

SEPTEMBER 2026

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

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1 HAIR SALON 8AM - 2PM 9:00 MORNING TUNES & COFFEE I B 10:00 TRAVEL TUESDAY C GR 10:15 WALKING CLUB AS P 10:45 15 MIN. TAI CHI DN GR 11:00 FAMILY FEUD C GR 12:00 MIDDAY MOVIE I GR 1:00 CARD GAMES - SOLITAIRE I GR 2:15 SHOPPING TRIP: WALGREENS ED/DN GR 2:30 AFTERNOON BINGO C GR 3:15 HAPPY HOUR! AS 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	2 9:00 MORNING TUNES & COFFEE I B 10:00 GOOD NEWS ED GR 10:00 MANICURES & MUSIC C GR 10:15 30 MIN. ZUMBA ED GR 10:45 15 MIN. YOGA ED GR 11:00 MATCHING GAME ED GR 12:00 COLORING CORNER I GR 1:00 UNO! CARD GAME I GR 2:30 AFTERNOON BINGO C GR 3:15 HAPPY HOUR! AS GR 4:00 BIBLE STUDY V GR 4:00 TRIVIA ED GR 5:00 CREATIVE CORNER I GR 6:00 CHECKER AND CHESS I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO DI GR 8:15 EVENING NEWS I M	3 SHOP AMI JANE'S ACCESSORIES 9:00 MORNING TUNES & COFFEE I B 10:00 THIS DAY IN HISTORY C GR 10:15 TAI CHI AND 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! AS GR 3:30 BEAD MAKING ACCESSORIES DI GR 4:00 BASKETBALL CHALLENGE 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	4 9:00 MORNING TUNES & COFFEE I B 10:00 DAILY DEVOTIONAL C GR 10:15 30 MIN FRIDAY FITNESS DI GR 10:45 15 MIN. YOGA DI GR 11:00 BEAN BAG TOSS DI 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! AS GR 4:00 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	5 9:00 MORNING TUNES & COFFEE I B 10:00 SPORTS NEWS D GR 10:15 YOGA AND MEDITATION D GR 11:00 ARTS AND CRAFTS 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! AS GR 3:30 MANICURES & MUSIC DI GR 4:00 INDOOR GOLF 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
6 9:00 MORNING TUNES & COFFEE I B 10:00 USA NEWS D GR 10:00 TRIP: ST. PAUL THE APOSTLE CHURCH ED/DI O 10:30 SUNDAY MASS ON TV I GR 11:15 SUNDAY STRENGTHENING D GR 12:00 BOARD GAMES I GR 1:30 WHO WANTS TO BE A MILLIONAIRE ED GR 2:15 TRIP: CHEEKS & BEANS GELATO ED/D GR 2:30 AFTERNOON BINGO DN GR 3:15 HAPPY HOUR! AS GR 4:00 VOLLEYBALL CHALLENGE AS 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	7 LABOR DAY 9:00 MORNING TUNES & COFFEE I B 10:00 HOROSCOPES DI GR 10:00 SHOPPING TRIP - CVS ED/DI O 10:15 30 MIN. CHAIR AEROBICS E GR 10:45 15 MIN YOGA E GR 11:00 LADDER BALL I GR 12:15 LABOR DAY BBQ AS P 2:30 AFTERNOON BINGO DI GR 3:15 LABOR DAY HAPPY HOUR! AS 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	8 HAIR SALON 8AM - 2PM 9:00 MORNING MUSIC I GR 10:00 TRAVEL TUESDAY Y GR 10:15 WALKING CLUB AS P 10:45 15 MIN. TAI CHI DN GR 11:00 FAMILY FEUD C GR 12:00 MIDDAY MOVIE I GR 1:00 CARD GAMES - SOLITAIRE I GR 2:30 RESIDENT COUNCIL I GR 3:15 HAPPY HOUR! AS GR 4:00 AFTERNOON BINGO DN GR 4:00 DINNER TRIP: IHOP ED/CO 5:00 CREATIVE CORNER I