



ARC Program

Monday—Friday 9:00AM—4:00PM

Sunday 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
<p>1</p> <p>11:00 Weekend Update</p> <p>11:30 Sunday Stretches</p> <p>12:15 Sunday Brunch</p> <p>1:00 Sports Club</p> <p>2:00 Sing along with Robbie</p> <p>3:00 Water Color Painting</p>	<p>2</p> <p>9:30 Life Stories</p> <p>10:00 Alphabet Toss</p> <p>11:00 Fun Fitness</p> <p>11:15* Tony in Concert</p> <p>12:15 Beef Stew</p> <p>1:00 Choice of Clubs</p> <p>2:00 Chair Hockey</p> <p>3:00 Have You Ever Game</p>	<p>3</p> <p>9:30 Playtime with Shiran</p> <p>10:00 What's the News?</p> <p>10:30 Yoga with Linda</p> <p>11:00 Linda's Letter Game</p> <p>11:30 Peter's Piano Tunes</p> <p>12:15 Roasted Chicken</p> <p>1:00 Aviva's Stories and Choice of Clubs</p> <p>2:00 Object Identification Game</p> <p>3:00 Pokeno</p>	<p>4</p> <p>ARC Program Closed</p> 	<p>5</p> <p>9:30 Finish The Phrase</p> <p>10:00 Memory Puzzles</p> <p>11:00 Chair Exercises</p> <p>11:30 Jammin with Aaron</p> <p>12:15 Baked Salmon</p> <p>1:00 Choice of Clubs</p> <p>2:00 Words in a Word Game</p> <p>3:00 History's Mysteries</p>	<p>6</p> <p>9:30 Reminiscence</p> <p>10:00 Object Bingo</p> <p>11:00 Stretch and Kvetch</p> <p>11:30 Sing Along with Robbie</p> <p>12:15 Roast Chicken</p> <p>1:00 Fitness Club</p> <p>2:00 Category Word Game</p> <p>3:00 Bean Bag Toss</p>
<p>8</p> <p>11:00 Table Talk</p> <p>11:30 Morning Stretch</p> <p>12:15 Sunday Brunch</p> <p>1:00 Sports Club</p> <p>2:00 Soul Sings by Rhonda</p> <p>3:00 Matching Game</p>	<p>9</p> <p>9:30 Photographic Memories</p> <p>10:00 Art Puzzles</p> <p>11:00 Big Band Workout</p> <p>11:30 Piano Favorites by Peter</p> <p>12:15 Salisbury Steak</p> <p>1:00 Choice of Clubs</p> <p>2:00 Flashback to Hollywood</p> <p>3:00 Name That Tune</p>	<p>10</p> <p>9:30 Playtime with Shiran</p> <p>10:00 Famous Faces</p> <p>10:30 Yoga with Linda</p> <p>11:00 Letter Game with Linda</p> <p>11:30 Ilya in Concert</p> <p>12:15 BBQ Chicken</p> <p>1:00 Aviva's Stories and Choice of Clubs</p> <p>2:00 Roll and Write</p> <p>3:00 Memory Dominos</p>	<p>11</p> <p>9:30 Finishing Lyrics</p> <p>10:00 Choice of Clubs</p> <p>11:00 Chaerobics</p> <p>11:15* Live Music Frankie M.</p> <p>12:15 Meatloaf</p> <p>1:00 Pet Therapy</p> <p>2:00 Category Word Game</p> <p>3:00 Musical Memory Tours</p>	<p>12</p> <p>9:30 Comparison Game</p> <p>10:00 Biography Trivia</p> <p>11:00 Sit and Be Fit</p> <p>11:30 Janet and Manny Concert</p> <p>12:15 Breaded Fish Filet</p> <p>1:00 Choice of Clubs</p> <p>2:00 Balloon Volleyball</p> <p>3:00 Pokeno</p>	<p>13</p> <p>9:30 Life Trivia</p> <p>10:00 Zingo Bingo</p> <p>11:00 Morning Yoga</p> <p>11:30 Country Hits with Rich and Nancy</p> <p>12:15 Hawaiian Chicken</p> <p>1:00 Fitness Club</p> <p>2:00 Tumbling Towers</p> <p>3:00 Biographies</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday																		
