



***The Arc***®  
*of Essex County*

Community Inclusion, Recreation, & Respite Catalog

January-April 2020

# 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.

### Support Coordinators Notes:

1. Frontload units in case of weather cancellations or consumer cancellation. This allows units to rollover through the calendar.

### 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)

- January 9th, 16th, 23rd, & 30th
- February 6th, 13th, 20th, & 27th
- March 5th, 12th, 19th, & 26th
- April 2nd, 16th, 23rd, & 30th

### 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: \$240 or \$18/session
- Supports Bundle: 128 units of Community Inclusion
- RLC/Self Directed Bundle: 32 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)

- January 4th, 11th, & 25th
- February 1st, 8th, & 22nd
- March 7th, 14th, & 21st
- April 4th, 18th, & 25th

### 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)

- January 12th
- February 9th
- March 15th
- April 19th

### Times:

- Start: 3:00 p.m.
- End: Approximately 7:00 p.m.

### Departure Location:

West Orange Municipal Parking Lot  
46 Mount Pleasant Ave, W. Orange, NJ  
OR  
Bloomfield Library (back lot)  
84 Broad St., Bloomfield, NJ

### Cost/Plan Requirements:

- Self-Pay Bundle: \$170 or \$45/session
- Supports Bundle: 64 units of Community Inclusion + 48 miles of transportation
- RLC/Self Directed Bundle: 16 hours of Group Respite

RECURRING

## Doing Dishes Pottery Studio

Join your peers for lunch and then head over to the Doing Dishes Pottery Studio in Montclair and paint your own ceramic salad plate, mug, or cereal bowl. You will need to leave your ceramic piece to be glazed & fired in their kiln; it will be ready in 1 week. We will make arrangements to deliver your masterpiece to you.

### Date:

- Sunday, January 5th

### Times:

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

### Departure Location:

West Orange Municipal Parking Lot  
46 Mount Pleasant Ave, W. Orange, NJ  
OR  
Bloomfield Library (back lot)  
84 Broad St., Bloomfield, NJ

### Cost/Plan Requirements:

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

SPECIAL EVENT



# Liberty Science Center

Spend the day at Liberty Science Center and experience interactive, hands-on exhibits. Learn about the river just outside the doors and the creatures who live in it, peer inside a honey bee hive, or get creative with pixel art. Enjoy a 3D film of super power dogs who save lives. End your day at the Café Skylines.

### Date:

- Sunday, February 23rd

### Times:

- Start: 1:00 p.m.
- End: 6:00 p.m.

### Departure Location:

West Orange Municipal Parking Lot  
 46 Mount Pleasant Ave, W. Orange, NJ  
 OR  
 Bloomfield Library (back lot)  
 84 Broad St., Bloomfield, NJ

### Cost/Plan Requirements:

- Self-Pay: \$75
- Supports: 20 units of Community Inclusion + 38 miles of transportation
- RLC/Self Directed: 5 hours of Group Respite

SPECIAL EVENT

# Chef It Up

Beat the winter blues and join your peers to make pasta from scratch. The Chef It Up staff will provide all the supplies and instructions, including a knife safety class. Along with your homemade pasta, you will make a chopped salad, fresh squeezed lemonade, and decorate a cupcake for dessert.

### Date:

- Sunday, March 1st

### Times:

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

### Departure Location:

West Orange Municipal Parking Lot  
 46 Mount Pleasant Ave, W. Orange, NJ  
 OR  
 Bloomfield Library (back lot)  
 84 Broad St., Bloomfield, NJ

### Cost/Plan Requirements:

- Self-Pay: \$55
- Supports: 16 units of Community Inclusion + 8 miles of transportation
- RLC/Self Directed: 4 hours of Group Respite

SPECIAL EVENT

# COMMUNITY INCLUSION



## Silverball Museum

Experience a tribute to pinball & video gaming past at the Silverball Museum located at the Asbury Park Boardwalk. Offering 600 retro arcade games including pinball, skeeball, shuffle board, air hockey, & more, all games inside the museum are set to free play with your entry pass. Price includes admission and lunch.

