



The Arc[®]
of Essex County

Achieve with us.[®]



Community Inclusion, Recreation, & Respite Catalog
September – December 2026

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 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 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 rollover.

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 Social Activities Department 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 Social Groups. Community Inclusion is comprised of enrichment and recreation activities that enhance participation in the community. Social groups teach valuable skills while also providing opportunities for individuals to socialize with peers and facilitate new friendships. The Arc has a service for each individual's interests. Social activities and Community Inclusion services are offered through the Supports Program, or individuals 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

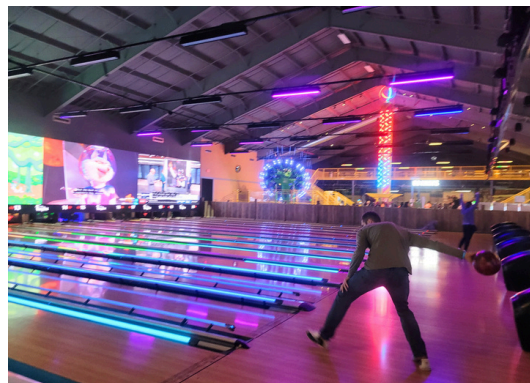


**COMMUNITY
INCLUSION**

**GROUP
RESPITE**



**SUPPORTS
PROGRAM
OR
SELF-PAY**



Contact Us

Dacia King-Sarkodie

Assistant Director, Adult Services

(973) 535-1181 ext. 1272

dking@arcessex.org

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)

- September 12, 19, 26
- October 3, 17, 24
- November 7, 14, 21
- December 5, 12, 19

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 crowd favorite to sit, socialize, and discuss their favorite movie scenes. Choice of movie theater dependent on what's playing.



Dates (Sundays)

- September 20
- November 15

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



Zimmerli Art Museum

Spend the day experiencing Ultimo Domingo a series celebrating Latin culture. It invites Latin communities to come together through the art adventure. Explore stunning exhibitions, create art and enjoy interactive performances. Cost includes transportation, staff support, and lunch.



Date

- September 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: \$80.00
- Supports: 20 units of Community Inclusion + 32 miles of transportation



Kiwanis Street Fair

Enjoy a day out at the Caldwell Street Fair. A fun time is to be had for all with entertainment, live music, arts & crafts, merchandise, and delicious ethnic and regional foods. Lunch is provided but please bring additional money for games and to purchase craft merchandise if you choose to.

Date

- October 4

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 + 14 miles of transportation

COMMUNITY INCLUSION



Fall Pumpkin Hoop Craft

Join us at Studio Arc and get crafty to create a personal fall craft. Design and paint a decorative “hoop” pumpkin using fabric and autumn embellishments to brighten up your abode for the season. This activity includes a fall craft and lunch.

**Date**

- October 11

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: \$80.00
- Supports: 20 units of Community Inclusion + 14 miles of transportation



Pumpkin Picking & Hayride

Celebrate the fall season at Alstede Farm in Chester. Enjoy seasonal activities, including live entertainment, friendly farm animals, and a charming farm store with homemade ice cream and bakery products. Cost includes admission, a small pumpkin to bring home, and a light lunch. Please bring additional money if you wish to purchase take-home treats.

**Date**

- October 18

Times:

Start 11:00 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: \$90.00
- Supports: 20 units of Community Inclusion + 86 miles of transportation

COMMUNITY INCLUSION



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**

- December 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: \$90.00
- Supports: 16 units of Community Inclusion, no transportation required



Holly Jolly Shopping & Lunch

Prepare for the holidays by joining us on our annual trip to the mall to shop for holidays. Spend the afternoon shopping for gifts for your loved ones and enjoy a light meal after all that hard work. Don't forget spending money for purchases. This activity will take place at the Willowbrook Mall in Wayne.

Date

- December 13

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 + 20 miles of transportation

GROUP RESPITE



Farm to Table @ Camp Hope

At Camp Hope, our Farm-to-Table experience connects our participants with nature, nutrition, and healthy living. You will purchase fresh vegetables and fruits to prepare a nutritious meal and fruit salad made with locally grown garden fresh produce. This encourages healthy eating, teamwork, and an appreciation for fresh food. This is an interactive and fun activity.



Date

- September 13

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:** \$70.00
- Supports: 20 units of Respite + 14 miles of transportation.



Halloween Costume Dance

Join us for a scary ol' time showing off your best costumes. Enjoy this Halloween singing, dancing, playing games, and doing spooky crafts. There will be a best costume contest, the top female and male will receive a prize for their overall "Spooktacular" Costume. This activity takes place at The Arc's Opportunity Zone Center in Maplewood.

