



The Arc[®]
of Essex County

Achieve with us.[®]



Community Inclusion, Recreation, & Respite Catalog
May - August 2025

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 adulthood. 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, or families can elect a self-pay option. If you have any questions regarding these services or how to enroll, please contact us (see below).

AGES **18+**



RECURRING EVENTS



SPECIAL EVENTS



COMMUNITY INCLUSION

GROUP RESPITE



**SUPPORTS PROGRAM
OR
SELF-PAY**



Contact Us

Dacia King-Sarkodie

Assistant Director, Adult Services

(973) 535-1181 ext. 1272

dking@arcessex.org

Registration Information

General Instructions:

- 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.
- 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, or Supports Program and mail back to The Arc of Essex County.
- All events are offered on a first-come, first-served basis. Events may fill up quickly.

Self-Pay Instructions:

- Enclose a check or money order for all activities that were chosen on the registration form. You can also pay by credit card at bit.ly/arc-program-fees.

Supports Program Instructions:

- 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:

- Frontloading units in case of weather cancellation or consumer cancellation allows units to roll over.

Please Register Early!

Every attempt will be made to maintain the activity schedule as printed. However, activities may be canceled if a minimum enrollment is not reached. For RSVPs, or any questions, contact Dacia King-Sarkodie at (973) 535-1181 ext. 1272. For any issues after hours, please contact our on-call at (973) 387-5488.

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 and supports/CCP participants will be charged an out-of-pocket fee for ticket price.

COMMUNITY INCLUSION



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. Price includes 2 slices of pizza and a beverage. Also please note, dates are subject to cancellation due bowling alley availability. We will notify you well in advance of any changes.



Dates (Saturdays)

- May 3, 17, 31
- June 7, 21, 28 (Banquet)
- July 19 & 26
- August 9 & 23

Times: May

Start 10:00 a.m.
End 12:00 p.m.

Times: June-August

Start 12:00 p.m.
End 2:00 p.m.

Location

Bowlero Belleville
679 Washington Ave
Belleville, NJ

**NO TRANSPORTATION
PROVIDED**

Cost/Plan

Requirements

- Self-Pay: \$40/session
- Supports: 8 units of Community Inclusion for each session



Sunday Matinee & Mingle

Participants will choose a movie to watch together. Afterward, they'll travel to their favorite snack shack to enjoy a meal and beverage. Individuals will have a choice of Starbucks, Dunkin Donuts, or a crowd favorite to sit, socialize, and discuss their favorite movie scenes. Choice of movie theater dependent on what's playing.

Dates (Sundays)

- May 18
- July 27

Times:

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

Departure Locations

West Orange Municipal
Parking Lot
46 Mount Pleasant Ave,
West Orange
OR

Bloomfield Library (back lot)
84 Broad Street, Bloomfield

Cost/Plan Requirements

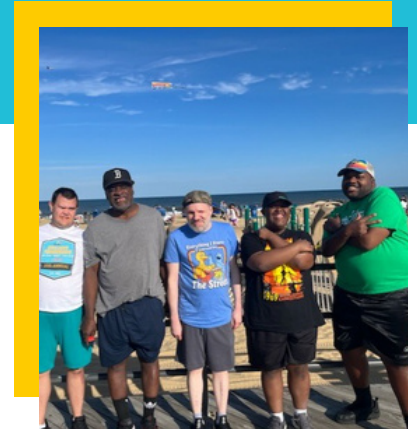
- Self-Pay: \$70/session
- Supports: 20 units of Community Inclusion for each session + 12 miles of transportation

COMMUNITY INCLUSION



Pt. Pleasant Boardwalk

Spend the day relaxing at the beach. Take a stroll on Point Pleasant's boardwalk and experience all the excitement, from rides to arcades to a stop in the sweet shop. Choose from a variety of classic boardwalk foods, all with an ocean view. Cost includes transportation, staff support, a \$20 arcade card, and lunch.



Date

- June 1

Times:

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

Departure Locations

West Orange Municipal Parking Lot
46 Mount Pleasant Ave, West Orange
OR
Bloomfield Library (back lot)
84 Broad Street, Bloomfield

Cost/Plan Requirements

- Self-Pay: \$90.00
- Supports: 24 units of Community Inclusion + 118 miles of transportation

Spring Wreath Making @ Studio Arc



Let's spring forward by making wreaths to enhance your living space. You will create your very own Spring Wreath with bright vibrant colors to represent the season. This activity includes a fun craft, staff support, transportation, and a light meal with peers. This activity takes place at Studio Arc in Fairfield.

