



The Arc[®]
of Essex County

Community Inclusion, Recreation, & Respite Catalog

September – December 2023

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.

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.



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 soda. 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 9, 16, 30
- October 14, 21, 28
- November 4, 18
- December 2, 9, 16

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: 10 units of Community Inclusion for each session.

RECURRING

Sunday Afternoon Movie

Watch the latest Hollywood blockbuster while being immersed in the real theater experience. Individuals will learn about movie etiquette while enjoying an day out with peers.

Dates (Sundays):

- September 10th
- November 5th

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: Per Movie / \$50
- Supports: Per movie / 16 units of Community Inclusion + 12 miles of transportation



RECURRING



Medieval Times

Come and witness a heroic combat of steel and steed at Medieval Times in Lyndhurst, NJ. Enjoy the wonderful tournament and delicious four course dinner. Cost includes admission and dinner. Participants meet at the Bloomfield Civic Center, then depart to Medieval Times. Please let us know of any diet restrictions or prescribed diets.

SPECIAL EVENT

Date:

- Sunday, September 24th

Times:

- Start: 1:00 p.m.
- End: 6:00 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: \$70
- Supports: 20 units of Community Inclusion + 25 miles of transportation

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 1st

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

Community Inclusion



Whippany Railway Museum

Walk among the pumpkins, corn shocks, and grinning Scarecrows as you enjoy the crisp fall air. Then take a relaxing, nostalgic 45-minute trip into the past onboard the "Pumpkinliner". The enjoyable excursion follows the route of the Historic "Whippanong Trail." and will feature antique cabooses you can ride in. Enjoy a light meal afterwards. **Don't forget spending money for purchases.**

SPECIAL EVENT

Date:

- Sunday, October 15th

Times:

- Start: 12:00 a.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: \$65.00
- Supports: 20 units of Community Inclusion + 30 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.**

SPECIAL EVENT

Date:

- Sunday, October 22th

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



Community Inclusion

Holiday Shopping Spree

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 3rd

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 + 20 miles of transportation

Group Respite

Farm to Table: Fall Edition

Come join us for a taste of autumn 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.

Date:

- Sunday, September 17th

Times:

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

Departure Location:

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

Or

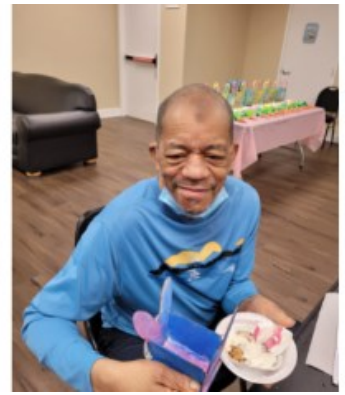
Bloomfield Library (back lot)
84 Broad St., Bloomfield, NJ

Cost/Plan Requirements:

- Self-Pay \$65
- Supports: 16 units of Respite + 14 miles of transportation

SPECIAL EVENT

Group Respite



Halloween 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. This activity takes place at the Arc's Opportunity Zone Center in Maplewood.

SPECIAL EVENT

Date:

- Sunday, October 29th

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 Respite + 20 miles of transportation

Friendsgiving

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.

Date:

- Sunday, November 19th

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
- Supports: 16 units of Respite + 14 miles of transportation

SPECIAL EVENT



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 and mingle and roll up those sleeves to make your favorite holiday cookies to eat and take home. A light lunch will be provided. This activity takes place at the Arc's Opportunity Zone Center in Maplewood.

SPECIAL EVENT

Date:

- Sunday, December 10th

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
- Supports: 16 units of Respite + 14 miles of transportation

Giftwrapping Workshop @ Studio Arc

Join us for an afternoon of wrapping gifts for your loved ones. Bring up to three items and learn the art of wrapping or have one of our helpers do it for you. A light lunch will be provided. This event will take place at Studio Arc in Fairfield.

SPECIAL EVENT

Date:

- Sunday, December 17th

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 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.

RECURRING

Saturday Group Respite 1

Dates: (Saturdays)

- September 9, 23
- October 14, 28
- November 4, 11
- December 2, 16

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 16, 30
- October 21, 28
- November 11, 18
- December 9, 16

Cost/Plan Requirements:

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

Saturday Group Respite 3

Dates: (Saturdays)

- September 9, 23
- October 14, 21
- November 4, 18
- December 2, 9

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

Hotel Respite

RECURRING

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 22-24, October 27-29, November 17-19, December 15-17

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

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

Cost/Plan Requirements: Please contact Candes Reid @ (973) 535-1181 ext. 1247



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)

- Sept – 5th, 12th, 19th, 26th
- Oct – 3rd, 10th, 17th, 24th
- Nov – 7th, 14th, 21st, 28th
- Dec – 5th, 12th, 19th

Times:

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

Dates: (Thursdays)

- Sept – 7th, 14th, 21st, 28th
- Oct – 5th, 12th, 19th, 26th
- Nov – 2nd, 9th, 16th, 30th
- Dec – 7th, 14th, 21st

Location:

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

Cost/Plan Requirements:

- Self-Pay Bundle: \$490 (1 day a week), \$980 (2 days a week) or \$38/session
- Supports Bundle: 168 units (1 day a week) or 336 units (2 days a week) of Respite plus Transportation units TBD based on Residence address

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

Happy Holidays!



RECURRING



The Arc.

of Essex County

123 Naylor Avenue
Livingston, NJ 07039



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(973) 535-1181

Follow us on social media!