR
7:00	RUMMIKUB	I	GR
7:15	EVENING BINGO	DI	GR
8:15	EVENING NEWS	I	GR

2	9:00	MORNING TUNES & COFFEE	I	B
	9:45	TODAY'S HEADLINES	D	GR
	10:00	TRIP: ST. PAUL THE APOSTLE CHURCH	ED	O
	10:00	SUNDAY STRENGTHENING	I	GR
	10:30	SUNDAY MASS ON TV	D	GR
	11:30	JEOPARDY	D	GR
	12:00	BOARD GAMES	I	GR
	1:30	WHO WANTS TO BE A MILLIONAIRE	ED	GR
	2:15	TRIP: CHEEKS & BEANS GELATO CO.	ED	O
	2:30	AFTERNOON BINGO	DN	GR
	3:15	HAPPY HOUR!	ALL	GR
	4:00	HORSE RACING GAME	ALL	GR
	5:00	CREATIVE CORNER	I	GR
	6:00	CARD GAMES - GEN RUMMY	I	GR
	7:00	RUMMIKUB	I	GR
	7:15	EVENING BINGO	DN	GR
	8:15	EVENING NEWS	I	M

3	9:00	MORNING TUNES & COFFEE	I	B
	9:45	HAPPENINGS & HOROSCOPES	DI	GR
	10:00	SHOPPING TRIP - WALMART	ED	O
	10:00	30 MIN. CHAIR AEROBICS	DI	GR
	10:30	15 MIN YOGA	DI	GR
	11:00	LADDER BALL	I	GR
	12:00	COLORING CORNER	I	GR
	1:30	HANG MAN	ED	GR
	2:30	AFTERNOON BINGO	ED	GR
	3:15	HAPPY HOUR!	ALL	GR
	3:30	MANICURES & MUSIC	C	GR
	3:45	JEWISH SERVICES WITH RABBI BROWNSTEIN	V	M
	4:00	TRIVIA	ED	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 NEWS	I	M

4	9:00	MORNING TUNES & COFFEE	I	B
	9:45	WORLD NEWS	C	GR
	10:00	30 MIN. ZUMBA	DN	GR
	10:30	15 MIN. TAI CHI	DN	GR
	11:00	FAMILY FEUD	DN	GR
	12:00	MIDDAY MOVIE	I	GR
	1:00	CARD GAMES - SOLITAIRE	I	GR
	2:15	SHOPPING TRIP: WALGREENS	ED	O
	2:30	AFTERNOON BINGO	ED	GR
	3:15	HAPPY HOUR!	ALL	GR
	4:00	CONNECT FOUR	DN	GR
	5:00	CREATIVE CORNER	I	GR
	6:00	MAHJONG	I	GR
	7:00	RUMMIKUB	I	GR
	7:15	EVENING BINGO	ED	GR
	8:15	EVENING NEWS	I	M

5	9:00	MORNING TUNES & COFFEE	I	B
	9:45	HAPPY NEWS	C	GR
	10:00	MORNING WALK	ALL	P
	10:30	15 MIN. YOGA	ED	GR
	11:00	MATCHING GAME	Y	GR
	11:00	LUNCH AND CONCERT AT THE PARK	ED	O
	12:00	COLORING CORNER	I	GR
	1:00	UNO! CARD GAME	I	GR
	2:30	AFTERNOON BINGO	DN	GR
	3:15	HAPPY HOUR!	ALL	GR
	3:30	MANICURES & MUSIC	C	GR
	4:00	BIBLE STUDY	V	GR
	5:00	CREATIVE CORNER	I	GR
	6:00	CHECKER AND CHESS	I	GR
	7:00	RUMMIKUB	I	GR
	7:15	EVENING BINGO	DN	GR
	8:15	EVENING NEWS	I	M

6	9:00	MORNING TUNES & COFFEE	I	B
	9:45	THIS DAY IN HISTORY	C	GR
	10:00	TRIP: JAKE'S 58 CASINO	ED	O
	10:30	30 MIN. TAI CHI	C	GR
	10:30	GUIDED MEDITATION	C	GR
	11:00	VOLLEYBALL CHALLENGE	ED	GR
	12:00	CHESS AND CHECKERS	I	GR
	1:00	PUZZLES	I	GR
	2:30	AFTERNOON BINGO	DI	GR
	3:15	HAPPY HOUR!	ALL	GR
	3:30	BEAD MAKING ACCESSORIES	Y	GR
	4:00	NAME THAT TUNE	ED	GR
	5:00	CREATIVE CORNER	I	GR
	6:00	TABLES GAMES	I	GR
	7:00	RUMMIKUB	I	GR
	7:15	EVENING BINGO	DI	GR
	8:15	EVENING NEWS	I	M

