



## ARC Program Hours

Monday—Friday **9:00AM—4:00PM**

Sunday Program **11:00AM—4:00PM**

### Have Questions?

Contact the ARC Programming Staff:

Sal: Tuesday—Friday

201-408-1452 [spintavalle@jccotp.org](mailto:spintavalle@jccotp.org)

William: Sunday—Thursday

201-569-7900 ext. 123 [wroberts@jccotp.org](mailto:wroberts@jccotp.org)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>ARC Program Closed</b> 	<b>1</b> <b>9:30 Happy History</b> <b>10:00 Life Stories</b> <b>11:00 Seniorcise Fitness</b> <b>11:15* Jammin with Aaron</b> <b>12:15 BBQ Chicken</b> <b>1:00 Stories with Aviva</b> <b>2:00 Bean Bag Toss</b> <b>3:00 Group Puzzles</b>	<b>2</b> <b>9:30 Playtime with Shiran</b> <b>10:00 Memory Dice</b> <b>10:30 Morning Yoga</b> <b>11:00 Linda's Letter Game</b> <b>11:30 Janice in Concert</b> <b>12:15 Gefilte Fish</b> <b>1:00 Crafternoon Fun</b> <b>2:00 Letter Ball</b> <b>3:00 Chair Hockey</b>	<b>3</b> <b>9:30 Word Grams</b> <b>10:00 Comparison Game</b> <b>10:30 Gardening with Friends</b> <b>11:00 Stretch and Kvetch</b> <b>11:30 Carlos in Concert</b> <b>12:15 Baked Salmon</b> <b>1:00 Choice of Clubs</b> <b>2:00 Category Word Game</b> <b>3:00 Pokeno Game</b>	<b>4</b> <b>9:30 Biography Trivia</b> <b>10:00 Everyday Trivia</b> <b>11:00 Senior Stretch</b> <b>11:30 Cathy's Piano Favorites</b> <b>12:15 Spaghetti and Meatballs</b> <b>1:00 Choice of Clubs</b> <b>2:00 Category Word Game</b> <b>3:00 Pokeno Game</b>	<b>5</b> <b>ARC Program Closed</b> 
<b>8</b> <b>11:00 Weekend Update</b> <b>11:30 Exercise Group</b> <b>12:15 Sunday Brunch</b> <b>1:00 Dessert with Sara</b> <b>2:00 Move and Groove with Carlos</b> <b>3:00 Headbands Game</b>	<b>9</b> <b>9:30 Fun Facts</b> <b>10:00 Opposites Game</b> <b>11:00 Chaerobics</b> <b>11:30 Toe Tappin' with Peter</b> <b>12:15 Meatballs and Spaghetti</b> <b>1:00 Stories with Aviva</b> <b>2:00 Have You Ever Game</b> <b>3:00 Pokeno Game</b>	<b>10</b> <b>9:30 Playtime with Shiran</b> <b>10:00 Rhyming Words</b> <b>10:30 Disco Fitness</b> <b>11:00 Double Letter Game</b> <b>11:30 Country Hits with Rich and Nancy</b> <b>12:15 Turkey Burger</b> <b>1:00 Crafternoon Fun</b> <b>2:00 Alphabet Toss</b> <b>3:00 Digital Gaming</b>	<b>11</b> <b>9:30 Word Grams</b> <b>10:00 Life Stories</b> <b>10:30 Gardening with Friends</b> <b>11:00 Fun to Be Fit</b> <b>11:30 Ilya in Concert</b> <b>12:15 Roasted Chicken</b> <b>1:00 Pet Therapy—Dog Visit</b> <b>2:00 Combination Word Game</b> <b>3:00 Musical Memory Tours</b>	<b>12</b> <b>9:30 Good News Stories</b> <b>10:00 Photo Flash Cards</b> <b>11:00 Stretch and Kvetch</b> <b>11:30 Calypso Beats by Selah</b> <b>12:15 Baked Salmon</b> <b>1:00 Choice of Clubs</b> <b>2:00 Scrambled Word Game</b> <b>3:00 History Trivia</b>	<b>13</b> <b>9:30 Alphabetics</b> <b>10:00 Classic Bingo</b> <b>11:00 Morning Stretches</b> <b>11:30 Live Music by John</b> <b>12:15 Roast Chicken</b> <b>1:00 Fitness with Maurice</b> <b>2:00 Basketball</b> <b>3:00 Group Puzzles</b>