GR 6:00 MANJONG I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO ED GR 8:15 EVENING NEWS I M	9 9:00 MORNING TUNES & COFFEE I B 10:00 GOOD NEWS ED GR 10:00 MANICURES & MUSIC C GR 10:15 30 MIN. ZUMBA ED GR 10:45 15 MIN. YOGA ED GR 11:00 MATCHING GAME ED GR 12:00 COLORING CORNER I GR 1:00 UNO! CARD GAME I GR 2:30 AFTERNOON BINGO C GR 3:15 HAPPY HOUR! AS GR 4:00 BIBLE STUDY V GR 4:00 TRIVIA ED GR 5:00 CREATIVE CORNER I GR 6:00 CHECKER AND CHESS I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO DI GR 8:15 EVENING NEWS I M	10 9:00 MORNING TUNES & COFFEE I B 10:00 THIS DAY IN HISTORY C GR 10:15 TAI CHI AND MEDITATION C GR 11:00 TRIP: WINERY ED O 11:00 VOLLEYBALL CHALLENGE I GR 12:00 CHESS AND CHECKERS I GR 1:00 PUZZLES I GR 2:30 AFTERNOON BINGO DI GR 3:15 HAPPY HOUR! AS GR 3:30 BEAD MAKING ACCESSORIES DI GR 4:00 BASKETBALL CHALLENGE 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	11 9:00 MORNING TUNES & COFFEE I B 10:00 DAILY DEVOTIONAL C GR 10:15 30 MIN FRIDAY FITNESS DI GR 10:45 15 MIN. YOGA DI GR 11:00 BEAN BAG TOSS DI GR 12:00 MIDDAY MOVIE I GR 12:00 TAKE-IN: CHINESE I GR 1:00 TABLE GAMES I GR 2:30 AFTERNOON BINGO D GR 3:15 HAPPY HOUR! AS GR 4:00 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	12 9:00 MORNING TUNES & COFFEE I B 10:00 SPORTS NEWS D GR 10:15 YOGA WITH JANICE V GR 11:00 ARTS AND CRAFTS 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! AS GR 3:30 MANICURES & MUSIC DI GR 4:00 INDOOR GOLF 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
13 GRANDPARENT'S DAY 9:00 MORNING TUNES & COFFEE I B 10:00 USA NEWS D GR 10:00 TRIP: ST. PAUL THE APOSTLE CHURCH ED/DI O 10:30 SUNDAY MASS ON TV WITH MINISTER I GR 11:15 SUNDAY STRENGTHENING D GR 12:00 BOARD GAMES I GR 1:30 WHO WANTS TO BE A MILLIONAIRE ED GR 2:30 GRANDPARENT BINGO DI GR 3:15 HAPPY HOUR! AS GR 3:30 GRANDPARENT CELEBRATION! AS 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	14 THE FABULOUS 1950S 9:00 MORNING TUNES & COFFEE I B 10:00 HOROSCOPES DI GR 10:00 SHOPPING TRIP - WALMART ED/DI O 10:15 30 MIN. CHAIR AEROBICS GR 10:45 15 MIN YOGA GR 11:00 LADDER BALL I GR 12:00 COLORING CORNER I GR 1:30 1950'S HANG MAN ED GR 2:30 AFTERNOON BINGO DI GR 3:15 HAPPY HOUR 1950'S STYLE! AS GR 3:45 JEWISH SERVICES WITH RABBI BROWNSTEIN V M 4:00 1950'S 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	15 SWINGING THROUGH THE 1960S 9:00 MORNING TUNES & COFFEE I B 10:00 TRAVEL TO THE 1960'S C GR 10:15 WALKING CLUB AS P 10:45 15 MIN. TAI CHI DN GR 11:00 THE PRICE IS RIGHT C GR 12:00 MIDDAY MOVIE - 1960'S I GR 1:00 CARD GAMES - SOLITAIRE I GR 2:30 AFTERNOON BINGO ED GR 3:15 FLOWER POWER SIPS & SOCIAL AS GR 4:00 CONNECT FOUR DN GR 4:00 DINNER TRIP: RED LOBSTER ED/CO 5:00 CREATIVE CORNER I GR 6:00 MANJONG I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO