





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
William: Sunday—Thursday
201-569-7900 ext. 123 wroberts@jccotp.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 9:30 Happy History 10:00 Life Stories 11:00 Seniorcise Fitness 11:15* Jammin with Aaron 12:15 BBQ Chicken 1:00 Stories with Aviva 2:00 Bean Bag Toss 3:00 Group Puzzles	3 9:30 Playtime with Shiran 10:00 Memory Dice 10:30 Morning Yoga 11:00 Linda’s Letter Game 11:30 Janice in Concert 12:15 Gefilte Fish 1:00 Crafternoon Fun 2:00 Letter Ball 3:00 Chair Hockey	4 9:30 Word Grams 10:00 Comparison Game 10:30 Gardening with Friends 11:00 Stretch and Kvetch 11:30 Carlos in Concert 12:15 Baked Salmon 1:00 Choice of Clubs 2:00 1st Letter Word Game 3:00 Musical Memory Tours	5 9:30 Biography Trivia 10:00 Everyday Trivia 11:00 Senior Stretch 11:30 Cathy’s Piano Favorites 12:15 Spaghetti and Meatballs 1:00 Choice of Clubs 2:00 Category Word Game 3:00 Pokeno Game	6 
8 11:00 Weekend Update 11:30 Exercise Group 12:15 Sunday Brunch 1:00 Dessert with Sara 2:00 Move and Groove with Carlos 3:00 Headbands Game	9 9:30 Fun Facts 10:00 Opposites Game 11:00 Chaerobics 11:30 Toe Tappin’ with Peter 12:15 Meatballs and Spaghetti 1:00 Stories with Aviva 2:00 Have You Ever Game 3:00 Pokeno Game	10 9:30 Playtime with Shiran 10:00 Rhyming Words 10:30 Disco Fitness 11:00 Double Letter Game 11:30 Country Hits with Rich and Nancy 12:15 Turkey Burger 1:00 Crafternoon Fun 2:00 Alphabet Toss 3:00 Digital Gaming	11 9:30 Word Grams 10:00 Life Stories 10:30 Gardening with Friends 11:00 Fun to Be Fit 11:30 Ilya in Concert 12:15 Roasted Chicken 1:00 Pet Therapy—Dog Visit 2:00 Combination Word Game 3:00 Musical Memory Tours	12 9:30 Good News Stories 10:00 Photo Flash Cards 11:00 Stretch and Kvetch 11:30 Calypso Beats by Selah 12:15 Baked Salmon 1:00 Choice of Clubs 2:00 Scrambled Word Game 3:00 History Trivia	13 9:30 Alphabetics 10:00 Classic Bingo 11:00 Morning Stretches 11:30 Live Music by John 12:15 Roast Chicken 1:00 Fitness with Maurice 2:00 Basketball 3:00 Group Puzzles