Date

- June 8

Times:

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

Departure Locations

West Orange Municipal Parking Lot
46 Mount Pleasant Ave, West Orange
OR
Bloomfield Library (back lot)
84 Broad Street, Bloomfield

Cost/Plan Requirements

- Self-Pay: \$85.00
- Supports: 20 units of Community Inclusion + 14 miles of transportation

COMMUNITY INCLUSION



Hip Hop Class @ Beyond the Boogie

Hip Hop uses elements from popping, locking, and breaking to create a unique and popular style of music. This class challenges each dancer with dynamic movement and rhythm. The class will encourage individual style, while staying true to the core foundations. This activity includes, a hip-hop instructor, staff support, transportation, and a light meal. Takes place in Montclair, NJ.



Date

- July 13

Times:

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

Departure Locations

West Orange Municipal Parking Lot
46 Mount Pleasant Ave, West Orange
OR
Bloomfield Library (back lot)
84 Broad Street, Bloomfield

Cost/Plan Requirements

- Self-Pay: \$75.00
- Supports: 16 units of Community Inclusion + 8 miles of transportation

Cornucopia Brunch Cruise

Come join us as we cruise along the Staten Island and New Jersey shorelines, eating a delectable brunch spread that includes a variety of breakfast and lunch options. Enjoy the warm summer breeze and take in the beautiful sights on the inland waterway. This activity includes a full brunch special, staff support, transportation, and a tranquil day on the water.



Date

- July 20

Times:

Start 10:30 a.m.
End 3:30 p.m.

Departure Locations

West Orange Municipal Parking Lot
46 Mount Pleasant Ave, West Orange
OR
Bloomfield Library (back lot)
84 Broad Street, Bloomfield

Cost/Plan Requirements

- Self-Pay: \$100.00
- Supports: 20 units of Community Inclusion + 60 miles of transportation



COMMUNITY INCLUSION



Yoga

Wear your most comfortable clothing and sneakers to enjoy a meditative process of self-discovery and liberation. This class offers a variety of both upright and grounded positions that will draw you back to nature while strengthening muscles and improving flexibility. This class includes instruction, staff support, and a light lunch.



Date

- August 3

Times:

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

Departure Locations

West Orange Municipal Parking Lot
46 Mount Pleasant Ave, West Orange
OR
Bloomfield Library (back lot)
84 Broad Street, Bloomfield

Cost/Plan Requirements

- Self-Pay: \$70.00
- Supports: 16 units of Community Inclusion + no transportation needed



Amazing Escape Room

Immerse yourself in a critical thinking adventure game with your peers. You will attempt to find clues and solve a series of puzzles to escape before time runs out! This fun packed experience includes a challenging mystery, staff support, transportation, and light meal.

Date

- August 10

Times:

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

Departure Locations

West Orange Municipal Parking Lot
46 Mount Pleasant Ave, West Orange
OR
Bloomfield Library (back lot)
84 Broad Street, Bloomfield

Cost/Plan Requirements

- Self-Pay: \$85.00
- Supports: 16 units of Community Inclusion + no transportation needed

Zumba @ Studio Arc

Join us for an afternoon of dancing and sweating. Zumba is a fun, high-energy workout experience with choreographed movements set to upbeat salsa and international music. This activity includes an instructor, staff support, transportation, and a light healthy lunch at Studio Arc in Fairfield. Please wear comfortable sneakers and bring a towel.



Date

- August 17

Times:

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

Departure Locations

West Orange Municipal Parking Lot
46 Mount Pleasant Ave, West Orange
OR
Bloomfield Library (back lot)
84 Broad Street, Bloomfield

Cost/Plan Requirements

- Self-Pay: \$75.00
- Supports: 16 units of Community Inclusion + 14 miles of transportation

GROUP RESPITE



Cinco de Mayo Spring Fling

Celebrate Mexico's victory from Spain with a Cinco de Mayo party. Play fun games, win prizes, sing, dance and enjoy some traditional Mexican foods for lunch. Participants will walk a runway and showcase their best talent. This activity includes prizes for best talent, staff support and transportation. The party takes place at Opportunity Zone program center in Maplewood.



Date

- May 4

Times:

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

Departure Locations

West Orange Municipal Parking Lot
46 Mount Pleasant Ave, West Orange
OR
Bloomfield Library (back lot)
84 Broad Street, Bloomfield

Cost/Plan Requirements

- Self-Pay: \$90.00
- Supports: 20 units of Respite + 14 miles of transportation



Casino Royale Day

Casino Royale is a fun filled action packed day with peers participating in a rotation of casino games such as Blackjack, Dominoes, Card Games, Board Games, Ring Toss and Jenga. Participants will have fun taking pictures with casino-like props. This activity includes, game prizes, staff support, transportation, and lunch. It will take place at Opportunity Zone program center in Maplewood.

