



Community Inclusion, Recreation, & Respite Catalog

January–April 2023

*Achieve with us.*<sup>®</sup>

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

### Dates (Saturdays):

- January 7th, 21st, & 28th
- February 4th, 11th, & 25th
- March 11th, 18th, & 25th
- April 15th, 22nd, & 29th

### 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.

## 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):

- January 22nd
- February 26th
- April 2nd

### 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: \$135 or \$45 / session
- Supports: 16 units of Community Inclusion + 48 miles of transportation

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## Liberty Science Center

Spend the day at Liberty Science Center and experience interactive, hands-on exhibits. Learn about the river just outside the doors and the creatures that live in it, peer inside a honey bee hive, or get creative with pixel art. End your day at the Café Skylines for a light meal.

SPECIAL EVENT

### Date:

- Sunday, March 5th

### 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: \$75
- Supports: 20 units of Community Inclusion + 38 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.

### Date:

- Sunday, March 12th

### 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



# Community Inclusion



## SeaQuest

SeaQuest Woodbridge is the most unique interactive aquarium experience in New Jersey! Adventure through rainforests, deserts and the depths of the seas as you meet animals from across the planet. Afterwards, enjoy a light meal at a nearby restaurant.

SPECIAL EVENT

### Date:

- Sunday, March 19th

### 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 (Original Cost \$100)
- Supports: 20 units of Community Inclusion + 18 miles of transportation

## Turtle Back Zoo

Come join us at Turtle Back Zoo and explore the new Sea Turtle Rehabilitation Center along with a variety of other exhibits. Visit the Reptile House, the Touch Tank, the Penguin House, Big Cat Country, and the Sea Lions exhibits, to name a few. Visitors can also visit the carousel, take a train ride, and stop for food at the Savanna Café.

### Date:

- Sunday, April 16th

### 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 + 6 miles of transportation

SPECIAL EVENT



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

## Self Care Retreat @ Studio Arc

**Group  
Respite**

Start your New Year's resolution right! Located at the new Studio Arc in Fairfield, NJ, participants will learn about nutrition, exercise, and various ways to stay healthy. A light, healthy lunch will be provided.

### Date:

- Sunday, January 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, NJ

Or

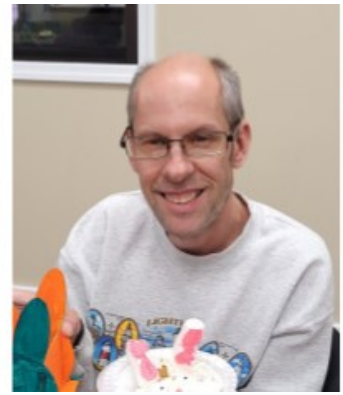
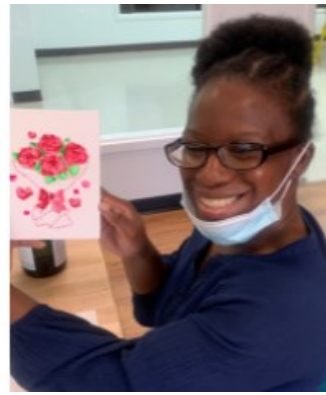
Bloomfield Library (back lot)  
84 Broad St., Bloomfield, NJ

### Cost/Plan Requirements:

- Self-Pay \$60.00
- Supports: 16 units of Respite + 4 miles of transportation

SPECIAL EVENT

## Group Respite



## Valentine Card Making @ Studio Arc

Show your love and enjoy an afternoon of making a professional-looking Valentine's Day card. Using state-of-the-art technology with Cricut®, a smart cutting machine, you will design and personalize a custom Valentine. This event will take place at the new Studio Arc location in Fairfield, NJ. A light meal will be served.

SPECIAL EVENT

### Dates:

- Sunday, February 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 \$60
- Supports: 16 units of Respite + 4 miles of transportation

## Mardi Gras Celebration

Get into the Mardi Gras spirit and celebrate with your friends by eating delicious food. Start the day with some pancakes, picking your own toppings from our pancake bar. Make your own colorful Mardi Gras cupcakes to eat and take home. Decorate yourself with beads and make a colorful Mardi Gras mask. This event will take place at Opportunity Zone in Maplewood NJ.

SPECIAL EVENT

### Date:

- Sunday, February 19th

### 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: \$75
- Supports: 20 units of Respite + 4 miles of transportation





## 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. This event will take place at the new Studio Arc location in Fairfield, NJ.

SPECIAL EVENT

### Dates:

- Sunday, March 26th

### 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: \$60
- Supports: 16 units of Respite + 4 miles of transportation

## Mother's Day Gift Bags @ Studio Arc

Join us for an relaxing afternoon, making a gift bag for the special mother in your life! Pick out soaps, bath bombs, lip balms, and essential oils to give that special mom a spa-like experience at home. A light meal will be served. This event will take place at the new Studio Arc location in Fairfield, NJ.

SPECIAL EVENT

### Dates:

- Sunday, April 23rd

### Times:

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

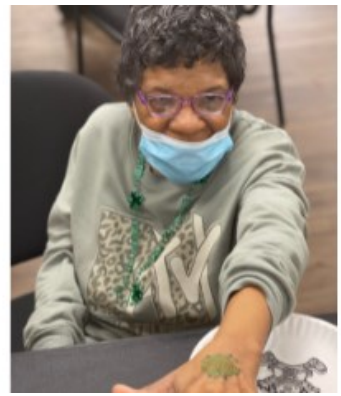
### Departure Location:

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: \$60
- Supports: 16 units of Respite + 4 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.

### Saturday Group Respite 1

#### Dates: (Saturdays)

- January 21st
- February 18th
- March 18th
- April 22nd

#### 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)

- January 14th
- February 11th
- March 11th
- April 15th

#### 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)

- January 7th
- February 4th
- March 4th
- April 1st

#### 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

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

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## 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:** January 27th-29th, February 24th-26th, March 24th-26th, & April 28th-30th

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

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

**Cost/Plan Requirements:** Please contact Candes Reid for specifics @ (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 & 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)

- January 3rd, 10th, 17th, 24th, & 31st
- February 7th, 21st, & 28th
- March 7th, 14th, 21st, & 28th
- April 4th, 11th, 18th, & 25th

### Dates: (Thursdays)

- January 5th, 12th, 19th, & 26th
- February 2nd, 9th, 16th, & 23rd
- March 2nd, 9th, 16th, 23rd, & 30th
- April 13th, 20th, & 27th

### Times:

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

### 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 + Transportation units TBD based on Residence address

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

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**123 Naylor Avenue  
Livingston, NJ 07039  
(973) 535-1181  
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