



The Arc[®]
of Essex County

Community Inclusion, Recreation, & Respite Catalog

September–December 2017

Featuring:

New Look

New Categories

New Pick-Up Location!

Welcome:

The Arc of Essex County's Community Inclusion, Recreation, and Respite Services offer a variety of activities for people with intellectual and developmental disabilities ages 18 through adult. The Arc's programs and services are designed to help participants learn and enhance skills through socialization and fun. Programs fall under two categories: Community Inclusion or Group Respite. Community Inclusion is comprised of enrichment and recreation activities that enhance participation in the community. Group Respite opportunities teach valuable skills while also giving caregivers a short-term break to help relieve stress, restore energy, and manage family life. The Arc has a service for each individual's interests.

Respite and Community Inclusion services are offered through the Supports Program, Real Life Choices, and Self Direction; additionally, families can elect a self-pay option. If you have any questions regarding these services or how to enroll, please contact us (see below).

To Register:

General Instructions:

1. If you are new to The Arc of Essex County, you must contact us to set up an intake before registering. Individuals currently participating with The Arc can proceed with registration.
2. Using the enclosed registration form, fill out your contact information, circle the activities and dates that you want to enroll in, circle the way in which you are registering: Self Pay, Supports Program, or RLC/Self Directed, and mail back to The Arc of Essex County.
3. All events are offered on a first-come, first-serve basis. Events may fill up quickly.

Self-Pay Instructions:

1. Enclose a check or money order for all activities that were chosen on the registration form.

Supports Program Instructions:

1. All activities must be approved through the NJISP. All units for each activity are indicated for the support coordinator to create the NJISP. Support coordinators are encouraged to contact The Arc with any questions. A draft of the NJISP must be sent to The Arc for approval. Registration for an activity is not considered final until an approved NJISP has been received.

RLC/Self Directed Instructions:

1. All activities must be approved through your ELP or NJISP. The units for each activity are indicated for the support coordinator. Support coordinators are encouraged to contact The Arc with any questions. Registration for an activity is not considered final until a service detail report approval is received.
2. RLC/Self Directed funds will only pay \$12 per hour for all activities. This does not cover all of the costs of some of the activities. Please note that some activities have an additional out-of-pocket cost to the participant. Payment must be sent to The Arc of Essex County with your registration.

Cancellation Policy:

For All Programs: If you cannot attend a program for any reason, it is your responsibility to call The Arc of Essex County at least 24 hours before the start of a program to cancel. If the program is on the weekend, a phone call must be received by 3 p.m. the preceding Friday. When appropriate, credits will be issued in the form of payment (i.e. supports program = units, self pay = cash). No credit will be issued for events that require an advance ticket purchase.

CONTACT US:

Dacia King-Sarkodie
Manager, Community Supports Services
(973) 535-1181 ext. 1272
dking@arcessex.org



COMMUNITY INCLUSION

Exercise & Nutrition

Located at the Montclair YMCA, participants will learn about nutrition, exercise, and various ways to stay healthy. Special attention will focus on learning how to use a variety of exercise equipment and participating in activities that support healthy lifestyle choices. This program is designed to increase physical wellness in an integrated and supportive environment with the assistance of our trained staff.

Dates: (Thursdays)

- September 7, 14, 21, & 28
- October 5, 12, 19, & 26
- November 2, 9, 16, & 30
- December 7, 14, & 21 (holiday party)

Times:

- Start: 6:00 p.m.
- End: 8:00 p.m.

Location:

Montclair YMCA
25 Park Street
Montclair, NJ

NO TRANSPORTATION PROVIDED

Cost/Plan Requirements:

- Self-Pay Bundle: \$225 or \$18/session
- Supports Bundle: 120 units of Community Inclusion
- RLC/Self Directed Bundle: 30 hours of Group Respite

RECURRING

Bowling

Join us on Saturdays to go bowling with peers. During this physical activity, participants will learn how to take turns and keep score as well as learn the importance of supporting and cheering on all players.

Dates: (Saturdays)

- September 9, 16, & 23
- October 7, 14, & 28
- November 4, 11, & 18
- December 2, 9, & 16 (holiday party)

Times:

- Start: 10:30 a.m.
- End: 12:30 p.m.