7	9:00	MORNING TUNES & COFFEE	I	B
	9:45	USA NEWS	C	GR
	10:00	30 MIN FRIDAY FITNESS	DI	GR
	10:30	15 MIN. YOGA	DI	GR
	11:00	BEAN BAG TOSS	DI	GR
	11:30	GARDEN CLUB	C	GR
	12:00	MIDDAY MOVIE	I	GR
	12:00	TAKE-IN: PIZZA	I	GR
	1:00	TABLE GAMES	I	GR
	2:30	AFTERNOON BINGO	D	GR
	3:15	HAPPY HOUR!	ALL	GR
	3:15	COOKING CLUB	C	GR
	4:00	BOWLING	D	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	D	GR
	8:15	EVENING NEWS	I	M

8	9:00	MORNING TUNES & COFFEE	I	B
	9:45	SPORTS NEWS	D	GR
	10:15	YOGA WITH JANICE	V	GR
	11:00	MANICURES & MUSIC	DN	GR
	11:15	AXE THROWING CHALLENGE	D	GR
	12:00	MIDDAY MOVIE	I	GR
	1:30	PUZZLES	I	GR
	2:30	AFTERNOON BINGO	DI	GR
	3:15	HAPPY HOUR!	ALL	GR
	4:00	INDOOR GOLF	DI	GR
	4:00	ARTS & CRAFTS	DN	GR
	5:00	CREATIVE CORNER	I	GR
	6:00	COLORING CORNER	I	GR
	7:00	RUMMIKUB	I	GR
	7:15	EVENING BINGO	DI	GR
	8:15	EVENING NEWS	I	GR

9	9:00	MORNING TUNES & COFFEE	I	B
	9:45	TODAY'S HEADLINES	D	GR
	10:00	TRIP: ST. PAUL THE APOSTLE CHURCH	ED	O
	10:00	SUNDAY STRENGTHENING	D	M
	10:30	SUNDAY MASS ON TV WITH MINISTER	I	GR
	11:15	JEOPARDY	D	GR
	12:00	BOARD GAMES	I	GR
	1:30	WHO WANTS TO BE A MILLIONAIRE	ED	GR
	2:15	SHOPPING TRIP: CVS	ED	O
	2:30	AFTERNOON BINGO	DN	GR
	3:15	HAPPY HOUR!	ALL	GR
	4:00	HORSE RACING GAME	ALL	GR
	5:00	CREATIVE CORNER	I	GR
	6:00	CARD GAMES - GEN RUMMY	I	GR
	7:00	RUMMIKUB	I	GR
	7:15	EVENING BINGO	DN	GR
	8:15	EVENING NEWS	I	M

10	9:00	MORNING TUNES & COFFEE	I	B
	9:45	HAPPENINGS & HOROSCOPES	DI	GR
	10:00	SHOPPING TRIP - TANGER OUTLETS	ED	O
	10:00	30 MIN. CHAIR AEROBICS	DI	GR
	10:30	15 MIN YOGA	DI	GR
	11:00	LADDER BALL	I	GR
	12:00	COLORING CORNER	I	GR
	1:30	HANG MAN	ED	GR
	2:30	AFTERNOON BINGO	ED	GR
	3:15	HAPPY HOUR!	ALL	GR
	3:30	MANICURES & MUSIC	C	GR
	3:45	JEWISH SERVICES WITH RABBI BROWNSTEIN	V	M
	4:00	TRIVIA	ED	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 NEWS	I	M

11	9:00	MORNING TUNES & COFFEE	I	B
	9:45	WORLD NEWS	C	GR
	10:00	30 MIN. ZUMBA	DN	GR
	10:30	15 MIN. TAI CHI	DN	GR
	11:00	FAMILY FEUD	DN	GR
	12:00	MIDDAY MOVIE	I	GR
	1:00	CARD GAMES - SOLITAIRE	I	GR
	2:30	RESIDENT COUNCIL	I	GR
	3:15	HAPPY HOUR!	ALL	GR
	4:00	AFTERNOON BINGO	Y	GR
	4:00	DINNER TRIP: APPLEBEE'S	ED	O
	5:00	CREATIVE CORNER	I	GR
	6:00	MAHJONG	I	GR
	7:00	RUMMIKUB	I	GR
	7:15	EVENING BINGO	ED	GR
	8:15	EVENING NEWS	I	M

