

ARC Program 9:00AM—4:00PM

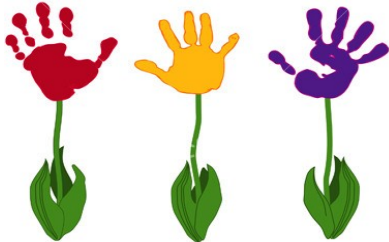



Monday—Friday

11:00AM—4:00PM

New Sunday Program

Have Questions?
Contact the ARC Programming Staff:
Tuesday—Friday
Sal: 201-408-1452
Sunday—Thursday
William: 201-569-7900 ext. 123



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>New ARC Clubs</p> <p>Monday—Friday</p> <p>10:00AM and 1:00pm</p> <p>Our Seniors may choose to participate in the activity that best suits them. ARC Clubs are offered in the morning and afternoons in addition to normal activities.</p>	<p>Gardening with Tots</p> <p>Our Seniors work hand in hand with Children from our Nursery School every Wednesday morning to tend to our Garden!</p> 	<p>Holidays</p> <p>This month the ARC Program will be closed:</p> <ul style="list-style-type: none">• Labor Day 9/3 and 9/4• Rosh Hashanah on 9/21 and 9/22 <p>The JCC will also be closing at 3:00PM on Wednesday 9/20 and Friday 9/29</p>	<p>September Birthdays</p> <p>9/19 Irv Brodsky</p> 		<p>1</p> <p>9:30 Finish the Phrase</p> <p>10:00 Lingo Bingo</p> <p>11:00 Morning Yoga</p> <p>11:30 Karaoke with Byron</p> <p>12:15 Roast Chicken</p> <p>1:00 Athletic Club and Gaming Club</p> <p>2:00 What's My Line?</p> <p>3:00 4 in a Row Game</p>
<p>3</p> 	<p>4</p>	<p>5</p> <p>9:30 Life Stories</p> <p>10:00 Walking Club</p> <p>10:30 Fitness Fun</p> <p>11:00 A-Z Word Game</p> <p>11:30 Piano Tunes with Peter</p> <p>12:15 Grilled Chicken Breast</p> <p>1:00 Book Club and Chair Hockey</p> <p>2:00 Zingo</p> <p>3:00 Name That Tune</p>	<p>6</p> <p>9:30 Word Grams and Rummy Cube</p> <p>10:00 Edible Art Club and Alphabetics</p> <p>11:00 Chaerobics</p> <p>11:15 Concert by Ilya*</p> <p>12:15 Yankee Pot Roast</p> <p>1:00 Crafternoon Club and Bean Bag Toss</p> <p>2:00 Finishing Lines</p> <p>3:00 Tumbling Timbers</p>	<p>7</p> <p>9:30 Memory Dominos</p> <p>10:00 Cooking Club and</p> <p>11:00 Stretch and Kvetch</p> <p>11:30 Calypso Music by Seleh</p> <p>12:15 Gefilte Fish</p> <p>1:00 Reminiscence Club and ARC Bowling League</p> <p>2:00 Wheel of Fortune</p> <p>3:00 Digital Gaming</p>	<p>8</p> <p>9:30 Life Trivia</p> <p>10:00 Classic Bingo</p> <p>11:00 Sit and Be Fit</p> <p>11:30 Country Hits with Rich</p> <p>12:15 Roast Chicken</p> <p>1:00 Athletic Club and Gaming Club</p> <p>2:00 Dominos and Matching Game</p> <p>3:00 Basketball</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<div>10</div> <div> 11:00 Memory Dominos 11:30 Big Band Workouts 12:15 Sunday Brunch 1:00 Painting Pairs 2:00 Cathy in Concert 3:00 Wheel of Fortune </div>	<div>11</div> <div> 9:30 Good News Network 10:00 Photography Club and 1st Letter Word Game 11:00 Disco Exercise 11:15* Crooning with Johnny 12:15 Meatballs and Spaghetti 1:00 Geography Club and Aviva's Bible Stories 2:00 Quirkle 3:00 Tech Time </div>	<div>12</div> <div> 9:30 Word Hunters & Crosswords 10:00 Walking Club 10:30 Big Band Workouts 11:00 Linda's Letter Game 11:30 Move and Groove with Carlos 12:15 Honey Mustard Chicken 1:00 Book Club and Basketball 2:00 Qbosity 3:00 Nature