Location:

Brunswick Olympic Bowl
679 Washington Avenue
Belleville, NJ

NO TRANSPORTATION PROVIDED

Cost/Plan Requirements:

- Self-Pay Bundle: \$180 or \$18/session
- Supports Bundle: 96 units of Community Inclusion
- RLC/Self Directed Bundle: 24 hours of Group Respite

RECURRING

COMMUNITY INCLUSION



Sunday Afternoon Movie

Watch the latest Hollywood blockbuster while being immersed in the real theater experience. Individuals will learn about movie etiquette while enjoying an evening out with peers.

Dates: (Sundays)

- September 17
- October 22
- November 12
- December 10

Times:

- Start: 3:00 p.m. (Pick up TBD based on movie selected)
- Approximately 6:00 p.m.

Departure Location:

West Orange Municipal Parking Lot
46 Mount Pleasant Avenue
West Orange, NJ

Cost/Plan Requirements:

- Self-Pay Bundle: \$120 or \$33/session
- Supports Bundle: 48 units of Community Inclusion + 80 miles of transportation
- RLC/Self Directed Bundle: 12 hours of Group Respite

RECURRING

Rotary/Kiwanis Fair

Come and enjoy a day out at the Caldwell Street Fair. A fun time is to be had for all with rides, entertainment, live music, arts & crafts, merchandise, and delicious ethnic and regional food. Please bring additional money for rides and games.

Date:

- Sunday, October 1

Times:

- Start: 12:00 p.m.
- End: 4:00 p.m.

Departure Location:

West Orange Municipal Parking Lot
46 Mount Pleasant Avenue
West Orange, NJ

Cost/Plan Requirements:

- Self-Pay: \$40
- Supports: 16 units of Community Inclusion + 20 miles of transportation
- RLC/Self Directed: 4 hours of Group Respite

SPECIAL EVENT



COMMUNITY INCLUSION

Pumpkin Picking & Hay Ride

Celebrate the Halloween season at Fairfield Farms which offers a tractor hay ride, pumpkin picking, corn maze, and a pumpkin launch game.

Date:

- Sunday, October 29

Times:

- Start: 1:00 p.m.
- End: 5:00 p.m.

Departure Location:

West Orange Municipal Parking Lot
46 Mount Pleasant Avenue
West Orange, NJ

Cost/Plan Requirements:

- Self-Pay: \$50
- Supports: 16 units of Community Inclusion + 25 miles of transportation
- RLC/Self Directed: 4 hours of Group Respite

SPECIAL EVENT

Dave & Buster's

Travel to the famous Dave & Buster's in Nyack, NY to enjoy great food and play amazing games. This experience is a great getaway to enjoy a different atmosphere and have meaningful and fun interactions with friends. Price includes an entrée and a \$10 play card. Please bring additional money to play more games.

Date:

- Sunday, November 5

Times:

- Start: 12:30 p.m.
- End: 5:30 p.m.

Departure Location:

West Orange Municipal Parking Lot
46 Mount Pleasant Avenue
West Orange, NJ

Cost/Plan Requirements:

- Self-Pay: \$65
- Supports: 20 units of Community Inclusion + 80 miles of transportation
- RLC/Self Directed: 5 hours of Group Respite

SPECIAL EVENT

COMMUNITY INCLUSION



The Nutcracker

Enjoy the classic holiday musical, The Nutcracker, at Kane University theater. This enchanting tale will set the mood for the festive season. All ticket money must be in by Friday, November 3rd in order for tickets to be purchased.

Date:

- Sunday, December 3

Times:

- Start: 2:00 p.m.
- End: 6:00 p.m.

Departure Location:

West Orange Municipal Parking Lot
46 Mount Pleasant Avenue
West Orange, NJ

Cost/Plan Requirements:

- Self-Pay: \$65
- Supports: 16 units of Community Inclusion + 20 miles of transportation
- RLC/Self Directed: 4 hours of Group Respite + \$20 for ticket price due by November 3rd

Holiday Shopping and Dinner

Prepare for the holidays by joining us on our annual trip to the mall to shop for gifts. Spend the afternoon purchasing presents for loved ones and enjoy a light meal after all that hard work. Don't forget spending money for purchases!