12	9:00	MORNING TUNES & COFFEE	I	B
	9:45	HAPPY NEWS	C	GR
	10:00	30 MIN AEROBICS	C	GR
	10:30	15 MIN. YOGA	C	GR
	10:30	ANIMAL FARM PETTING ZOO	ED	O
	11:00	MATCHING GAME	Y	GR
	12:00	COLORING CORNER	I	GR
	1:00	UNO! CARD GAME	I	GR
	2:30	AFTERNOON BINGO	DN	GR
	3:15	HAPPY HOUR!	ALL	GR
	3:30	MANICURES & MUSIC	C	GR
	4:00	BIBLE STUDY	V	GR
	5:00	CREATIVE CORNER	I	GR
	6:00	CHECKER AND CHESS	I	GR
	7:00	RUMMIKUB	I	GR
	7:15	EVENING BINGO	DN	GR
	8:15	EVENING NEWS	I	M

13	8:30	TRIP: IHOP	ED	O
	9:00	MORNING TUNES & COFFEE	I	B
	9:45	THIS DAY IN HISTORY	C	GR
	10:00	30 MIN. TAI CHI	C	GR
	10:30	GUIDED MEDITATION	C	GR
	11:00	VOLLEYBALL CHALLENGE	ED	GR
	12:00	CHESS AND CHECKERS	I	GR
	1:00	PUZZLES	I	GR
	2:30	AFTERNOON BINGO	DI	GR
	3:15	HAPPY HOUR!	ALL	GR
	3:30	BEAD MAKING ACCESSORIES	Y	GR
	4:00	NAME THAT TUNE	ED	GR
	5:00	CREATIVE CORNER	I	GR
	6:00	TABLES GAMES	I	GR
	7:00	RUMMIKUB	I	GR
	7:15	EVENING BINGO	DI	GR
	8:15	EVENING NEWS	I	M

14	9:00	MORNING TUNES & COFFEE	I	B
	9:45	USA NEWS	C	GR
	10:00	30 MIN FRIDAY FITNESS	DI	GR
	10:30	15 MIN. YOGA	DI	GR
	11:00	BEAN BAG TOSS	DI	GR
	11:30	GARDEN CLUB	C	GR
	12:00	MIDDAY MOVIE	I	GR
	12:00	TAKE-IN: CHINESE	I	GR
	1:00	TABLE GAMES	I	GR
	2:00	CAR WASH!	ALL	CY
	3:30	ICE CREAM AT THE COURT YARD	ALL	CY
	4:00	BOWLING	D	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	D	GR
	8:15	EVENING NEWS	I	M

15	9:00	MORNING TUNES & COFFEE	I	B
	9:45	SPORTS NEWS	D	GR
	10:00	30 MIN. YOGA	DN	GR
	10:30	GUIDED MEDITATION	D	GR
	11:00	MANICURES & MUSIC	DN	GR
	11:00	AXE THROWING CHALLENGE	D	GR
	12:00	MIDDAY MOVIE	I	GR
	1:30	PUZZLES	I	GR
	2:30	AFTERNOON BINGO	DI	GR
	3:15	HAPPY HOUR!	ALL	GR
	4:00	INDOOR GOLF	DI	GR
	4:00	ARTS & CRAFTS	DN	GR
	5:00	CREATIVE CORNER	I	GR
	6:00	COLORING CORNER	I	GR
	7:00	RUMMIKUB	I	GR
	7:15	EVENING BINGO	DI	GR
	8:15	EVENING NEWS	I	GR

16	9:00	MORNING TUNES & COFFEE	I	B
	9:45	TODAYS HEADLINES	D	GR
	10:00	TRIP: ST. PAUL THE APOSTLE CHURCH	ED	O
	10:00	SUNDAY STRENGTHENING	I	GR
	10:30	SUNDAY MASS ON TV	D	GR
	11:30	JEOPARDY	D	GR
	12:00	BOARD GAMES	I	GR
	1:30	WHO WANTS TO BE A MILLIONAIRE	ED	GR
	2:15	SHOPPING TRIP: ALDI	ED	GR
	2:30	AFTERNOON BINGO	DN	GR
	3:15	HAPPY HOUR!	ALL	GR
	4:00	HORSE RACING GAME	ALL	GR
	5:00	CREATIVE CORNER	I	GR
	6:00	CARD GAMES - GEN RUMMY	I	GR
	7:00	RUMMIKUB	I	GR
	7:15	EVENING BINGO	DN	GR
	8:15	EVENING NEWS	I	M

17	9:00	MORNING TUNES & COFFEE	I	B
	9:45	HAPPENINGS & HOROSCOPES	DI	GR
	10:00	SHOPPING TRIP: TARGET	ED	O
	10:00	30 MIN. CHAIR AEROBICS		