



**The Arc**<sup>®</sup>  
of Essex County

***Achieve with us.***<sup>®</sup>



**Community Inclusion, Recreation, & Respite Catalog**  
**January–April 2025**

# 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](https://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.

# 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

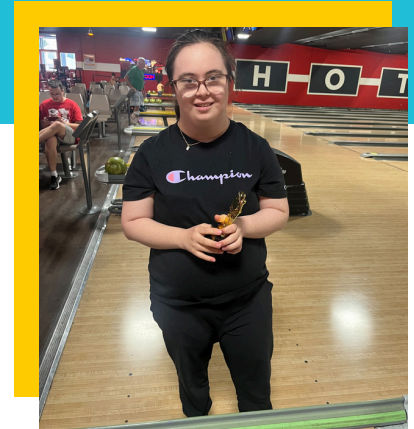
[dking@arcessex.org](mailto:dking@arcessex.org)

# 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)

- January 11, 18, 25
- February 1, 15, 22
- March 8, 22, 29
- April 5, 12, 26

### Times:

Start 10:00 a.m.  
End 12:00 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 crowds favorite to sit, socialize and discuss their favorite movie scenes. Choice of movie theater dependent on what's playing.

### Dates (Sundays)

- January 12
- March 9

### 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

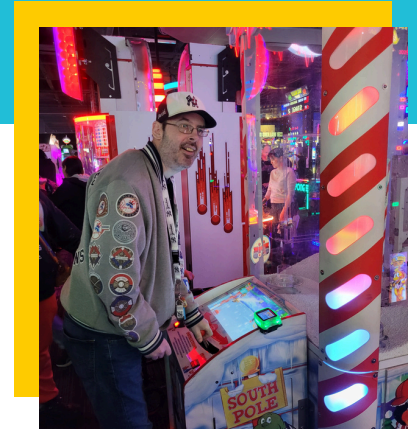
- Self-Pay: \$70/session
- Supports: 20 units of Community Inclusion for each session + 12 miles of transportation

# COMMUNITY INCLUSION



## Dave and Buster's

Travel the Famous Dave & Busters in Wayne to play amazing arcade games and enjoy a meal with peers. Price includes an entrée and a \$10 play card. Please bring additional money if you would like to play more games.



<b>Date</b> <ul style="list-style-type: none"><li>January 26</li></ul>	<b>Departure Locations</b> <p>West Orange Municipal Parking Lot 46 Mount Pleasant Ave, West Orange OR Bloomfield Library (back lot) 84 Broad Street, Bloomfield</p>	<b>Cost/Plan Requirements</b> <ul style="list-style-type: none"><li>Self-Pay: \$75.00</li><li>Supports: 20 units of Community Inclusion + 20 miles of transportation</li></ul>
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## Valentine Clay Pot Gumball Machine



Love is in the air! For Valentine's Day, use your painting and crafting skills to make an adorable Valentine themed gumball-machine-inspired candy dispenser to spread lots of LOVE and CHEER. This activity takes place at Studio Arc in Fairfield.

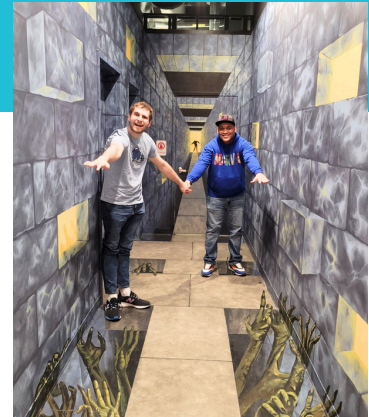
<b>Date</b> <ul style="list-style-type: none"><li>February 2</li></ul>	<b>Departure Locations</b> <p>West Orange Municipal Parking Lot 46 Mount Pleasant Ave, West Orange OR Bloomfield Library (back lot) 84 Broad Street, Bloomfield</p>	<b>Cost/Plan Requirements</b> <ul style="list-style-type: none"><li>Self-Pay: \$75.00</li><li>Supports: 20 units of Community Inclusion + 14 miles of transportation</li></ul>
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# COMMUNITY INCLUSION



## Mirror Maze @ American Dream Mall

Come join us at a Mirror Maze attraction that uses mirrors to create a confusing and disorienting maze for you to maneuver. These mirrors create an illusion of infinite paths and possibilities to navigate your way through with your peers.



