





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

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