Date

- June 22

Times:

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

Departure Locations

West Orange Municipal Parking Lot
46 Mount Pleasant Ave, West Orange
OR
Bloomfield Library (back lot)
84 Broad Street, Bloomfield

Cost/Plan Requirements

- Self-Pay: \$90.00
- Supports: 20 units of Respite + 14 miles of transportation

GROUP RESPITE



Cake/Pizza Making Class

Come and participate in an interactive class of making your own personal pizza, with toppings of your choice. While your pizza bakes you will work on decorating your 6" cake with the colors you desire. The exciting part is you get to eat the pizza you've created, while your cake will be boxed up to go. After learning these skills, everyone gets to enjoy a dessert back at the Opportunity Zone in Maplewood. This activity includes a baking instructor, cake and pizza supplies, staff support, transportation, and a sweet treat.



Date

- June 29

Times:

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

Departure Locations

West Orange Municipal Parking Lot
46 Mount Pleasant Ave, West Orange
OR
Bloomfield Library (back lot)
84 Broad Street, Bloomfield

Cost/Plan Requirements

- Self-Pay: \$90.00
- Supports: 20 units of Respite + 20 miles of transportation



Summerfest @ Camp Hope

Usher out the summer season with a goodbye Summerfest at our very own Camp Hope. Cool down in the splash pad and use the playground for an active time with peers. Please bring a change of clothing and towel if you plan to enjoy some water fun. If you love to sing, bring your best vocals and prepare for open mic. This activity includes an exciting time for all, staff support, transportation, and a delicious BBQ meal to set the tone.

Date

- August 24

Times:

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

Departure Locations

West Orange Municipal Parking Lot
46 Mount Pleasant Ave, West Orange
OR
Bloomfield Library (back lot)
84 Broad Street, Bloomfield

Cost/Plan Requirements

- Self-Pay: \$85.00
- Supports: 20 units of Respite + 14 miles of transportation

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. Transportation from and to home is provided if needed.

Times:

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

Location

The Arc's Opportunity Zone
50-58 Burnett Ave, Maplewood

Cost/Plan Requirements

- Self-Pay: \$60/session
- Supports: 20 units of Respite/session, plus Transportation units TBD units based on residential address

Saturday Group Respite 1**Dates (Saturdays):**

- May 3, 17
- June 7, 21
- July 12, 19
- August 2, 16

Saturday Group Respite 2**Dates (Saturdays):**

- May 10, 31
- June 14, 28
- July 12, 26
- August 9, 23

Hotel Respite

Hotel Respite provides participants a weekend away filled with fun activities and gives caregivers a needed break. Individuals will need to bring \$75.00 to cover food and activities.

Dates

- May 16-18
- June 27-29
- July 11-13
- August 22-24

Departure Location

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

Cost/Plan Requirements

Please contact Dacia King-Sarkodie at
973-535-1181 ext. 1272

Times:

Depart at 5:00 p.m. Friday
Ends at 12:00 p.m. Sunday

GROUP RESPITE



After-Work (Tues/Wed/Thurs)

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 and crafts, games, cooking, and trips into the community. Transportation to the program should be arranged through your day program provider. Transportation home is provided.

Tuesdays

Opportunity Zone

Dates (Tuesdays)

- May 6,13,20,27
- June 3,10,17,24
- July 1,8,15,22,29
- August 5,12,19,26

Wednesdays

WCHUB

Dates (Wednesdays)

- May 7,14,21,28
- June 4,11,18,25
- July 2,9,16,23,30
- August 6,13,20,27

Thursdays

Opportunity Zone

Dates (Thursdays)

- May 1,8,15,22,29
- June 5,12,26
- July 10,17,24,31
- August 7,14,21,28

Times:

Start 4:00 p.m.

End 7:00 p.m.

Locations

The Arc's Opportunity Zone (Tues/Thurs): 50-58 Burnett Ave, Maplewood

West Caldwell Hub (Wed): 1120 Bloomfield Avenue, Suite 111, West Caldwell

Cost/Plan Requirements

- Self-Pay: \$38/session
- Supports: 12 units of Respite, plus Transportation
- Units TBD based on residential address

Become a Self-Advocate and participate in New Jersey Self-Advocacy Network's Council 2 Meetings from 4 to 5:30 p.m. on the following dates:

- May 22
- June 26
- July 24
- August - Break

Questions?

Contact Dacia King-Sarkodie at 973-535-1181 ext. 1272





The Arc

of Essex County

123 Naylor Avenue
Livingston, NJ 07039



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ArcEssex.org

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