ED GR 8:15 EVENING NEWS I M	16 OLYMPICS DAY 9:00 MORNING TUNES & COFFEE I B 10:00 TRIP: OLYMPICS GAMES ED O 10:00 OLYMPICS DOCUMENTRY C GR 10:15 30 MIN. ZUMBA C GR 10:45 15 MIN. YOGA C GR 11:00 WHERE WERE YOU WHEN? C GR 12:00 COLORING CORNER I GR 1:00 UNO! CARD GAME I GR 2:30 AFTERNOON BINGO I GR 3:15 OLYMPICS HAPPY HOUR! AS GR 4:00 BIBLE STUDY V GR 4:00 TRIVIA ED GR 5:00 CREATIVE CORNER I GR 6:00 CHECKER AND CHESS I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO DI GR 8:15 EVENING NEWS I M	17 SHINING THROUGH THE YEARS 9:00 MORNING TUNES & COFFEE I B 10:00 THIS DAY IN HISTORY C GR 10:15 TAI CHI AND MEDITATION C GR 11:00 VOLLEYBALL CHALLENGE ED GR 12:00 CHESS AND CHECKERS I GR 1:00 PUZZLES I GR 2:30 SHINE BRIGHT RUNWAY AS GR 3:30 SHINE & SIP HAPPY HOUR AS 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	18 GROOVING THROUGH THE 1970S 9:00 MORNING TUNES & COFFEE I B 10:00 DAILY DEVOTIONAL C GR 10:15 30 MIN FRIDAY FITNESS DI GR 10:45 15 MIN. YOGA DI GR 11:00 BEAN BAG TOSS DI GR 12:00 MIDDAY MOVIE I GR 12:00 TAKE-IN: KFC I GR 1:00 TABLE GAMES I GR 2:30 AFTERNOON BINGO D GR 3:15 DISCO DRINKS AND FOOD AS GR 4:00 BOWLING FEVER 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	19 9:00 MORNING TUNES & COFFEE I B 10:00 SPORTS NEWS D GR 10:15 YOGA AND MEDITATION D GR 11:00 ARTS AND CRAFTS 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! AS GR 3:30 MANICURES & MUSIC DI GR 4:00 INDOOR GOLF 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
20 FALL FESTIVAL OPEN HOUSE 9:00 MORNING TUNES & COFFEE I B 10:00 USA NEWS D GR 10:00 TRIP: ST. PAUL THE APOSTLE CHURCH ED/DI O 10:30 SUNDAY MASS ON TV I GR 11:15 SUNDAY STRENGTHENING D GR 12:00 BOARD GAMES I GR 1:30 WHO WANTS TO BE A MILLIONAIRE ED GR 2:00 FALL FESTIVAL GAMES AS GR 3:00 FALL FESTIVAL MUSIC AS GR 3:30 FALL FESTIVAL TREATS AS 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	21 9:00 MORNING TUNES & COFFEE I B 10:00 HOROSCOPES DI GR 10:00 SHOPPING TRIP - STOP AND SHOP ED/DI O 10:15 30 MIN. CHAIR AEROBICS GR 10:45 15 MIN YOGA GR 11:00 LADDER BALL I GR 12:00 COLORING CORNER I GR 1:30 HANG MAN ED GR 2:30 AFTERNOON BINGO DI GR 3:15 HAPPY HOUR! AS 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	22 HAIR SALON 8AM - 2PM 9:00 MORNING TUNES & COFFEE I B 9:30 NEW RESIDENT'S WELCOME BREAKFAST CH M 10:00 TRAVEL TUESDAY C GR 10:15 WALKING CLUB AS P 10:45 15 MIN. TAI CHI DN GR 11:00 FAMILY FEUD C GR 12:00 MIDDAY MOVIE I GR 1:00 UNO! CARD GAME ED O 1:30 CARD GAMES - SOLITAIRE I GR 2:30 AFTERNOON BINGO DN GR 3:15 HAPPY HOUR! AS GR 4:00 CONNECT FOUR C 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	23 9:00 MORNING TUNES & COFFEE I B 10:00 GOOD NEWS ED GR 10:00 MANICURES & MUSIC C GR 10:15 30 MIN. ZUMBA ED GR 10:45 15 MIN. YOGA ED GR 11:00 MATCHING GAME ED GR 12:00 COLORING CORNER