



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
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	15 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	16 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	17 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	18 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	19 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	20
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	22 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	23 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	24 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	25 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	26 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	27
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	29 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	30 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	31  July 2nd Ester G. July 5th Marsha S. July 21st Nathan F. July 26th Ruth J. July 29th Ann H.	10:00AM	1:00PM	
				Sunday	Sports Club	
				Monday	Drama/History	
				Tuesday	Edible Art or Book Club	
				Wednesday	Photography Club or Sports Club	
				Thursday	Nature or Travel Club	
				Friday	Fitness Club	