Date:

- Sunday, December 17

Times:

- Start: 2:00 p.m.
- End: 6:00 p.m.

Departure Location:

West Orange Municipal Parking Lot
46 Mount Pleasant Avenue
West Orange, NJ

Cost/Plan Requirements:

- Self-Pay: \$40
- Supports: 16 units of Community Inclusion + 24 miles of transportation
- RLC/Self Directed: 4 hours of Group Respite

SPECIAL EVENT

SPECIAL EVENT



GROUP RESPIRE

Rockin' Roundtable

This program gives participants an opportunity to reflect on the role that current events play in their lives. It also encourages the participants to broaden their awareness of the world, form and express opinions, and develop new ways to advocate for themselves.

Dates: (Wednesdays)

- September 6
- October 18
- November 15
- December 20

Times:

- Start: 6:00 p.m.
- End: 8:00 p.m.

Location:

The Arc of Essex County Main Office
123 Naylor Avenue
Livingston, NJ

NO TRANSPORTATION PROVIDED

Cost/Plan Requirements:

- Self-Pay Bundle: \$120 or \$33/session
- Supports Bundle: 32 units of Respite
- RLC/Self Directed Bundle: 8 hours of Group Respite + \$24 for dinner for all sessions

RECURRING

The World of Food

Come experience new adventures and cultures from around the world through food, games, and music. Each month, a theme will be chosen and we will order-in an entrée of your choice and prepare an appetizer or dessert from that culture. We will also review healthy food choices, how to read a menu, dining etiquette, and other basic skills. This activity can open the door to many new experiences. Join us for a night of adventure! This activity takes place at The Arc's West Caldwell Day Program location.

Dates: (Fridays)

- September 8: U.S.A
- October 6: Mexico
- November 3: Italy
- December 1: Holiday Celebrations

Times:

- Start: 6:00 p.m.
- End: 9:00 p.m.

Departure Location:

West Orange Municipal Parking Lot
46 Mount Pleasant Avenue
West Orange, NJ

Cost/Plan Requirements:

- Self-Pay Bundle: \$160 or \$43/session
- Supports Bundle: 48 units of Respite
- RLC/Self Directed Bundle: 12 hours of Group Respite + \$20 for dinner for all sessions

RECURRING

GROUP RESPITE



Fall Brunch

Join us for a Sunday Brunch and cook a savory breakfast/lunch with peers under the guidance of our staff. At this activity, participants will learn about a variety of breakfast and lunch items and techniques to prepare a combination of meals. This program will take place at The Arc's Creative Visions Day Program location.

Date:

- Sunday, September 10

Times:

- Start: 11:30 a.m.
- End: 2:30 p.m.

Departure Location:

West Orange Municipal Parking Lot
46 Mount Pleasant Avenue
West Orange, NJ

Cost/Plan Requirements:

- Self-Pay: \$30
- Supports: 12 units of Respite + 20 miles of transportation
- RLC/Self Directed: 3 hours of Group Respite

Artist's Gallery Day

Participants will bring out their inner Picasso at Artist's Gallery Day. Individuals will express their creativity through painting on a canvas and will have a unique piece of artwork to take home. This program will take place at The Arc's Opportunity Zone Day Program location.

Date:

- Sunday, September 24

Times:

- Start: 12:00 p.m.
- End: 4:00 p.m.

Departure Location:

West Orange Municipal Parking Lot
46 Mount Pleasant Avenue
West Orange, NJ

Cost/Plan Requirements:

- Self-Pay: \$40
- Supports: 16 units of Respite + 6 miles of transportation
- RLC/Self Directed: 4 hours of Group Respite

SPECIAL EVENT

SPECIAL EVENT



GROUP RESPITE

Halloween Dance

Participants should dress in their scariest, funniest, or cutest costume to celebrate Halloween with peers. Explore our spooky haunted room and an opportunity to win prizes for best costume.

SPECIAL EVENT

Date:

- Friday, October 27

Times:

- Start: 6:00 p.m.
- End: 9:00 p.m.

