



***The Arc***<sup>®</sup>  
*of Essex County*

Community Inclusion, Recreation, & Respite Catalog

May – August 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](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 minimum 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. Participate in a few games while cheering on and supporting your friends. Price includes two slices of pizza and a beverage. Please note, dates are subject to cancellations due to bowling alley availability. Participants will be notified well in advance of any changes.

RECURRING

### Dates (Saturdays):

- May 4, 11 18
- June 8, 22, (29 Bowling Banquet)
- July 13, 27
- August 10, 24

### 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 /session
- Supports: 8 units of Community Inclusion for each session.

## Sunday Matinee & Mingle

Participants will choose a movie to watch together. After, they'll travel to their favorite snack shack to enjoy a sweet treat and beverage. Individuals will have a choice of Starbucks, Panera Bread, or Dunkin Donuts to sit, socialize and discuss their favorite movie scenes.

RECURRING

### Dates (Sundays):

- May 19th
- June 30th
- July 28th

### 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 / 20 units of Community Inclusion + 12 miles of transportation





## Pt. Pleasant Boardwalk

Spend the day at the beach! This exciting activity allows you to spend the day outside with an ocean view. Browse the shops, ride the rides, play games, and enjoy lunch on the boardwalk with friends. Cost includes lunch and a \$20 arcade card.

SPECIAL EVENT

**Date:**

- Sunday, June 2nd

**Times:**

- Start: 11:00 a.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: 24 units of Community Inclusion + 118 miles of transportation

## Mosaic Class at Studio Arc

Learn the age old art of Mosaics! In this class, participants will select their tile color theme, design a layout, place, glue, grout and clean their finish masterpieces. A light lunch and beverage will be provided. This event will take place at the Studio Arc space located in Fairfield.

SPECIAL EVENT

**Date:**

- Sunday, June 23rd

**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
- Supports: 20 units of Community Inclusion + 14 miles of transportation

# Community Inclusion



## Maplewood Stock

Enjoy an afternoon of art and music! Join us at Maplewoodstock, an annual festival located at Memorial Park in Maplewood. There will be a variety of collectables, crafts, clothes, art, and food vendors. In addition, to live music performed by local artists. Cost includes lunch. Please bring additional spending money if you would like to purchase any items at the festival.

SPECIAL EVENT

### Date:

- Sunday, July 14th

### 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, N5

### Cost/Plan Requirements:

- Self-Pay: \$65.00
- Supports: 16 units of Community Inclusion + 8 miles of transportation

## Asbury Park Silverball Museum

Come experience a tribute to pinball and video-gaming. The Silverball Museum is located at the Asbury Park Boardwalk and offers 600 retro arcade games in rotation. Featuring pinball, skee-ball, shuffle board, and air hockey, to mention a few. All games inside the museum are set to free play with your entry pass. Cost includes lunch.

SPECIAL EVENT

### Date:

- Sunday, July 21st

### Times:

- Start: 11:00 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: \$75.00
- Supports: 24 units of Community Inclusion + 104 miles of transportation



# Community Inclusion

## Picnic in the Park

Come and enjoy a relaxing Sunday afternoon with us, strolling in the warm breeze at Brookdale Park. Feel free to bring a ball, frisbee, or jump rope and for your comfort a blanket or towel is suggested. A light lunch will be provided.

SPECIAL EVENT

### Date:

- Sunday, August 4th

### 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 Community Inclusion + 5 miles of transportation

## Golf & Lunch on the Lake

Swing on over *fore* a great time. Come join us for lunch at the Windlass at Nolan's Point on Lake Hopatcong. The restaurant offers both indoor and outdoor porch dining with beautiful views of the lake. After lunch, stroll next door and play a round of miniature golf at Lake Hopatcong Golf Club! An amazing combination of miniature golf, lake views, and friendly competition! Cost includes lunch.

SPECIAL EVENT

### Date:

- Sunday, August 18th

### Times:

- Start: 11:00 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: \$75
- Supports: 24 units of Community Inclusion + 54 miles of transportation

# Group Respite



## May Madness

May Madness was created as a fun opportunity to encourage creativity, independent thinking, learning, role playing and fun. Spend the afternoon with us and enjoy a Bingo Game or a variety of board games to win awesome prizes. In addition, enjoy a taco lunch featuring a festive taco bar in celebration of Cinco de Mayo while socializing with peers.

SPECIAL EVENT

### Date:

- Sunday May 5th

### 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

## Wilma & The Wingers

Show us you can sing and dance with Wilma and the Wingers. Dust off your dancing shoes, put on your best outfits and smiles and be serenaded by the musicians. Join in and sing to the beat of the latest pop songs and drop your moves. Enjoy this active day with peers and pizza.

SPECIAL EVENT

### Date:

- Sunday, June 9th

### 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

## Karaoke & Ice Cream Sundae

Join the group on a hot Summer day to make your very own Ice Cream Sundae with the toppings of your choice. Express yourself in song and dance with Karaoke. The best performer and best sundae maker wins a special prize!

SPECIAL EVENT

### Date:

- Sunday, August 11th

### 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

## Goodbye Summer, BBQ

Come make a splash and soak up some fun in the sun as we bid a great summer farewell. Bring your swim gear and sunblock! Join us at Camp Hope for games, music, and summer fun. Spend time with your friends, dance to the music, or beat the heat on our splash pad. Please do not forget to bring a towel and change of clothes. Lunch will be provided.

SPECIAL EVENT

### Date:

- Sunday, August 25th

### 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



## 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

### 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)

- May 4 & 18
- June 1 & 15
- July 6 & 20
- August 3 & 17

### Saturday Group Respite 2

#### Dates: (Saturdays)

- May 11 & 25
- June 8 & 22
- July 13 & 27
- August 10 & 24

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:** May 17-19, June 21-23, July 26-26, August 23-25

**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 Dacia King -Sarkodie @ (973) 535-1181 ext. 1272



## 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.

RECURRING

### Date: (Tuesdays)

- May 7 14, 21 and 28
- June 4, 11, 18 and 25
- July 2, 9, 16, 23 and 30
- August 6, 13, 20 and 27

### Times:

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

### Dates: (Thursdays)

- May 2, 9, 16, 23 and 30
- June 6, 13, 20 and 27
- July 11, 18 and 25
- August 1, 8, 15, 22 and 29

### 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



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