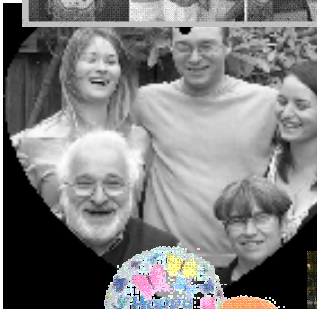


# Community Access Unlimited

## January & February 2010

# Recreation & Education Newsletter



Supporting People with Special Needs in Achieving Real Lives

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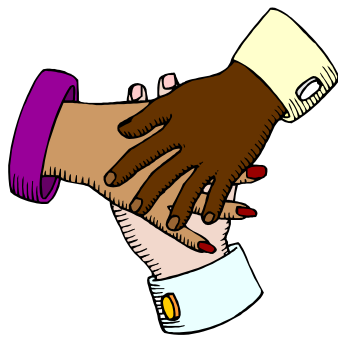
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80 West Grand Street, Elizabeth, New Jersey 07202  
For Recreation information call @ (908) 354-3040 ext 272 or 374  
Website: [www.caunj.org](http://www.caunj.org)

# Recreation Guidelines

1. All members attending an event must meet in the Chat Center at the time listed in the newsletter
2. **All Members & Non-Members MUST Sign up and pay in advance; however, you must check for the availability of each event before submitting payments by calling at ext. 272 or ext. 374.**
3. When paying by Check or Money Order you must include event date, event and full name of attendee. ***Sign-Up sheets must be attached with payment.***
4. You need to let the Rec. department know at least ten business days in advance if you are not going to an event or there is no refund or credit
5. There will be no refunds or credit for pre-purchased tickets as well as no shows (I.e. vacations, shows, sporting events, etc)
6. If you're interested in any event please contact your primary counselor or your Program Assistant Director.
7. Recreation Newsletter is also available on our Website at [www.caunj.org](http://www.caunj.org).
8. If your interested in becoming a CAU Recreational member please call ext. 272 or ext. 374 for an application

**For all non-members the cost will be an additional \$4 per person per event.**



# Helping Hands Self Advocacy

## January 5<sup>th</sup> & February 2<sup>nd</sup>

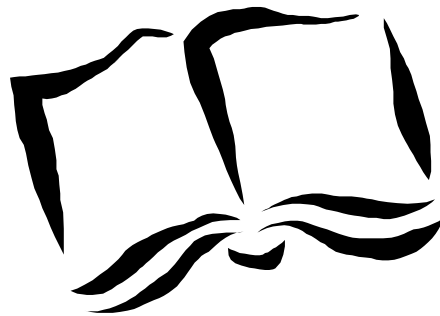
**Location: CAU Main Office**  
**5:30pm – 7:00pm**

**This is an opportunity for you to speak out and stand up for your rights.**

**Cost for your first meeting is free; each meeting after is \$2**

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## Reading Classes



**Don't forget to sign up for Reading Classes.**  
**If you are interested, please sign up for any of the classes on the following dates:**

**1/11, 1/25, 2/8, and 2/22**  
**from 6 - 7 pm.**

**Classes will cost only \$6 and will meet in the Chat Center @ 80 West Grand**

**You will learn the alphabet, words, sentences, comprehension and much more.**

# Happy Birthday

## January & February Birthday Wishes



Lavar N	1/2
Sandra D	1/6
Sharon M	1/7
Lenore T	1/8
Alphonsina B	1/10
John Matthew L	1/14
Gregory C	1/17
Joshua S	1/17
Mark O	1/23
Sonya R	1/24
Adrian P	1/25
Elliott K	1/26
Edward E	1/27
Glenn W	1/28
Michelle W	1/28
John B	1/29

Renee W	2/1
Boyd B	2/4
Annie W	2/10
Tracey S	2/10
Gabriela A	2/10
Dennis L	2/10
John S	2/11
Cassandra S	2/13
Randy M	2/15
Mark S	2/16
Wayne P	2/19
James Q	2/19
Leslie L	2/20
Anthony R	2/22
Taleah B	2/22
Michael W	2/25
James M	2/25



# Instructions for the “Monthly Event Worksheet”

Please check for availability of each event before submitting any payments by calling Information & Referral Coordinator at ext. 272 or REC Director at ext. 374.

1. This form must accompany all payments given to Community Access Unlimited.
2. Complete the Customer Information section completely & the current date.
3. To choose an event, carry the cost amount over to the total column to the right side of the sheet. Non-members put cost amount in non-member column.
4. At the bottom of the total column, add all of the cost amounts you wrote in the Total column.
5. Check the appropriate box for your payment and include that with the sheet and bring it to CAU
6. Make sure you make a copy for your records and show your counselor
7. Your counselor will then go into the shared file and put your name down for each event you paid for.