### Date:

- Sunday, March 22nd

### Times:

- Start: 11:00 a.m.
- End: 5:00 p.m.

### Departure Location:

West Orange Municipal Parking Lot  
46 Mount Pleasant Ave, W. Orange, NJ  
OR  
Bloomfield Library (back lot)  
84 Broad St., Bloomfield, NJ

### Cost/Plan Requirements:

- Self-Pay: \$60
- Supports: 24 units of Community Inclusion + 76 miles of transportation
- RLC/Self Directed: 6 hours of Group Respite

## Mount Airy Casino

Play to win at Mount Airy Casino. Try your luck at the game machines and enjoy a buffet lunch. The trip includes lunch & a small snack. Please send your family member with money for the gaming machines.

### Date:

- Sunday, April 26th

### Times:

- Start: 11:30 a.m.
- End: 6:30 p.m.

### Departure Location:

West Orange Municipal Parking Lot  
46 Mount Pleasant Ave, W. Orange, NJ  
OR  
Bloomfield Library (back lot)  
84 Broad St., Bloomfield, NJ

### Cost/Plan Requirements:

- Self-Pay: \$95
- Supports: 28 units of Community Inclusion + 148 miles of transportation
- RLC/Self Directed: 7 hours of Group Respite

SPECIAL EVENT

SPECIAL EVENT



# GROUP RESPIRE

## The World of Food

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 takes place at The Arc's Creative Visions Day Program location.

### Date: (Fridays)

- January 10th: Healthy Eating
- February 7th: Comfort Food
- March 6th: Ireland
- April 3rd : Holiday Spring Celebration

### Times:

- Start: 6:00 pm
- End: 9:00 pm

### Departure Location:

West Orange Municipal Parking Lot  
46 Mount Pleasant Ave, W. Orange, NJ  
OR  
Bloomfield Library (back lot)  
84 Broad St., Bloomfield, NJ

### Cost/Plan Requirements:

- Self-Pay Bundle: \$160 or \$43/session
- Supports Bundle: 48 units of Respite + 16 miles of transportation.
- RLC/Self Directed: 12 hours of Group Respite

RECURRING

## Valentine Candy Making

Join us for an afternoon of confection-making. All materials and tools will be provided to make an impressive array of chocolates including chocolate bark, chocolate hearts, candy coated pretzels, and more! Lunch will be provided. This event will take place at The Arc's Creative Visions Day Program location.

### Dates:

- Sunday, January 26th

### Times:

- Start: 12:00 p.m.
- End: 5:00 p.m.

### Departure Location:

West Orange Municipal Parking Lot  
46 Mount Pleasant Ave, W. Orange, NJ  
OR  
Bloomfield Library (back lot)  
84 Broad St., Bloomfield, NJ

### Cost/Plan Requirements:

- Self-Pay: \$45
- Supports: 20 units of Respite + 4 miles of transportation
- RLC/Self Directed: 5 hours of Group Respite

SPECIAL EVENT

# GROUP RESPITE



## Chili Cook Off Super Bowl Pre-Party

Are you ready for a Super Bowl bash? Put on your team Jersey and join us for a super bowl pre-party warm up. Grab your chef hat and cook up your best batch of chili to defeat the opposing team. Wear your team colors. This event will take place at The Arc's Creative Visions Day Program location.

### Dates:

- Sunday, February 2nd

### Times:

- Start: 11:00 a.m.
- End: 4:00 p.m.

### Departure Location:

West Orange Municipal Parking Lot  
46 Mount Pleasant Ave, W. Orange, NJ  
OR

Bloomfield Library (back lot)  
84 Broad St., Bloomfield, NJ

### Cost/Plan Requirements:

- Self-Pay: \$45
- Supports: 20 units of Respite + 4 miles of transportation
- RLC/Self Directed Bundle: 5 hours of Group Respite

## Game Day

Got cabin fever? Beat the boredom of winter and join us for games, fun, and big prizes. Enjoy a hot beverage, soup, sandwiches, & good friends while you shake off the winter blues. This event will take place at The Arc's Creative Visions Day Program location.