I GR 1:00 UNO! CARD GAME I GR 2:30 AFTERNOON BINGO Y GR 3:15 HAPPY HOUR! AS GR 4:00 BIBLE STUDY V GR 4:00 TRIVIA ED GR 5:00 CREATIVE CORNER I GR 6:00 CHECKER AND CHESS I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO DI GR 8:15 EVENING NEWS I M	24 BIRTHDAY PARTY 8:30 BREAKFAST TRIP - IHOP ED O 9:00 MORNING TUNES & COFFEE I B 10:00 THIS DAY IN HISTORY C GR 10:15 TAI CHI AND 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! AS GR 3:30 BIRTHDAY PARTY! AS 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	25 9:00 MORNING TUNES & COFFEE I B 10:00 DAILY DEVOTIONAL C GR 10:15 30 MIN FRIDAY FITNESS DI GR 10:45 15 MIN. YOGA DI GR 11:00 BEAN BAG TOSS DI GR 12:00 MIDDAY MOVIE I GR 12:00 TAKE-IN: WENDY'S I GR 1:00 TABLE GAMES I GR 2:30 AFTERNOON BINGO D GR 3:15 HAPPY HOUR! AS GR 4:00 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	26 9:00 MORNING TUNES & COFFEE I B 10:00 SPORTS NEWS D GR 10:15 YOGA WITH JANICE V GR 11:00 ARTS AND CRAFTS 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! AS GR 3:30 MANICURES & MUSIC DI GR 4:00 INDOOR GOLF 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
27 9:00 MORNING TUNES & COFFEE I B 10:00 USA NEWS D GR 10:00 TRIP: ST. PAUL THE APOSTLE CHURCH ED/DI O 10:30 SUNDAY MASS ON TV WITH MINISTER I GR 11:15 SUNDAY STRENGTHENING D GR 12:00 BOARD GAMES I GR 1:30 WHO WANTS TO BE A MILLIONAIRE ED GR 2:15 SHOPPING TRIP: MARSHALL'S ED/D GR 2:30 AFTERNOON BINGO DN GR 3:15 HAPPY HOUR! AS GR 4:00 VOLLEYBALL CHALLENGE AS 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	28 9:00 MORNING TUNES & COFFEE I B 10:00 HOROSCOPES DI GR 10:00 SHOPPING TRIP - DOLLAR TREE ED/DI O 10:15 30 MIN. CHAIR AEROBICS GR 10:45 15 MIN YOGA GR 11:00 LADDER BALL I GR 12:00 COLORING CORNER I GR 1:30 HANG MAN ED GR 2:30 AFTERNOON BINGO DI GR 3:15 HAPPY HOUR! AS 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	29 HAIR SALON 8AM - 2PM 9:00 MORNING TUNES & COFFEE I B 10:00 TRAVEL TUESDAY C GR 10:15 WALKING CLUB AS P 10:45 15 MIN. TAI CHI DN GR 11:00 FAMILY FEUD C GR 11:00 CALENDAR PLANNING MEETING Y M 12:00 MIDDAY MOVIE I GR 1:00 CARD GAMES - SOLITAIRE I GR 2:30 FOOD COUNCIL AS GR 3:15 HAPPY HOUR! DN GR 4:00 AFTERNOON BINGO ED O 5:00 CREATIVE CORNER I GR 6:00 MANJONG I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO ED GR 8:15 EVENING NEWS I M	30 9:00 MORNING TUNES & COFFEE I B 10:00 GOOD NEWS C GR 10:15 30 MIN. ZUMBA C GR 10:45 15 MIN. YOGA C GR 11:00 MATCHING GAME Y GR 11:00 AMERICAN AIRPOWER MUSEUM ED O 12:00 COLORING CORNER I GR 1:00 UNO! CARD GAME I GR 2:30 AFTERNOON BINGO Y GR 3:15 HAPPY HOUR! AS GR 4:00 BIBLE STUDY V GR 4:00 TRIVIA ED GR 5:00 CREATIVE CORNER I GR 6:00 CHECKER AND CHESS I GR 7:00 RUMMIKUB I GR 7:15 EVENING BINGO DI GR 8:15 EVENING NEWS I M	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.