

JULY 2021

THE CAYOU

SPONSORED BY THE CAU RECREATION DEPARTMENT

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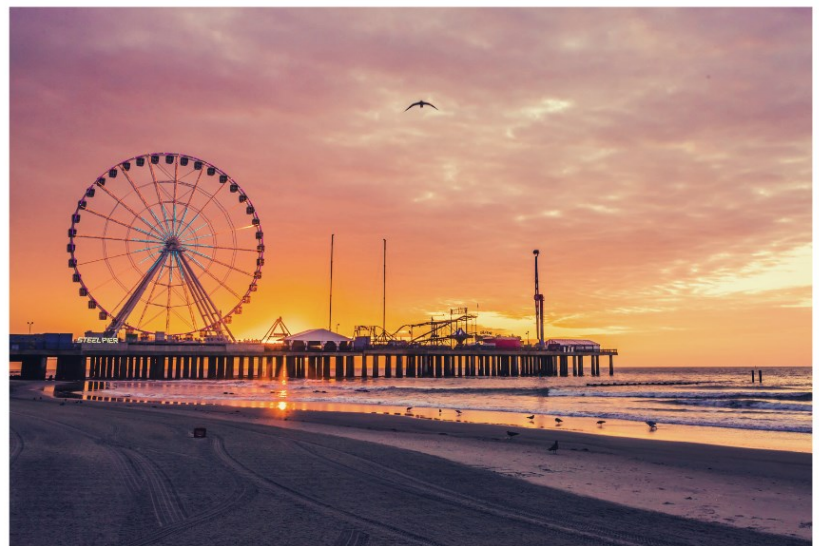
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CAU MISSION STATEMENT

To provide community access through effective and comprehensive support services for people with disabilities, at-risk youth and people with affordable housing needs, giving them the opportunity to live independently and to lead normal and productive lives as citizens integrated into the community.



BIRTHDAYS!

JULY



Victoria	Cintorrino	07/01
Malcolm	Lind	07/02
Albert	Riedinger	07/03
Pearl	Elias	07/04
Mildred	Alexander	07/04
Rashad	Kearney	07/04
Gregory	Felzenberg	07/07
Thomas	Findeis	07/08
Reginald	Payne	07/09
Ashley	Ellis	07/09
Belinda	Malave	07/10
Diane	Savage	07/10
John	Bonner	07/11
Edward	Matthews	07/14
Lawson	Gilder	07/17
Jameel	Strong	07/17

Russell	Goodrum	07/18
Marlon	Lewis	07/18
Christine	Bongiovi	07/20
George	Simester	07/20
Trevor	Brown	07/20
Tabitha	Floyd	07/21
Michael	Brooks	07/22
Marlo	Whitaker	07/24
Beth	Tooker	07/25
Marcella	Truppa	07/26
Maurice	Tucker	07/27
Mark	Straka	07/29
Ashley	Forges	07/29
Terri	Schwartz	07/30
Jessica	Goncalves	07/31
Tariq	Carter	07/31

JULY TRIPS



KEANSBURG WATERPARK
FRIDAY- 23RD
ADMISSION: \$150.00



ADVENTURE ACQUARIUM
THURSDAY- 8TH
ADMISSION: \$70.00



SAHARA SAM'S
SUNDAY- 11TH
ADMISSION: \$150.00



TURTLE BACK ZOO
SUNDAY- 18TH
ADMISSION: \$60.00



MOVIE NIGHT
1ST & 14TH
ADMISSION: \$25.00



BOWLING
2ND, 9TH, 16TH & 30TH
ADMISSION: \$25.00



DAVE & BUSTER'S
7TH & 21ST
ADMISSION: \$60.00



RED LOBSTER
TUESDAY- 6TH
ADMISSION: \$60.00



OLIVE GARDEN
MONDAY- 12TH
ADMISSION: \$60.00



PLAY REVEAL
TUESDAY- 13TH
ADMISSION: FREE



SAHARA SAM'S
THURSDAY- 15TH
ADMISSION: \$25.00



FAMOUS DAVE'S
MONDAY- 19TH
ADMISSION: \$60.00



OVERNIGHT TRIP

ATLANTIC CITY

The luxury of a hotel meets the comfort of your living room. Our high quality, spacious units range in size and comfort.

PRICE: \$1,100.00

ACTIVITIES:

- Boardwalk Visits
- Beach Time
- Casino Fun
- Camden Aquarium Visit
- Tropicana Casino Stay
- Two Meals Included Each Night

JULY 2021

Helping Hands: Every Tuesday at 4:00 pm
FREE VIRTUAL EVENT

SUN	MON	TUE	WED	THUR	FRI	SAT
				1. 	2. 	3.
4.	5.	6. 	7. 	8. 	9. 	10.
11. 	12. 	13. 	14. 	15. 	16. 	17.
18. 	19. 	20.	21. 	22.	23. 	24. 
25.	26. 	27. 	28. 	29. 	30. 	