### Date:

- Sunday, March 8th

### Times:

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

### Departure Location:

West Orange Municipal Parking Lot  
46 Mount Pleasant Ave, W. Orange, NJ  
OR

Bloomfield Library (back lot)  
84 Broad St., Bloomfield, NJ

### Cost/Plan Requirements:

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

SPECIAL EVENT

SPECIAL EVENT





# GROUP RESPIRE

## DIY Spring Wreath Making

Spring into the season with a DIY wreath that is easy, bright, and beautiful. Enjoy lunch with your friends while creating your very own masterpiece to brighten up your front door for spring or give as a gift to your favorite person. This event will take place at The Arc's Creative Visions Day Program location.

### Date:

- Sunday, March 29th

### Times:

- Start: 12:00 pm
- End: 5:00 pm

### Departure Location:

West Orange Municipal Parking Lot  
46 Mount Pleasant Ave, W. Orange, NJ  
OR

Bloomfield Library (back lot)  
84 Broad St., Bloomfield, NJ

### Cost/Plan Requirements:

- Self-Pay: \$45
- Supports: 20 units of Respite + 4 miles of transportation
- RLC/Self Directed: 5 hours of Group Respite

SPECIAL EVENT

## Easter Brunch

Join us for a taste of spring and add a little color and spunk to your Easter fun by coloring eggs. Enjoy a big brunch spread along with your decorated eggs and goody-filled baskets. This event will take place at The Arc's Creative Visions Day Program location.

### Date:

- Sunday, April 5th

### Times:

- Start: 12:00 p.m.
- End: 5:00 p.m.

### Departure Location:

West Orange Municipal Parking Lot  
46 Mount Pleasant Ave, W. Orange, NJ  
OR

Bloomfield Library (back lot)  
84 Broad St., Bloomfield, NJ

### Cost/Plan Requirements:

- Self-Pay: \$45
- Supports: 20 units of Respite + 4 miles of transportation
- RLC/Self Directed: 5 hours of Group Respite

SPECIAL EVENT

# 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)**

- January 4th & 11th
- February 1st & 29th
- March 14th & 28th
- April 4th & 18th

**Times:**

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

**Location:**

Arc West Caldwell  
1120 Bloomfield Ave.  
West Caldwell, NJ

### Maplewood

**Dates: (Saturdays)**

- January 4th & 11th
- February 1st & 29th
- March 14th & 28th
- April 4th & 18th

**Times:**

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

**Location:**

Avenues  
46-56 Oakwood Ave.  
Orange, NJ

### SPARC

**Dates: (Saturdays)**

- January 11th & 25th
- February 8th & 22nd
- March 7th & 21st
- April 4th & 25th

**Times:**

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

**Location:**

Creative Visions  
46-56 Oakwood Ave.  
Orange, NJ

**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

## Hotel Respite

Hotel Respite provides participants a weekend away filled with fun activities and gives caregivers a needed break. Individuals will need to bring \$70 to cover food and activities:

- **DATES:** January 24th-26th, February 21st-23rd, March 20th-22nd, & April 24th-26th
- **TIMES:** 5:00 p.m. Friday (start) - 12:00 p.m. Sunday (ends)
- **LOCATION:** The Arc of Essex County, 123 Naylor Avenue, Livingston, NJ 07039
- **COST/PLAN REQUIREMENTS:** Please contact Candes Reid for specifics @ (973) 535-1181 ext. 1247

RECURRING

RECURRING



# 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)

- January 12th & 26th
- February 9th & 23rd
- March 8th & 22nd
- April 5th & 26th

### Times:

- Start: 11:30 p.m.
- End: 4:30 p.m.

