



## ARC Program

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 [sprintavalle@jccotp.org](mailto:sprintavalle@jccotp.org)

William: Sunday—Thursday

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Yiddish Concert</b></p> <p>Don't miss our Yiddish Concert on Wednesday, November 17th!</p> <p>Concert begins at 11:30 followed by a Boxed Lunch</p> 	<p><b>1 ARC Program Closed</b></p> 	<p><b>2</b></p>	<p><b>3</b></p> <p>9:30 Rhyming Words</p> <p>10:00 Exploring Art Galleries</p> <p>10:30 Gardening Club</p> <p>11:00 Chair Exercises</p> <p>11:30 Carlos in Concert</p> <p>12:15 Sesame Chicken</p> <p>1:00 Photography Club or Music Appreciation Club</p> <p>2:00 Floral Design Club</p> <p>3:00 Finishing Lines</p>	<p><b>4</b></p> <p>9:30 Color Match Dominos</p> <p>10:00 Cooking Club or Technology Club</p> <p>11:00 Sit and Be Fit</p> <p>11:15* Sing Along Tunes by Ruth</p> <p>12:15 Blintz Soufflé</p> <p>1:00 Nature Club or Travel Club</p> <p>2:00 Sports Club</p> <p>3:00 Group Puzzles</p>	<p><b>5</b></p> <p>9:30 Alphabetics</p> <p>10:00 Lingo Bingo</p> <p>11:00 Stretch and Kvetch</p> <p>11:30 Concert by Janice</p> <p>12:15 Hawaiian Roast Chicken</p> <p>1:00 Fitness Club</p> <p>2:00 What's My Line?</p> <p>3:00 Musical Memories</p>
<p><b>7</b></p> <p>11:00 Fun Facts</p> <p>11:30 1st Letter Word Game</p> <p>12:15 Sunday Brunch</p> <p>1:00 Spiritual Fitness Club</p> <p>2:00 Classics sung by John M.</p> <p>3:00 Musical Memories</p>	<p><b>8</b></p> <p>9:30 Opposite Words</p> <p>10:00 Reminiscence Club or Upcycling Club</p> <p>11:00 Big Band Workout</p> <p>11:30 Ilya in Concert</p> <p>12:15 Meatballs and Ziti</p> <p>1:00 Drama Club or Science Club</p> <p>2:00 History Club</p> <p>3:00 Object Identification Game</p>	<p><b>9</b></p> <p>9:30 Playtime with Shiran</p> <p>10:00 Dance Club</p> <p>10:30 Yoga with Linda</p> <p>11:00 Linda's Letter Game</p> <p>11:30 Country Concert by Rich</p> <p>12:15 Roast Chicken</p> <p>1:00 Jewelry Making or Finance Club</p> <p>2:00 Book Club</p> <p>3:00 Finish the Lyrics</p>	<p><b>10</b></p> <p>9:30 Sequencing</p> <p>10:00 Exploring Art Galleries</p> <p>10:30 Gardening Club</p> <p>11:00 Life Fitness</p> <p>11:15* World of Music by Tuvia</p> <p>12:15 Beef Stew</p> <p>1:00 Photography Club or Pet Therapy Dog Visitors</p> <p>2:00 Edible Art Club</p> <p>3:00 Pokeno</p>	<p><b>11</b></p> <p>9:30 Would You Rather?</p> <p>10:00 Cooking Club or Technology Club</p> <p>11:00 Fitness Together</p> <p>11:30 Jammin' with Aaron</p> <p>12:15 Baked Salmon</p> <p>1:00 Nature Club or Travel Club</p> <p>2:00 Sports Club</p> <p>3:00 Art Puzzles</p>	<p><b>12</b></p> <p>9:30 Everyday Trivia</p> <p>10:00 Classic Bingo</p> <p>11:00 Stretch and Kvetch</p> <p>11:30 Soul Songs by Rhonda</p> <p>12:15 Roasted Chicken</p> <p>1:00 Fitness Club</p> <p>2:00 Geography Trivia</p> <p>3:00 Famous Faces</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