YOU'RE INVITED

CAU'S

PLAY REVEAL

Zoom Party

2021

VIA: ZOOM | 4:00 PM

MEETING ID: 307 219 4733

PASSCODE: cauplay

**JUL
13**

JOIN US ON JULY 13TH AS WE
REVEAL THIS YEAR'S PLAY!

CAU RECREATION GUIDELINES

1. CHOOSE EVENTS THAT INTEREST YOU & CONTACT US FOR AVAILABILITY:

Recreation Instructor:
Asia Mitchell
(908) 354-3040 ext: 4706
AMitchell@caunj.org

2.

For CAU Members

Contact your counselor or
Program Assistant Director to
complete registration for events
you're interested in attending.

For Community Members

Contact (above) to reserve your spot
for your favorite recreation event

3.

All participants must complete the Monthly Recreation Sign-Up
Community Access Unlimited
Attn: Recreation Department
80 West Grand Street Elizabeth, NJ 07202

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ADDITIONAL INFORMATION

- Payment is due immediately following each recreation event that participants have attended; attendance is taken to confirm participation. For events that require advance purchase of tickets or passes, payment for the event will be asked for upfront.
- Space is limited for each event; reservations are required
- If you are unable to attend a class or event you have signed up for, notify the Recreation Department. If NOT notified, there will be no refund or credit provided. No refunds or credits may be given for events with pre-purchased tickets.
- Members who are not CAU Members will be charged an additional fee for attending Recreation events as outlined on the Worksheet. If you are interested in becoming a CAU Recreational Member, contact us. The fee is \$300/year and ensures the member price for all events.



WHY IS RECREATION SO IMPORTANT



EXERCISE

EXERCISE - Studies have shown that regular exercise can help prevent diseases, control your weight, increase strength, improve stamina, help you sleep better, and just make you feel better in general.



RELAXATION

RELAXATION- Calm your mind, and you'll lower your blood pressure.



GROUP PARTICIPATION

GROUP PARTICIPATION - Participating in any kind of group activity—a class, theatrical production, community league sport, or pick-up game, has all kinds of benefits. Group activities help you build your social skills and social networks.



COMMUNITY ACCESS
U N L I M I T E D

Presents

ARTS IN THE PARK

LOCATION: WARINANCO PARK
COST: FREE TO ATTEND

10:00 pm - 12:00 pm

AUG
21

JOIN US AT OUR FIRST ARTS IN THE PARK EVENT! ENJOY A DAY OF
EXPLORING THE ARTS OF MUSIC, DANCING, PAINTING, & MORE.





SWEET CAROL'S VELVET CUPCAKE

A home for sweet bread and pastries

INGREDIENTS

- 2 1/2 cups flour
- 1/2 cup cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup butter, softened
- 2 cups sugar
- 4 eggs
- 1 cup sour
- 1/2 cup
- 1 bottle Red Food Color
- 2 teaspoons Vanilla Extract
- 1 package cream cheese

PREP TIME

- Prep | 20 m
- Cook | 20 m
- Ready in | 40 m
- Duration | 5 days

PROCEDURE

01

Preheat oven to 350 degrees F. Mix flour, cocoa powder, baking soda and salt in medium bowl. Set aside.

02

Beat butter and sugar in large bowl with electric mixer on medium speed 5 minutes or until light and fluffy. Beat in eggs, one at a time.

03

Bake 20 minutes or until toothpick inserted into cupcake comes out clean. Cool in pans on wire rack 5 minutes. Remove from pans; cool completely.

04

Bake 20 minutes or until toothpick inserted into cupcake comes out clean. Cool in pans on wire rack 5 minutes. Remove from pans; cool completely.

**DON'T FORGET TO
VISIT THE CAU STORE!**

REACH OUT TO DAVID LOPEZ

**DLOPEZ@CAUNJ.ORG
EXT: 4334**

**IN THE CAU AUDITORIUM!
GET YOUR CAU MERCH**





80 West Grand Street

Elizabeth, NJ 07202

Phone: 908-354-3040 TTY/TTD: 908-354-4629

Fax: 908-354-2665 www.caunj.org

NON-PROFIT
ORGANIZATION

U.S. POSTAGE PAID

PERMIT 225

Elizabeth, NJ

CAU PLAYERS!



**WE
ARE BACK!**

**STAY TUNED FOR MORE INFORMATION
ABOUT OUR UPCOMING PLAY PRODUCTION!**