



The Arc[®]
of Essex County

Community Inclusion, Recreation, & Respite Catalog

January – April 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.

Dates (Saturdays):

- January 6, 20, 27
- February 10, 17, 24
- March 9, 16, 23
- April 13, 20, 27

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.

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 a day out with peers.

Dates (Sundays):

- January 7th
- March 3rd

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 / \$60
- Supports: Per movie / 16 units of Community Inclusion + 12 miles of transportation

RECURRING





Community Inclusion

Decoupage Art Class @ Studio Arc

In our Art Class at Studio Arc you will make a decorative box using different materials and embellishments while learning about decoupage techniques. You will improve your skills, create a unique piece to take home, and have fun with friends. A light lunch will be provided. This event will take place at Studio Arc in Fairfield.

SPECIAL EVENT

Date:

- Sunday, January 21st

Times:

- Start: 1:00 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: 16 units of Community Inclusion + 20 miles of transportation

Paint and Sip @ 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, February 4th

Times:

- Start: 1:00 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: 16 units of Community Inclusion + 20 miles of transportation

Community Inclusion



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. Please let us know of any diet restrictions or prescribed diets.

SPECIAL EVENT

Date:

- Sunday, February, 25th

Times:

- Start: 12:30 p.m.
- End: 5:30 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: \$85.00
- 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, March 10th

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: \$85.00
- Supports: 28 units of Community Inclusion + 148 miles of transportation



TILT Museum @ American Dream

Step inside world-renowned urban art master Tracy Stum's magical space and become a part of the art. This mind-blowing, interactive 3D Museum takes you to the highest peaks and the deepest depths, into impossible and magical worlds that stretch the imagination. The trip includes a light meal.

SPECIAL EVENT

Date:

- Sunday, April 7th

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: \$85.00
- Supports: 20 units of Community Inclusion + 25 miles of transportation

T-Shirt Making @ Studio Arc

Learn the art of **t-shirt painting** with this easy and fun class. Decorated, stamped or painted, embellished t-shirts are everywhere! Making your own t-shirt is a great form of self-expression and an enjoyable craft. A t-shirt will be provided. Must RSVP by April 1st and indicate size on the registration sheet. This event will take place at Studio Arc in Fairfield. A light lunch will be provided.

SPECIAL EVENT

Date:

- Sunday, April 14th

Times:

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

Departure Location:

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

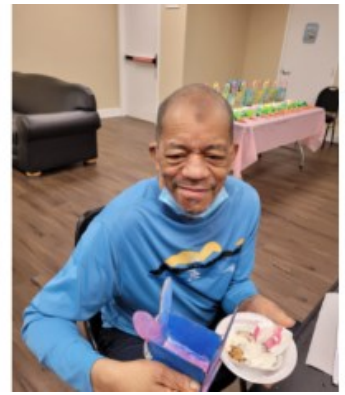
Or

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

Cost/Plan Requirements:

- Self-Pay: \$75
- Supports: 16 units of Community Inclusion + 20 miles of transportation

Group Respite



Soup Day Party

Nothing is better than soup and sandwich on a cold January day. Let's mingle and get to know each other over a steamy bowl of soup and hot biscuits. Make your own individual bowl of soup, biscuit, and dessert and we will provide the sandwiches. Learn how to build the perfect soup and make up your own soup recipe, answer silly "Get to Know You" questions and play board games with your peers. All in a day of fun. This event will take place at Opportunity Zone in Maplewood NJ.

SPECIAL EVENT

Date:

- Sunday January 28th

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

Superbowl Pre-Game Party

Get your game on and come join us for a fun day of pre-Super Bowl Sunday activities. Make your own snacks including your own personalized pan of nachos. Play a game of Superbowl commercial bingo and a variety of other football theme games, and make your own Super Bowl predictions for the game. A light lunch will be provided. This event will take place at Opportunity Zone in Maplewood NJ.

SPECIAL EVENT

Date:

- Sunday, February 11th

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



St. Patrick's Day Celebration

We are lucky to have great friends so wear your lucky green, bring your lucky charms, and join us for some Irish shenanigans. Dance a jig, have some food and drink, do some crafts, and play some games as we celebrate St. Patrick's Day.

SPECIAL EVENT

Date:

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

Spring Brunch

Join us for a taste of spring and add a little color and sparkle by coloring eggs and creating a festive take-home craft project. Enjoy a big brunch spread along with your decorated eggs and goody-filled baskets. This event will take place at Opportunity Zone in Maplewood NJ.

SPECIAL EVENT

Date:

- Sunday, March 24th

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



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)

- January 6 & 20
- February 3 & 17
- March 2 & 16
- April 6 & 30

Saturday Group Respite 2

Dates: (Saturdays)

- January 13 & 20
- February 10 & 24
- March 9 & 23
- April 13 & 27

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: January 26–28, February 23-25, March 15–17, April 26–28

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

RECURRING



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)

- January 9, 16, 23, and 30
- February 6, 13, 20, and 27
- March 5, 12, 19, and 26
- April 2, 9, 16, 23, and 30

Times:

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

Dates: (Thursdays)

- January 4, 11, 18, and 25
- February 1, 8, 15, 22, and 29
- March 7, 14, 21, and 28
- April 4, 11, 18, and 25

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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of Essex County

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Livingston, NJ 07039



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