### Location:

ARC Company  
555 Main Street  
Orange, NJ

### Cost/Plan Requirements:

- 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

RECURRING

## Tuesday & 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.

### Date: (Tuesdays)

- January 7th, 14th, & 28th
- February 4th, 11th, & 25th
- March 3rd, 10th, 17th, 24th, & 31st
- April 14th, 21st, & 28th

### Dates: (Thursdays)

- January 9th, 16th, & 30th
- February 6th, 13th, & 27th
- March 5th, 12th, 19th, & 26th
- April 2nd, 16th, 23rd, & 30th

### 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: \$490 (1 day a week), \$980 (2 days a week) or \$38/session
- Supports Bundle: 168 units (1 day a week) or 336 units (2 days a week) of Respite + Transportation units TBD based on Residence address
- RLC/Self Directed Bundle: 42 hours (1 day) or 84 hours (2 days) of Group Respite

RECURRING



**The Arc**

*of Essex County*

123 Naylor Avenue  
Livingston, NJ 07039



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123 Naylor Avenue  
Livingston, NJ 07039  
(973) 535-1181  
[www.arcessex.org](http://www.arcessex.org)

*Follow us on social media!*



# Community Inclusion, Recreation, & Respite Registration Form

**January-April 2020**

Please check what funding source you will be using to enroll in the activities. Then, circle the dates of which events you are interested in attending in the boxes below. If you are choosing the bundle option simply circle the bundle box. **The costs only apply to self-pay.** RLC/ Self-Directed and Supports must choose bundle, but costs only apply to self-pay. All events are on a first come, first serve basis. Please complete and return your registration sheet with payment as soon as possible. Make payable and return to: The Arc of Essex County, 123 Naylon Avenue, Livingston, NJ 07039.

Participant Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Email: \_\_\_\_\_

Support Coordinator Name: \_\_\_\_\_ Contact #: \_\_\_\_\_

**Funding Source (circle how this service will be paid) :**

Self-Pay

Supports Program

RLC/Self-Directed

<b>Community Inclusion</b>				
Activity	Dates/Times	Bundle	Individual Sessions	Total
Exercise and Nutrition	January 9th, 16th, 23rd, & 30th February 6th, 13th, 20th, & 27th March 5th, 12th, 19th, & 26th April 2nd, 16th, 23rd, & 30th	\$240	Total sessions____ X \$18 per session	
Bowling	January 4th, 11th, & 25th February 1st, 8th, & 22nd March 7th, 14th, & 21st April 4th, 18th, & 25th	\$180	Total sessions____ X \$18 per session	
Sunday Afternoon Movies	January 12th February 9th March 15th April 19th	\$170	Total sessions____ X \$45 per session	
Doing Dishes Pottery Studio	January 5th	N/A	\$50	
Liberty Science Center	February 23rd	N/A	\$75	
Chef it Up	March 1st	N/A	\$55	
Silverball Museum	March 22nd	N/A	\$60	
Mount Airy Casino	April 26th	N/A	\$95	

## Group Respite

Activity	Dates/Times	Bundle	Individual Sessions	Total
World of Food	January 10th February 7th March 6th April 3rd	\$160	Total sessions____ X \$43 per session	
Valentine Candy Making	January 26th	N/A	\$45	
Chili Cook Off Super Bowl Pre-Party	February 2nd	N/A	\$45	
Game Day	March 8th	N/A	\$40	
DIY Spring Wreath Making	March 29th	N/A	\$45	
Easter Brunch	April 5th	N/A	\$45	

## After Work, Saturday, & Sunday Respite

Activity	Dates/Times	Bundle	Individual Sessions	Total
Tuesday After Work	January 7, 14, & 28 February 4, 11, & 25 March 3, 10, 17, 24, & 31 April 14, 21, & 28	\$490	Total sessions____ X \$38 per session	
Thursday After Work	January 9, 16, & 30 February 6, 13, & 27 March 5, 12, 19, & 26 April 2, 16, 23, & 30	\$490	Total sessions____ X \$38 per session	
Sunday Group Respite	January 12th & 26th February 9th & 23rd March 8th & 22nd April 5th & 26th	\$400	Total sessions____ X \$60 per session	
Caldwell Saturday Respite	January 4th & 11th February 1st & 29th March 14th & 28th April 4th & 18th	\$400	Total sessions____ X \$60 per session	
Maplewood Saturday Respite	January 4th & 11th February 1st & 29th March 14th & 28th April 4th & 18th	\$400	Total sessions____ X \$60 per session	
SPARC Saturday Respite	January 11th & 25th February 8th & 22nd March 7th & 21st April 4th & 25th	\$400	Total sessions____ X \$60 per session	

## CONTACT US:

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