



The Arc[®]
of Essex County

Community Inclusion, Recreation, & Respite Catalog

September – December 2024

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).



CONTACT US:

Dacia King-Sarkodie
Assistant Director, Adult Services
(973) 535-1181 ext. 1272
dking@arcessex.org

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, or Supports Program and mail back to The Arc of Essex County.
3. All events are offered on a first-come, first-served 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 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 minimal amount of enrollment is not received.

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.

RECURRING

Dates (Saturdays):

- Sept 14, 21, 28
- Oct 12, 19, 26
- Nov 9, 16, 23
- Dec 7, 14, 21

Times:

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

Location:

Bowlero Belleville
679 Washington Avenue
Belleville, NJ

NO TRANSPORTATION PROVIDED

Cost/Plan Requirements:

- Self-Pay: \$30.00 /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.

RECURRING

Dates (Sundays):

- September 8th
- November 3rd

Times:

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



Departure Location:

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

Or

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

Cost/Plan Requirements:

- Self-Pay: Per Movie / \$65
- Supports: Per movie / 16 units of Community Inclusion + 12 miles of transportation



Community Inclusion

Zumba @ Studio Arc

Join us for an afternoon of dancing. Zumba involves highly choreographed movements set to upbeat salsa and international music. Zumba is a fun, high-energy workout experience that keeps you excited to exercise. A light, healthy lunch will be provided. Please wear comfortable sneakers. This event will take place at Studio Arc in Fairfield.

SPECIAL EVENT

Date:

- Sunday, September 22nd

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: \$65
- Supports: 16 units of Community Inclusion + 14 miles of transportation

Terracotta Pot Scarecrow Craft @ Studio Arc

In our paint and sip at Studio Arc, you can enjoy a day out by creating a masterpiece. As you make a canvas work of art, our experienced instructor will guide you. No experience necessary! We provide all materials to use during the class. A light lunch and a variety of non-alcoholic beverages will be provided. This event will take place at Studio Arc in Fairfield.

SPECIAL EVENT

Date:

- Sunday, September 29th

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: \$75
- Supports: 20 units of Community Inclusion + 14 miles of transportation

Community Inclusion



Kiwanis Street 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 foods. Lunch is provided but **please bring additional money for rides/games and to purchase crafts if you choose to.**

SPECIAL EVENT

Date:

- Sunday, October 6th

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: \$65.00
- Supports: 20 units of Community Inclusion + 14 miles of transportation

Pumpkin Picking & Hayride

Celebrate the fall season at Alstede Farm in Chester. Enjoy family-fun 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. Alstede Farms Chester NJ**

SPECIAL EVENT

Date:

- Sunday, October 20th

Times:

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



Departure Location:

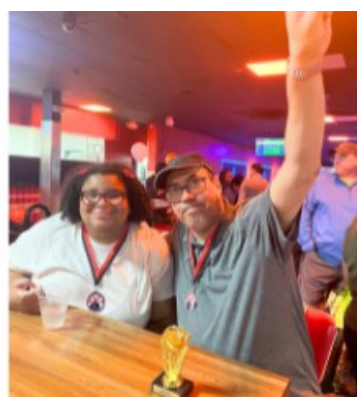
West Orange Municipal Parking Lot
46 Mount Pleasant Ave., West Orange, NJ

Or

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

Cost/Plan Requirements:

- Self-Pay: \$75.00
- Supports: 20 units of Community Inclusion + 86 miles of transportation



Fall Brunch @ Stagehouse Tavern

Join us for a Sunday Brunch and enjoy a savory breakfast/lunch with peers. Stagehouse Tavern offers a variety of traditional and non traditional options for brunch. There would be something delicious to fit everyone's palette.

SPECIAL EVENT

Date:

- Sunday, November 10th

Times:

- Start: 11:00 a.m.
- End: 3:00 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

Cost/Plan Requirements:

- Self-Pay: \$75
- Supports: 16 units of Community Inclusion + 28 miles of transportation

Winter Wonder Lights Show

Come delight in the magical experience of over 1.5 million lights animated to holiday music. Drive-thru 4 spectacular tunnels and enjoy giant holiday light displays.