Date

- October 25

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: \$75.00
- Supports: 20 units of Respite + 14 miles of transportation

GROUP RESPITE



Chef It Up/Pasta Style

This hands-on activity is a pasta-making class. The instructor will prompt you to follow steps to make your very own pasta dish which you feast on after it's prepared. In this class you will also prepare a chopped salad, decorate cookies, and make tasty lemonade. Cost includes all ingredients to prepare the meal and staff supports. This activity takes place at Chef It Up in Nutley.



Date

- November 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:** \$95.00
- Supports: 20 units of Respite + 3 miles of transportation.



Friendsgiving

Shake your turkey leg and join the fun! It's time to get stuffed, talk turkey, and celebrate Thanksgiving with friends. Enjoy a festive afternoon filled with delicious food, creative Thanksgiving crafts, exciting games, and plenty of holiday cheer. This Thanksgiving celebration will take place at The Arc's Opportunity Zone Center in Maplewood.

Date

- November 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: \$75.00
- Supports: 20 units of Respite + 14 miles of transportation

GROUP RESPITE



Gift Wrapping & Baking Holiday Cookies

Join us for an afternoon of wrapping gifts for your loved ones. Bring up to four items and learn the art of wrapping or have one of our helper elves assist you. While wrapping, you can sing to some of your favorite holiday carols. After wrapping, bake some cookies to bring home to your families. A light lunch will be provided. This activity takes place at The Arc's Opportunity Zone Center in Maplewood.



Date

- December 20

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 Respite + 14 miles of transportation.

HOTEL RESPITE

Hotel Respite provides participants a weekend away filled with fun activities and gives caregivers a needed break. Individuals will need to bring \$90.00 to cover food and activities.

Dates

- September 25 - 27
- October 23 - 25
- November 13 - 15
- December 11 - 13

Times:

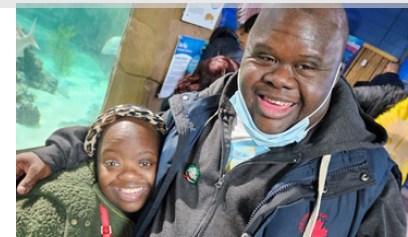
Depart at 5:00 p.m. Friday
Ends at 12:00 p.m. Sunday

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



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

GROUP RESPITE



Saturday Group Respite

These groups 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 to and from 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

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

- September 12 & 19
- October 3 & 17
- November 7 & 14
- December 5 & 19

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

- September 12 & 26
- October 17 & 24
- November 7 & 21
- December 12 & 19

Cost

- \$60/session

After-Work: Tuesdays & Thursdays

This 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

- September 1, 8, 15, 22, 29
- October 6, 13, 20, 27
- November 3, 10, 17, 24
- December 1, 8, 15, 22

Thursdays

- September 3, 10, 17, 24
- October 1, 8, 15, 22, 29
- November 5, 12, 19
- December 3, 10, 17

Location

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

Cost

- \$55/session

Times:

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





123 Naylor Avenue
Livingston, NJ 07039



123 Naylor Avenue
Livingston, NJ 07039
973-535-1181
ArcEssex.org

View this catalog online using this QR code:





Community Inclusion & Social Groups Registration Form

September – December 2026

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. The costs only apply to self-pay. All events are on a first come, first serve basis. Please complete and return your registration sheet once approved by residential AD and/or Director.

Participant Name: _____

Address: _____

Phone: _____ Email: _____

Support Coordinator Name: _____ Contact #: _____

Funding Source (Select payment method): ☐ Self-Pay ☐ Supports Program

Departure Location (select drop-off location): ☐ Bloomfield ☐ W. Orange ☐ Self-Transport

COMMUNITY INCLUSION

Activity	Sundays/Dates/Times	Self-Pay Cost	Total
BOWLING SATURDAYS @ 10am - 12pm	September 12, 19, 26 October 3, 17, 24 November 7, 14, 21 December 5, 12, 19	Total sessions: _____ x \$40 per session	
MATINEE & MINGLE	September 20 @ 12-5pm November 15 @ 12-5pm	Total sessions: _____ x \$70 per session	
ZIMMERLI ART MUSEUM	September 27 @ 12pm - 5pm	\$80.00	
KIWANIS STREET FAIR	October 4 @ 12pm - 4pm	\$70.00	
FALL PUMPKIN HOOP CRAFT	October 11 @ 12pm - 5pm	\$80.00	
PUMPKIN PICKING & HAYRIDE	October 18 @ 12pm - 5pm	\$90.00	