Date(s)	Event Title	Time	Cost		TOTAL
			Member	Nonmember	

## January Events

Event	Location	Date	Time	Cost
-------	----------	------	------	------

<b>Helping Hands</b>	CAU – 80 W Grand St Elizabeth, NJ	1/5/10	5:30 pm	\$2.00
1 <sup>st</sup> meeting is Free! Every meeting after is \$2 for members and non-members. Come speak out for your rights!				
<b>Red Lobster</b>	2520 Rt 22 East Union, NJ	1/6/10	6 pm	\$30.00
Enjoy the catch of the day with friends! One of the hottest events on the calendar so sign up early!				
<b>Movies</b>	1200 S. Stiles St Linden, NJ	1/8/10	6 pm	\$15.00
Enjoy watching all of the latest releases with your friends as soon as they hit the theaters. Bring a few dollars for popcorn and a soda.				
<b>Breakfast at Sunrise Diner</b>	61 Westfield Ave Elizabeth, NJ	1/9/10	10 am	\$20.00
Why cook on the weekends when you can have breakfast with friends at the diner?				
<b>Cheesecake Factory</b>	455 Menlo Park Dr Edison, NJ	1/10/10	6 pm	\$32.00
Good food, great atmosphere, great company, and the best cheesecake in the area!				
<b>Reading Class</b>	CAU – Chat Center	1/11/10	6 pm	\$6.00
Learn the alphabet, words, sentences, comprehension, and more with your friends at reading class. Work on your IHP goals while you are here.				
<b>Tiffany's Restaurant</b>	1637 Vauxhall Road Union, NJ	1/13/10	6 pm	\$32.00
Join us for an evening out in a relaxed atmosphere enjoying some of the best ribs this area has to offer!				
<b>Cooking Class</b>	CAI – 88 W Grand St Elizabeth, NJ	1/14/10	5 pm	\$15.00
Back by popular demand – impress your friends and family with the culinary skills that you learn here at CAU about preparing simple, delicious meals!				
<b>Pizza and Game Night</b>	CAU – Café	1/15/10	6 pm	\$15.00
Enjoy the best pizza in town while challenging all of your friends to your favorite board games.				
<b>Mongil Corp Casino Night</b>	1425 Dill Ave Linden, NJ	1/16/10	6 pm	\$50.00
Great Prizes including a big screen TV, Bose Home Theater System, and more...Price includes gaming chips, soda, and snacks. No one under 21!				
<b>Dave and Busters</b>	4661 Palisades Center Dr West Nyack, NY	1/17/10	12 pm	\$40.00
If you have never been here – it is a must do! Dave and Busters offers good food and great fun with games, entertainment, and prizes for all ages!				
<b>Dinner at Outback Steakhouse</b>	901 Mountain Ave Springfield, NJ	1/20/10	6 pm	\$32.00
Continues to remain on the calendar because of its popularity – maybe it has something to do with the outrageously good food!				
<b>Movies</b>	1200 S. Stiles St Linden, NJ	1/22/10	6 pm	\$15.00
Enjoy watching all of the latest releases with your friends as soon as they hit the theaters. Bring a few dollars for popcorn and a soda.				
<b>Breakfast at Tropicana Diner</b>	537 Morris Ave Elizabeth, NJ	1/23/10	10 am	\$20.00
Why cook on the weekends when you can have breakfast at the diner with friends?				
<b>Chevy's Fresh Mex</b>	1150 N. Stiles St Linden, NJ	1/24/10	6 pm	\$28.00
Enjoy some fresh mex food in an exciting atmosphere with all of your buddies!				
<b>Reading Class</b>	CAU – Chat Center	1/25/10	6 pm	\$6.00
Learn the alphabet, words, sentences, comprehension, and more with your friends at reading class. Work on your IHP goals while you are here.				
<b>Olive Garden</b>	275 Route 22 Springfield, NJ	1/27/10	6 pm	\$28.00
Enjoy authentic Italian cuisine while spending time with your friends!				
<b>Cooking Class</b>	CAI – 88 W Grand St Elizabeth, NJ	1/28/10	5 pm	\$15.00
Back by popular demand – impress your friends and family with the culinary skills that you learn here at CAU about preparing simple, delicious meals!				
<b>Bingo and Subs</b>	CAU – Café	1/29/10	6 pm	\$15.00
Enjoy some of the best sub sandwiches in town while playing Bingo with your friends!				
<b>Liberty Science Center</b>	222 Jersey City Blvd Jersey City, NJ	1/31/10	12 pm	\$30.00
The Liberty Science Center offers several floors of interactive learning for all ages. Join fellow CAU members for a great day of education and fun!				