15 11:00 This Week in History 11:30 Sit and Be Fit 12:15 Sunday Brunch 1:00 Sports Club 2:00 Calypso by Selah 3:00 Musical Memories	16 9:30 Famous Faces 10:00 Matching Dominos 11:00 Disco Fitness 11:30 Drew and Robbie Sing Along 12:15 Pepper Steak 1:00 Choice of Clubs 2:00 Category Word Game 3:00 Travel Trivia	17 9:30 Playtime with Shiran 10:00 Quirkle Game 10:30 Yoga with Linda 11:00 Linda’s Letter Game 11:30 Pianist Ruth Performance 12:15 Sesame Chicken 1:00 Aviva’s Stories and Choice of Clubs 2:00 Chair Hockey 3:00 Memory Puzzles	18 9:30 Sequence Game 10:00 Choice of Clubs 11:00 Fun to be Fit 11:30 Live Music by Janice 12:15 Turkey Meatballs 1:00 Choice of Clubs 2:00 Object Identification Game 3:00 Musical Memory Tours	19 9:30 Rhyming Words 10:00 Geography Trivia 11:00 Chair Exercises 11:15* Mike T. in Concert 12:15 Salmon Burgers 1:00 Choice of Clubs 2:00 Tumbling Towers 3:00 Have You Ever Game	20 9:30 Finishing Lines 10:00 Classic Bingo 11:00 Stretch and Kvetch 11:30 Singin’ Classics with John 12:15 Roasted Chicken 1:00 Fitness Club 2:00 Alphabetics 3:00 Group Puzzles																		
22 11:00 Good News Stories 11:30 Sunday Stretch 12:15 Sunday Brunch 1:00 Sports Club 2:00 Jammin with Aaron 3:00 Life Trivia	23 9:30 Comparison Game 10:00 Sequence Game 11:00 Big Band Workout 11:30 Ilya in Concert 12:15 Beef with Bean Sauce 1:00 Choice of Clubs 2:00 Words in a Word Game 3:00 Reminiscence Stories	24 9:30 Playtime with Shiran 10:00 What’s the News? 10:30 Yoga with Linda 11:00 Double Letter Game 11:30 Piano Tunes by Ella 12:15 Roasted Chicken 1:00 Aviva’s Stories and Choice of Clubs 2:00 Balloon Volleyball 3:00 Group Puzzles	25 9:30 Photographic Memories 10:00 Choice of Clubs 11:00 Chaerobics 11:30 Janice in Concert 12:15 Stuffed Cabbage 1:00 Choice of Clubs 2:00 Art Puzzles 3:00 Musical Memory Tours	26 9:30 Finishing Lyrics 10:00 Quirkle Game 11:00 Sit and Be Fit 11:30 Calypso by Selah 12:15 Breaded Flounder 1:00 Choice of Clubs 2:00 Flashback to Hollywood 3:00 Pokeno	27 9:30 Everyday Trivia 10:00 Lingo Bingo 11:00 Morning Stretch 11:30 Karaoke with Byron 12:15 Hawaiian Chicken 1:00 Fitness Club 2:00 Name That Tune 3:00 Geography Trivia																		
29 11:00 Table Talk 11:30 Morning Fitness 12:15 Sunday Brunch 1:00 Sports Club 2:00 Country Hits by Rich 3:00 Musical Memories	30 9:30 Life Stories 10:00 Biography Trivia 11:00 Disco Fitness 11:15* Music by Tuvia Sponsored by Atria Senior Living 12:15 Salisbury Steak 1:00 Choice of Clubs 2:00 Object Identification Game 3:00 Roll and Write	31 9:30 Playtime with Shiran 10:00 Word Puzzles 10:30 Yoga with Linda 11:00 1st Letter Word Game 11:30 Live Music by Janice 12:15 BBQ Chicken 1:00 Aviva’s Stories and Choice of Clubs 2:00 Name That Tune 3:00 Pokeno	<div><div><div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div><div><div></div><div></div><div></div></div></div><div>Birthdays of the Month</div><div>July 2nd Ester G. July 5th Marsha S. July 21st Nathan F. July 26th Ruth J. July 29th Ann H.</div></div></div>	<div><div>10:00AM</div><div>1:00PM</div></div> <table><tr><td>Sunday</td><td></td><td>Sports Club</td></tr><tr><td>Monday</td><td>Technology Club</td><td>Drama/History</td></tr><tr><td>Tuesday</td><td>Dance Club</td><td>Edible Art or Book Club</td></tr><tr><td>Wednesday</td><td>Art Gallery Club or Gardening Club</td><td>Photography Club or Sports Club</td></tr><tr><td>Thursday</td><td>Cooking Club</td><td>Nature or Travel Club</td></tr><tr><td>Friday</td><td></td><td>Fitness Club</td></tr></table>		Sunday		Sports Club	Monday	Technology Club	Drama/History	Tuesday	Dance Club	Edible Art or Book Club	Wednesday	Art Gallery Club or Gardening Club	Photography Club or Sports Club	Thursday	Cooking Club	Nature or Travel Club	Friday		Fitness Club
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