



The Arc.
of Essex County

Community Inclusion, Recreation, & Respite Catalog

September – December 2022



123 Naylor Avenue
Livingston, NJ 07039
(973) 535-1181
www.arcessex.org

Follow us on social media!

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).



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.

Saturday Group Respite 1

Dates: (Saturdays)

- September 24th
- October 22nd
- November 19th
- December 17th

Times:

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

Location:

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

Saturday Group Respite 2

Dates: (Saturdays)

- September 17th
- October 15th
- November 12th
- December 10th

Times:

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

Location:

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

Saturday Group Respite 3

Dates: (Saturdays)

- September 10th
- October 1st
- November 5th
- December 3rd

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
- Transportation units TBD based on Residence Address

For RSVPs or questions, contact Dacia King-Sarkodie at (973) 535-1181 ext. 1272.

CONTACT US:

Dacia King-Sarkodie
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GROUP RESPITE



Ugly Sweater Cookie Swap

The Christmas sweater once thought to be tacky has made a huge comeback. Wear your ugliest sweater and strut it around with pride. Prizes will be awarded. Afterwards, jingle & mingle & roll up those sleeves to make your favorite holiday cookies to eat & take home. A light lunch will be provided. This activity takes place at the Arc's Opportunity Zone Center in Maplewood.

SPECIAL EVENT

Dates:

- Sunday, December 18th

Times:

- Start: 12 p.m.
- End: 5 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 \$60.00
- Supports: 20 units of Respite + 14 miles of transportation

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.

In the event of any COVID-19 health and safety protocols in place at that time, participants will be informed of any requirements, documentations and expectations.

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.

Happy Holidays!



COMMUNITY INCLUSION



GROUP RESPITE

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. 2 slices of pizza and a soda is included in the price. Also please note, dates are subject to cancellation due bowling alley availability. We will notify you well in advance of any changes.

Dates: (Saturday)

- September 10th, 17th & 24th
- October 1st, 15th & 22nd
- November 5th, 12th & 19th
- December 3rd, 10th & 17th

Times:

- Start: 12:00 p.m.
- End: 2:30 p.m.

Location:

Bowlero Belleville
679 Washington Avenue
Belleville, NJ

NO TRANSPORTATION PROVIDED

Cost/Plan Requirements:

- Self-Pay: \$30.00 /session
- Supports: 10 units of Community Inclusion for each session.

RECURRING

Brunch @ Bear Mountain Inn

Sunday is the perfect time to take a scenic ride to Bear Mountain State Park on the Hudson River in Rockland County, New York. Enjoy your meal overlooking a panoramic view of the Hudson Valley. After the included brunch, take a walk on the many trails and visit the trailside museum and zoo. Before you leave, stop in at the indoor carousel.

Date:

Sunday, September, 11th

Times:

- Start: 10:00 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: \$80.00 (Original Cost \$120)
- Supports: 24 units of Community Inclusion + 94 miles of transportation

SPECIAL EVENT

Halloween Dance

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

SPECIAL EVENT

Date:

- Sunday, October 30th

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: \$60.00
- Supports: 20 units of Respite + 4 miles of transportation

Friendsgiving Celebration

Shake your turkey leg and let's kick it. It's time to get stuffed and talk turkey. Please join us for 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 20th

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: \$60.00
- Supports: 20 units of Respite + 4 miles of transportation

GROUP RESPITE



COMMUNITY INCLUSION

Elvis Extravaganza

If you are a fan of good old-fashioned Rock & Roll then come to our **Elvis Extravaganza**. Listen and sing along to hit songs from the early rock greats including the King himself, or learn the Hand Jive, Bunny Hop or the Twist dances while you party the afternoon away. Plus, there will be fun party games from that era, so try your skills at Limbo, Twister, or even the Hula Hoop! Food will be served. Prizes for the best dressed 1950's guys and girls. This activity takes place at the Arc's Opportunity Zone Center in Maplewood.

Dave & Buster's

Travel to the famous Dave & Buster's at the Willowbrook Mall to enjoy a fun interactive environment and play amazing games. This experience is a great getaway to enjoy a meaningful and fun interactions with friends. Lunch and a \$15 play card is included in the cost but feel free to **bring additional money to play more games**.

SPECIAL EVENT

Date:

- Sunday, September 18th

Times:

- Start: 12 p.m.
- End: 5 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 \$60.00
- Supports: 20 units of Respite + 4 miles of transportation

SPECIAL EVENT

Date:

Sunday, September 25th

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

Farm to Table Fall Edition

Come join us for a taste of Fall and have some fun cooking nourishing healthy food. 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. This activity takes place at the Arc's Opportunity Zone Center in Maplewood.

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

SPECIAL EVENT

Date:

- Sunday, October 23rd

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: \$60.00
- Supports: 20 units of Respite + 4 miles of transportation

SPECIAL EVENT

Date:

- Sunday, October 2nd

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: \$60.00
- Supports: 20 units of Community Inclusion + 20 miles of transportation

COMMUNITY INCLUSION



COMMUNITY INCLUSION

Pumpkin Picking & Hayride

Celebrate the Fall Season at Alstede Farm in Chester. Enjoy family fun activities from live entertainment and friendly farm animals, to a charming farm store with homemade ice cream & bakery products. Cost includes admission, a small pumpkin to bring home & a light lunch. **Please bring additional money if you wish to purchase take home treats.**

SPECIAL EVENT

Date:

- Sunday, October 16th

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: \$65.00
- Supports: 20 units of Community Inclusion + 25 miles of transportation

Mt. 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 and a small snack. **Please be sure to bring money for the gaming machines.** Must be 21 years old with ID to attend.

SPECIAL EVENT

Date:

- Sunday, November 6th

Times:

- Start: 11:00 a.m.
- End: 6:00 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: \$80.00 (Original Cost \$100)
- Supports: 28 units of Community Inclusion + 148 miles of transportation

SPECIAL EVENT

Holiday Shopping & Dinner

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.**

Date:

- Sunday, December 4th

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: \$60.00
- Supports: 20 units of Community Inclusion + 10 miles of transportation

Holiday Lights Spectacular

Experience a Sea of Lights in an indoor Holiday Lights Spectacular at the Jenkinson's Aquarium on the Point Pleasant Boardwalk. The winter wonderland also includes treats, crafts, games, & more. The sweet shop & aquarium gift shop will be open. Cost includes a light dinner & admission into the aquarium, but **please bring spending money if you wish to make additional purchases.**

SPECIAL EVENT

Dates:

- Sunday, December 11th

Times:

- Start: 4:00 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, NJ

Cost/Plan Requirements:

- Self-Pay \$80.00 (Original Cost \$100)
- Supports: 20 units of Community Inclusion + 118 miles of transportation