### Date

- February 23

### 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: \$65.00
- Supports: 16 units of Community Inclusion + 20 miles of transportation



## Soul Line Dancing

Put on your most comfortable shoes, fill up your water bottles, grab a towel, and let's move our bodies in synchronized motion. Soul line dancing is a fun and easy way to get your groove on while getting in shape. This will be a fun and energetic time for all, no prior experience needed.

This activity will take place at a studio in Montclair.

### Date

- March 2

### 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: \$65.00
- Supports: 16 units of Community Inclusion + 8 miles of transportation

# COMMUNITY INCLUSION



## St. Patty's Day Parade

We are lucky to have great friends, so wear your lucky green, bring your lucky charms, and join us for some Irish shenanigans. Somerville's Parade is the place to be as the festivities bring hope and prosperity to you. Cheer for the bagpipers in their kilts and revel in the fun as they pay homage to their rich heritage. The parade will be in downtown Somerville.



### Date

- March 16

### Times:

Start 10:00 a.m.  
End 3:00 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: \$65.00
- Supports: 20 units of Community Inclusion + 70 miles of transportation



## Mt. Airy Casino Poconos



Play to win at Mount Airy Casino. Try your luck at the game machines and enjoy a buffet lunch. The trip includes lunch and a small snack. **Please be sure to bring money for the gaming machines.** Must be 21 years old with ID to attend.

### Date

- March 30

### Times:

Start 11:00 a.m.  
End 6:00 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: 28 units of Community Inclusion +148 miles of transportation

# COMMUNITY INCLUSION



## YESTERcades of Westfield

Come and indulge in that yesteryear experience of gaming. YESTERcades provides a unique experience from the golden age of gaming. Enjoy games and fun, including Skee-ball, video games, air hockey, PONG, Nintendo, Pac-man and so much more. Demonstrate your competitive side with peers.



### Date

- April 6

### 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: \$70.00
- Supports: 16 units of Community Inclusion + 30 miles of transportation



## Cherry Blossom Festival

Enjoy the afternoon mingling with friends over at Essex Counties Cherry Blossom Festival. "Bloomfest" has a special collection of Japanese cherry trees that blooms every April along with other exciting entertainment and vendors. Please bring money if you would like to shop for merchandise. The Festival will be in Branch Brook Park in Newark.

### Date

- April 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: \$65.00
- Supports: 16 units of Community Inclusion +6 miles of transportation



# GROUP RESPITE



## Superbowl Pre-Game Party

Get your game on and come join us for a fun day of pre-Super Bowl Sunday activities. Make your own snacks including your own personalized pan of nachos. Play a game of Super Bowl commercial bingo and a variety of other football-themed games. Make your own Super Bowl predictions for the game. The party will take place at Opportunity Zone Center in Maplewood.



### Date

- February 9

### 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: \$65.00
- Supports: 16 units of Respite + 14 miles of transportation



## Spring Bingo and Karaoke

Join your peers for a fun day of bingo and karaoke. Win fun prizes playing the game and show off your talent at singing karaoke with the group. Face off as solo or duet and sing your heart out. This activity will take place at Opportunity Zone Center in Maplewood.

### Date

- April 27

### 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: \$65.00
- Supports: 16 units of Respite + 14 miles of transportation

# GROUP RESPITE



## 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):**

- January 11, 25
- February 1, 22
- March 1, 15
- April 5, 12

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

- January 11, 25
- February 8, 22
- March 8, 22
- April 12, 26

## 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**

- January 24-26
- February 21-23
- March 21-23
- April 25-27

**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 (Saturdays):

- January 7,14,21,28
- February 4,11,18,25
- March 4,11,18,25
- April 1,8,15,22,29

### Wednesdays

#### WCHUB

#### Dates (Saturdays):

- January 8,15,22,29
- February 5,12,19,26
- March 5,12,19,26
- April 2,8,16,2,30

### Thursdays

#### Opportunity Zone

#### Dates (Saturdays):

- January 9,16,23,30
- February 6,13,20,27
- March 6,13,20,27
- April 3,10,17,24

### 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:*

- January 23
- February 27
- March 27
- April 24

## 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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