Art </div>	<div>13</div> <div> 9:30 Word Grams & Rummy Cube 10:00 Edible Art Club and Scrambled Word Game 11:00 Workout with Weights 11:30 Music by Ella 12:15 Sheppard's Pie 1:15 Crafternoon Club and Dog Therapy 2:00 Group Puzzles 3:00 Balloon Volleyball </div>	<div>14</div> <div> 9:30 Comparison Game 10:00 Cooking Club & Quirkle 11:00 Fitness Fun 11:30 Soul Music with Rhonda 12:15 Blintz Soufflé 1:00 Reminiscence Club and ARC Bowling League 2:00 Name That Tune 3:00 Digital Gaming </div>	<div>15</div> <div> 9:30 Life Stories 10:00 Animal Bingo 11:00 Stretch and Kvetch 11:30 Janice in Concert 12:15 Roasted Chicken 1:00 Athletic Club and Gaming Club 2:00 Geography Trivia 3:00 4 in a Row Game </div>
<div>17</div> <div> 11:00 Life Stories 11:30 Everyday Fitness 12:15 Sunday Brunch 1:00 Classic Bingo 2:00 Country Music with Rich 3:00 Nature Art </div>	<div>18</div> <div> 9:30 Spill & Spell Game 10:00 Photography Club and Category Word Games 11:00 Sit and Be Fit 11:15* Music Around the World with Shlomo 12:15 Stuffed Cabbage 1:00 Geography Club and Aviva's Bible Stories 2:00 Pokeno 3:00 Tech Time </div>	<div>19</div> <div> 9:30 This and That Trivia 10:00 Walking Club 10:30 Chair Exercises 11:00 Alphabet Game 11:30* Secil Singers Concert 12:15 Asian Honey Chicken 1:00 Book Club and Wheel of Fortune 2:00 Fill in Stories 3:00 Balloon Volleyball </div>	<div>20</div> <div> 9:30 Word Grams & Rummy Cube 10:00 Edible Art Club & Alphab Toss 11:00 Disco Fitness 11:30 Jammin' with Janice 12:15 Beef and Chicken Meatloaf 1:00 Crafternoon Club and Bean Bag Toss 2:00 Scratch Art * JCC Closes at 3:00PM Today </div>	<div>21</div> <div> <div>ARC Program Closed</div>  </div> <div>22</div>	
<div>24</div> <div> 11:00 Comparison Game 11:30 Fitness Fun 12:15 Sunday Brunch 1:00 Nature Walk 2:00 Crooning with Johnny 3:00 Tumbling Timbers </div>	<div>25</div> <div> 9:30 Memory Dominos 10:00 Photography Club and Alphabet Game 11:00 Chaerobics 11:30 Toe Tappin' Tunes by Peter 12:15 Meatballs and Spaghetti 1:00 Geography Club and Aviva's Bible Stories 2:00 Qubosity 3:00 Tech Time </div>	<div>26</div> <div> 9:30 Outburst 10:00 Walking Club 10:30 Big Band Workouts 11:00 Linda's Word Game 11:30 Robbie's Sing a Long 12:15 Grilled Chicken Breast 1:00 Book Club and Basketball 2:00 Roll the Dice 3:00 Tumbling Timbers </div>	<div>27</div> <div> 9:30 Word Grams and Rummy Cube 10:00 Edible Art Club 11:00 Stretch and Kvetch 11:30 Calypso Music by Seleh 12:15 Pepper Steak 1:00 Crafternoon Club and Balloon Volleyball 2:00 4 in a Row Game 3:00 Digital Gaming </div>	<div>28</div> <div> 9:30 Pokeno 10:00 Cooking Club and Word Scrambles 11:00 Workout with Weights 11:15* Don Anthony Concert 12:15 Eggplant Parmigiana 1:00 Reminiscence Club and ARC Bowling League 2:00 Matching Games 3:00 Nature Art </div>	<div>29</div> <div> 9:30 Finishing Phrases 10:00 Object Bingo 11:00 Morning Yoga 11:30 Groovin' with Carlos 12:15 Roast Chicken 1:00 Athletic Club and Gaming Club 2:00 Hangman *JCC Closes at 3:00PM Today </div>