# January Monthly Event Worksheet

## Customer Information

Full Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Program \_\_\_\_\_

#	Date(s)	Event Title	Time	Cost	Cost For Non Members	Total
1	1/5/10	Helping Hands	5:30 pm	\$2.00		
2	1/6/10	Red Lobster	6 pm	\$30.00		
3	1/8/10	Movies	6 pm	\$15.00		
4	1/9/10	Breakfast at Sunrise Diner	10 am	\$20.00		
5	1/10/10	Cheesecake Factory	6 pm	\$32.00		
6	1/11/10	Reading Class	6 pm	\$6.00		
7	1/13/10	Tiffany's Restaurant	6 pm	\$32.00		
8	1/14/10	Cooking Class	5 pm	\$15.00		
9	1/15/10	Pizza and Game Night	6 pm	\$15.00		
10	1/16/10	Mongil Corp Casino Night	6 pm	\$50.00		
11	1/17/10	Dave and Busters	12 pm	\$40.00		
12	1/20/10	Dinner at Outback Steakhouse	6 pm	\$32.00		
13	1/22/10	Movies	6 pm	\$15.00		
14	1/23/10	Breakfast at Tropicana Diner	10 am	\$20.00		
15	1/24/10	Chevy's Fresh Mex	6 pm	\$28.00		
16	1/25/10	Reading Class	6 pm	\$6.00		
17	1/27/10	Olive Garden	6 pm	\$28.00		
18	1/28/10	Cooking Class	5 pm	\$15.00		
19	1/29/10	Bingo and Subs	6 pm	\$15.00		
20	1/31/10	Liberty Science Center	12 pm	\$30.00		

**There are only twelve slots available for each event, so sign up quickly!**

**Payment Details: (Check one box)**

- Check  
 Money Order  
 Cash

For all non-members the cost will be an additional \$4 per person per event.

**Please include Sign Up sheet with Payment  
 Make Checks/Money Orders out to: Community Access Unlimited  
 Questions? Call I & R Coordinator (908) 354-3040 Ext. 272**





# February Events

Event	Location	Date	Time	Cost
<b>Chinese Buffet</b>	1181 Morris Ave Union, NJ	2/3/10	6 pm	\$25.00
Come join us for all you can eat at the Chinese Buffet.				
<b>Movies</b>	1200 S Stiles St Linden, NJ	2/5/10	6 pm	\$15.00
Enjoy watching all of the latest releases with your friends as soon as they hit the theaters. Bring a few dollars for popcorn and a soda.				
<b>Brunch at IHOP</b>	465 N. Broad St Elizabeth, NJ	2/6/10	10 am	\$20.00
Why cook on the weekends when you can enjoy breakfast at IHOP with friends? How many pancakes can you eat?				
<b>Camden Aquarium</b>	1 Riverside Drive Camden, NJ	2/7/10	10 am	\$30.00
A new addition to the calendar. One of the best aquariums on the east coast – join us for an afternoon of marine life. A light lunch will be provided.				
<b>Reading Class</b>	CAU – Chat Center	2/8/10	6 pm	\$6.00
Learn the alphabet, words, sentences, comprehension, and more with your friends at reading class. Work on your IHP goals while you are here.				
<b>TGI Friday's</b>	400 S Park Ave Linden, NJ	2/9/10	6 pm	\$28.00
In here it's always Friday! Join your friends for some good food and fun at TGI Fridays!				
<b>Pizza and Game Night</b>	CAU – Café	2/10/10	6 pm	\$15.00
Enjoy some of the best pizza in town while challenging your friends to your favorite board games.				
<b>Cooking Class</b>	CAI – 88 W Grand St Elizabeth, NJ	2/11/10	5 pm	\$15.00
Back by popular demand – impress your friends and family with the culinary skills that you learn here at CAU about preparing simple, delicious meals!				
<b>NJ Devils vs Nashville Predators</b>	Prudential Center, Newark, NJ	2/12/10	5 pm	\$50.00
Enjoy our own NJ Devils as they take on the Nashville Predators. What a fantastic way to spend a Friday night!				
<b>Harlem Globetrotters</b>	Izod Center East Rutherford, NJ	2/13/10	11 am	\$50.00
Great games played and a great show performed. For those who have never seen the Harlem Globetrotters this is a must!!!!				
<b>Valentine's Day Party</b>	88 W Grand St Elizabeth, NJ	2/14/10	6 pm	\$20.00
Spend Valentine's Day with the ones you care about. Members will be treated to a delicious dinner and dessert in the company of friends!				
<b>Hooters</b>	2319 Rt 22 Center Island Union, NJ	2/16/10	6 pm	\$28.00
A big hit – join us for a night at Hooters to enjoy all it has to offer including the wings, appetizers, and other great food!				
<b>Movies</b>	1200 S Stiles St Linden, NJ	2/19/10	6 pm	\$15.00
Enjoy watching all of the latest releases with your friends as soon as they hit the theaters. Bring a few dollars for popcorn and a soda.				
<b>Breakfast at Sunrise Diner</b>	61 Westfield Ave Elizabeth, NJ	2/20/10	10 am	\$20.00
Why cook on the weekends when you can enjoy breakfast at the diner with friends?				
<b>Medieval Times</b>	149 Polito Ave Lyndhurst, NJ	2/21/10	12 pm	\$70.00
Enjoy a feast in the Hall of Arms during the 11 <sup>th</sup> century. Royal guests are transported to far away lands while enjoying a medieval tournament.				
<b>Reading Class</b>	CAU – Chat Center	2/22/10	6 pm	\$6.00
Learn the alphabet, words, sentences, comprehension, and more with your friends at reading class. Work on your IHP goals while you are here.				
<b>Olive Garden</b>	275 Route 22 Springfield, NJ	2/24/10	6 pm	\$28.00
Enjoy authentic Italian cuisine while spending time with your friends!				
<b>Cooking Class</b>	CAI – 88 W Grand St Elizabeth, NJ	2/25/10	5 pm	\$15.00
Back by popular demand – impress your friends and family with the culinary skills that you learn here at CAU about preparing simple, delicious meals!				
<b>Bingo and Subs</b>	CAU – Café	2/26/10	6 pm	\$15.00
Enjoy some of the best sub sandwiches in town while playing Bingo with your friends!				
<b>Peking Acrobats</b>	NJPAC – 1 Center Street Newark, NJ	2/27/10	5 pm	\$15.00
NJ PAC presents Peking Acrobats! This elite group of gymnasts, jugglers, cyclists, and tumblers leaves the audiences spellbound!				
<b>Sleeping Beauty (Ballet)</b>	NJPAC – 1 Center Street Newark, NJ	2/28/10	1:30 pm	\$20.00
Known for its exemplary performances of works by Tchaikovsky, this company brings a spectacular production of the immortal <i>Sleeping Beauty</i> .				