SPECIAL EVENT

Date:

- Sunday, December 1st

Times:

- Start: 5:00 p.m.
- End: 9:00 p.m.



Departure Location:

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

Cost/Plan Requirements:

- Self-Pay: \$65.00
- Supports: 16 units of Community Inclusion + 70 miles of transportation

Holly Jolly Shopping & Lunch

Prepare for the holidays by joining us on our annual trip to the mall to shop for holiday gifts. 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.

SPECIAL EVENT

Date:

- Sunday, December 8th

Times:

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

Departure Location:

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

Cost/Plan Requirements:

- Self-Pay: \$65
- Supports: 16 units of Community Inclusion + 20 miles of transportation

Group Respite



Farm to Table

Come join us for a taste of autumn and have some fun preparing healthy foods. We will use only the best local seasonal items in our menu. Each participant will also make a fruit or vegetable salad of choice to enhance their experience and excite their pallet. Everyone is welcome to take home their creation to enjoy it later. The participants will shop at a local farmers market for their fresh produce and return to make their salads. This activity takes place at the Arc's Opportunity Zone Center in Maplewood.

SPECIAL EVENT

Date:

- Sunday September 15th

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

Halloween Spooktacular Dance

Are you ready to get your Hocus Pocus on with your friends? Fly over on a broom or float like a ghost and join us for a screaming good time. Wear your best costume and come prepared for a dance off. Get ready to brew up some Halloween games, crafts, and food. You're sure to have a *spooktacular* time. Prize for best costume. This activity takes place at the Arc's Opportunity Zone Center in Maplewood.

SPECIAL EVENT

Date:

- Sunday, October 27th

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



Group Respite

Friendsgiving Family Affair

Shake your turkey leg and let's kick it. It's time to get stuffed and talk turkey. Please join us for a Thanksgiving celebration with friends and gobble up a good time with Thanksgiving crafts, games, and food. This activity takes place at the Arc's Opportunity Zone Center in Maplewood.

SPECIAL EVENT

Date:

- Sunday, November 17th

Times:

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



Departure Location:

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

Or

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

Cost/Plan Requirements:

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

Giftwrapping and Carols

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. A light lunch will be provided. This activity takes place at the Arc's Opportunity Zone Center in Maplewood.

SPECIAL EVENT

Date:

- Sunday, December 15th

Times:

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

Departure Location:

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

Or

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

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:

Arc Opportunity Zone

50-58 Burnette Ave.

Maplewood, NJ

Cost/Plan Requirements:

- Self-Pay: \$60.00 /session
- Supports: 20 units of Respite /session, plus Transportation: TBD units based on Residence Address

Saturday Group Respite 1

Dates: (Saturdays)

- September 7 & 21
- October 5 & 19
- November 2 & 16
- December 7 & 21

Saturday Group Respite 2

Dates: (Saturdays)

- September 14 & 28
- October 12 & 26
- November 9 & 23
- December 7 & 14

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

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 to cover food and activities.

Dates: September 27–29, October 25 –27, November 15 –17, December 13 –15

Times: 5:00 p.m. Friday (start) - 12:00 p.m. Sunday (ends)

Departure Location: The Arc of Essex County, 123 Naylor Avenue, Livingston, NJ 07039

Cost/Plan Requirements: Please contact Dacia King-Sarkodie @ (973) 535-1181 ext. 1272

RECURRING

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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 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.

Date: (Tuesdays)

- September 3, 10, 17, and 24
- October 1, 8, 15, 22 and 29
- November 5, 12, 19 and 26
- December 3, 10 and 17

Times:

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

Dates: (Thursdays)

- September 5, 12, 19 and 26
- October 3, 10, 17 and 24
- November 7, 14 and 21
- December 5, 12 and 19

Location:

Arc Opportunity Zone
50-58 Burnette Ave. Maplewood, NJ

Cost/Plan Requirements:

- Self-Pay Bundle: \$38/session
- Supports: 12 units per session of Respite plus Transportation units TBD based on Residence address

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

RECURRING



The Arc.

of Essex County

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Livingston, NJ 07039



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