Location:

Opportunity Zone
50-58 Burnett Avenue
Maplewood, NJ

NO TRANSPORTATION PROVIDED

Cost/Plan Requirements:

- Self-Pay: \$30
- Supports: 12 units of Respite
- RLC/Self Directed: 3 hours of Group Respite

Thanksgiving Celebration

Enjoy a Thanksgiving celebration and make a holiday craft as we prepare a feast for you. Enjoy the company of peers, good conversation, and a great meal. This program will take place at The Arc's Creative Visions Day Program location.

SPECIAL EVENT

Date:

- Sunday, November 19

Times:

- Start: 4:00 p.m.
- End: 7:00 p.m.

Departure Location:

West Orange Municipal Parking Lot
46 Mount Pleasant Avenue
West Orange, NJ

Cost/Plan Requirements:

- Self-Pay: \$40
- Supports: 12 units of Respite + 10 miles of transportation
- RLC/Self Directed: 3 hours of Group Respite

GROUP RESPIRE



Saturday Group Respite

These Group Respite programs offer participants a fun-filled day with their peers while socializing and engaging in a variety of activities, such as arts & crafts, games, cooking, and trips into the community.

Caldwell

Dates: (Saturdays)

- September 9 & 30
- October 14 & 21
- November 4 & 11
- December 9 & 30

Times:

- Start: 10:00 a.m.
- End: 3:00 p.m.

Location:

Arc West Caldwell
1120 Bloomfield Ave.
West Caldwell, NJ

Maplewood

Dates: (Saturdays)

- September 9 & 30
- October 14 & 21
- November 4 & 11
- December 9 & 30

Times:

- Start: 10:00 a.m.
- End: 3:00 p.m.

Location:

Avenues
46-56 Oakwood Ave.
Orange, NJ

SPARC

Dates: (Saturdays)

- September 9 & 23
- October 14 & 28
- November 4 & 18
- December 9 & 16

Times:

- Start: 10:00 a.m.
- End: 3:00 p.m.

Location:

Creative Visions
46-56 Oakwood Ave.
Orange, NJ

RECURRING

Cost/Plan Requirements: Bundles apply to one location ONLY!

- Self-Pay Bundle: \$400 or \$60/session
- Supports Bundle: 160 units of Respite + Transportation units TBD based on Residence Address
- RLC/Self Directed Bundle: 40 hours of Group Respite



GROUP RESPIRE

Sunday Group Respite

This Group Respite opportunity offers participants a fun-filled day with their peers while socializing and engaging in a variety of activities, such as arts & crafts, games, cooking, and trips into the community.

Dates: (Sundays)

- September 10 & 24
- October 15 & 29
- November 5 & 19
- December 3 & 17

Times:

- Start: 12:30 p.m.
- End: 4:30 p.m.

Location:

Creative Visions
46-56 Oakwood Avenue
Orange, NJ

Cost/Plan Requirements:

- Self-Pay Bundle: \$360 or \$50/session
- Supports Bundle: 128 units of Respite + Transportation units TBD based on Residence Address
- RLC/Self Directed Bundle: 32 hours of Group Respite

RECURRING

Thursday After-Work Respite

This Group Respite opportunity offers participants a fun-filled evening with their peers while socializing and engaging in a variety of activities, such as arts & crafts, games, cooking, and trips into the community. Transportation to the program should be arranged through your day program provider. Transportation home is provided.

Dates: (Thursdays)

- September 7, 14, 21, & 28
- October 12, 19, & 26
- November 2, 9, 16, & 30
- December 7 & 14

Times:

- Start: 4:00 pm
- End: 7:00 p.m.

Location:

Creative Visions
46-56 Oakwood Avenue
Orange, NJ

Cost/Plan Requirements:

- Self-Pay Bundle: \$455 or \$38/session
- Supports Bundle: 156 units of Respite + Transportation units TBD based on Residence Address
- RLC/Self Directed Bundle: 39 hours of Group Respite

RECURRING



The Arc

of Essex County

123 Naylor Avenue
Livingston, NJ 07039



The Arc

of Essex County

123 Naylor Avenue
Livingston, NJ 07039
(973) 535-1181
www.arcessex.org

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