COMMUNITY INCLUSION

Activity	Sundays/Dates/Times	Self-Pay Cost	Total
AMAZING ESCAPE ROOM	December 6@ 12pm - 4pm	\$90.00	
HOLLY JOLLY SHOPPING & LUNCH	December 13 @ 12pm - 5pm	\$85.00	

GROUP RESPITE

Activity	Sundays/Dates/Times	Self-Pay Cost	Total
FARM TO TABLE @ CAMP HOPE	September 13 @ 12 pm - 5pm	\$70.00	
HALLOWEEN COSTUME DANCE	October 25 @ 12pm - 5pm	\$75.00 —	
CHEF IT UP/PASTA STYLE	November 8 @ 12 pm - 5pm	\$95.00	
FRIENDSGIVING	November 22 @ 12 pm - 4pm	\$75.00	
GIFT WRAPPING & HOLIDAY COOKIES	December 20 @ 12pm - 4pm	\$75.00	

Every attempt will be made to maintain the activity schedule as printed. However, activities may be canceled if a minimal amount of enrollment is not received.

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 or cash). No credit will be issued for events that re-quire an advance ticket purchase and Supports/CCP participants will be charged an out-of-pocket fee for ticket price.

Contact Us

Dacia King-Sarkodie

Assistant Director, Community Adult Services
973-535-1181 ext. 1272 | dking@arcessex.org

For issues after hours, please call our on-call at 973-387-5488



NEW OPPORTUNITIES. NEW FRIENDSHIPS. NEW EXPERIENCES.



Introducing Daytime Adult Art & Movement Classes

Are you caring for a loved one with an IDD who lives at home? **We're excited to now offer engaging Art & Movement Classes designed to deliver creativity, connection, and fun** to their day. Participants must attend with their Self-Directed Employee, Community-Based Support Worker, or family member.

These classes provide meaningful opportunities to build skills, express creativity, stay active, and connect with others in a welcoming, inclusive environment. Come discover new experiences with us!

HOW TO REGISTER

Contact Hasan Atkinson:

- 973-535-1181 ext 1229
- hatkinson@arcessex.org

WHEN CAN I START?

This new program has immediate openings. Check the schedule on the back of this flyer and sign up today!



264 Passaic Ave, Fairfield, NJ

973.535.1181 | ARCESSEX.ORG





Daytime Adult Art & Movement Classes

Mosaics – Tile Projects

- Date: Mondays (2x per month)
- Time: 11:30 – 12:30
- Cost to Attend: \$30.00 (Instructor fee and supplies)



Open Studio Art Class

You pick your project – options are drawing, block printing, acrylic painting or designed by you with the instructor.

- Date: Tuesdays
- Time: 2:30 – 3:30
- Cost to Attend: \$25.00 (Instructor fee and supplies)

Yoga

- Date: Wednesdays
- Time: 10:30 – 11:00 (arrive by 10:15 to check in)
- Cost to Attend: \$15.00 (Instructor fee, use of yoga mat)



Jewelry Making

- Date: Thursdays (2x per month)
- Time: 12:30 – 1:30
- Cost to Attend: \$30.00 (Instructor fee and supplies)

Community Connections

Geared towards individuals with higher support needs, it is a slow-paced class – all participants work on same project

- Date: Fridays
- Time: 2:00 – 3:00
- Cost to Attend: \$25.00 (Instructor fee and supplies)



TASTY TREATS

Cooking Classes

Tasty Treats returns this Fall with a focus on Mediterranean Dishes!
Come hang out with peers and prepare a variety of dishes while learning proper table etiquette. At the end of the course, each participant will receive a special gift.

Classes will be offered on Wednesdays from 6 to 8 p.m.

☐ **CHECK TO SELECT ALL CLASSES, OR**
CHOOSE INDIVIDUAL CLASSES BELOW

☐ **SEPTEMBER 16:**
Mediterranean Salad



☐ **SEPTEMBER 23:**
Mediterranean Stuffed Bell Peppers



☐ **SEPTEMBER 30:**
Mediterranean Stuffed Eggplant



☐ **OCTOBER 07:**
Mediterranean Pasta Salad



☐ **OCTOBER 14:**
Mediterranean Hummus



☐ **OCTOBER 21:**
Mediterranean Wrap



West Caldwell Hub (WCHUB)
1120 Bloomfield Ave
Suite 111
West Caldwell

Questions?

Call 973-535-1181 ext 1272

***Please inform us of any allergies, dietary
restrictions, or specialized diets!***