14 11:00 Color Match Dominos 11:30 Double Letter Word Game 12:15 Sunday Brunch 1:00 Spiritual Fitness Club 2:00 Piano Tunes by Peter 3:00 Left Right and Center	15 9:30 Current Events 10:00 Reminiscence Club or Upcycling Club 11:00 Big Band Workout 11:30 Drew and Robbie Concert 12:15 Salisbury Steak 1:00 Drama Club or Science Club 2:00 History Club 3:00 Group Puzzles	16 9:30 Playtime with Shiran 10:00 Dance Club 10:30 Yoga with Linda 11:00 Linda's Letter Game 11:30 Calypso Beats by Selah 12:15 BBQ Chicken 1:00 Jewelry Making or Finance Club 2:00 Book Club 3:00 Musical Memories	17 9:30 Life Stories 10:00 Exploring Art Galleries 10:30 Gardening Club 11:00 Fun Fitness 11:30 Yiddish Concert 12:30 Boxed Lunch 1:00 Photography Club or Music Appreciation Club 2:00 Floral Design Club 3:00 Family Feud	18 9:30 What Would You Do? 10:00 Cooking Club or Technology Club 11:00 Chair Exercises 11:30 Jammin' with Aaron 12:15 Baked Tilapia 1:00 Nature Club or Travel Club 2:00 Sports Club 3:00 Have You Ever?	19 9:30 Life Trivia 10:00 Zingo Bingo 11:00 Stretch and Kvetch 11:30 Karaoke with Byron 12:15 Roasted Chicken 1:00 Fitness Club 2:00 Tumbling Tower 3:00 Alphabet Toss
21 11:00 What Would You Do? 11:30 Name 10 12:15 Sunday Brunch 1:00 Spiritual Fitness Club 2:00 Concert and Sing Along 3:00 Have You Ever?	22 9:30 This Week in History 10:00 Reminiscence Club or Upcycling Club 11:00 Big Band Workout 11:30 Calypso by Selah 12:15 Meatballs and Bow Ties 1:00 Drama Club or Science Club 2:00 History Club 3:00 Pokeno	23 9:30 Playtime with Shiran 10:00 Dance Club 10:30 Yoga with Linda 11:00 Linda's Letter Game 11:30 Sing Along with Robbie 12:15 Sesame Chicken 1:00 Jewelry Making or Finance Club 2:00 Book Club 3:00 Alphabet Toss	24 9:30 Famous Faces 10:00 Exploring Art Galleries 10:30 Gardening Club 11:00 Core Fitness 11:30 Manny and Janet Concert 12:15 Pepper Steak 1:00 Photography Club or Music Appreciation Club 2:00 Edible Art Club 3:00 Object Identification Game	25 9:30 Rhyming Words 10:00 Cooking Club /Tech Club 11:00 Chair Aerobics 11:15* Miracles of Broadway sponsored by SYNERGY Homecare of Teaneck 12:15 Gefilte Fish 1:00 Nature Club or Travel Club 2:00 Bingo by The Bristal 3:00 Musical Memories	26 9:30 Biography Trivia 10:00 Classic Bingo 11:00 Stretch and Kvetch 11:30 Live Music by John M. 12:15 Roasted Chicken 1:00 Fitness Club 2:00 Hangman Word Game 3:00 Group Puzzles
28 11:00 Life Stories 11:30 First and Last Letter Game 12:15 Sunday Brunch 1:00 Spiritual Fitness Club 2:00 Concert by Carlos 3:00 Musical Memories	29 9:30 Opposite Words 10:00 Reminiscence Club or Upcycling Club 11:00 Big Band Workout 11:30 Toe Tappin' with Peter 12:15 Beef with Bean Sauce 1:00 Drama Club or Science Club 2:00 History Club 3:00 Famous Faces	30 9:30 Playtime with Shiran 10:00 Dance Club 10:30 Yoga with Linda 11:00 Linda's Letter Game 11:30 Concert by Ilya 12:15 Roasted Chicken 1:00 Jewelry Making or Finance Club 2:00 Book Club 3:00 Art Puzzles	31 9:30 Sequencing 10:00 Art by The MET 10:30 Gardening Club 11:00 Together Fitness 11:15* Joe Duo Concert 12:15 Meatloaf with Mushrooms 1:00 Photography Club or Music Appreciation Club 2:00 Floral Design Club 3:00 Have You Ever?	<b>Birthdays</b> Oct 2 John C. Oct 10 Sandra B. 	