# February Monthly Event Worksheet

## Customer Information

Full Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Program \_\_\_\_\_

#	Date(s)	Event Title	Time	Cost	Cost For Non Members	Total
1	2/3/10	Chinese Buffet	6 pm	\$25.00		
2	2/5/10	Movies	6 pm	\$15.00		
3	2/6/10	Brunch at IHOP	10 am	\$20.00		
4	2/7/10	Camden Aquarium	10 am	\$30.00		
5	2/8/10	Reading Class	6 pm	\$6.00		
6	2/9/10	TGI Friday's	6 pm	\$28.00		
7	2/10/10	Pizza and Game Night	6 pm	\$15.00		
8	2/11/10	Cooking Class	5 pm	\$15.00		
9	2/12/10	NJ Devils vs Nashville Predators	5 pm	\$50.00		
10	2/13/10	Harlem Globetrotters	11 am	\$50.00		
11	2/14/10	Valentine's Day Party	6 pm	\$20.00		
12	2/16/10	Hooters	6 pm	\$28.00		
13	2/19/10	Movies	6 pm	\$15.00		
14	2/20/10	Breakfast at Sunrise Diner	10 am	\$20.00		
15	2/21/10	Medieval Times	12 pm	\$70.00		
16	2/22/10	Reading Class	6 pm	\$6.00		
17	2/24/10	Olive Garden	6 pm	\$28.00		
18	2/25/10	Cooking Class	5 pm	\$15.00		
19	2/26/10	Bingo and Subs	6 pm	\$15.00		
20	2/27/10	Peking Acrobats	5 pm	\$15.00		
21	2/28/10	Sleeping Beauty	1:30 pm	\$20.00		

**There are only twelve slots available for each event, so sign up quickly**

**Payment Details: (Check one box)**

- Check
- Money Order
- Cash

**For all non-members the cost will be an additional \$4 per person per event.**

**Please include Sign Up sheet with Payment  
 Make Checks and Money Orders out to: Community Access Unlimited  
 Questions? Call I&R Coordinator (908) 354-3040 Ext. 272**

# *FAMILY CONNECTION*

## *Meetings for 2010*

*January 19<sup>th</sup>*

*March 16<sup>th</sup>*

*May 18<sup>th</sup>*

*July 20<sup>th</sup>*

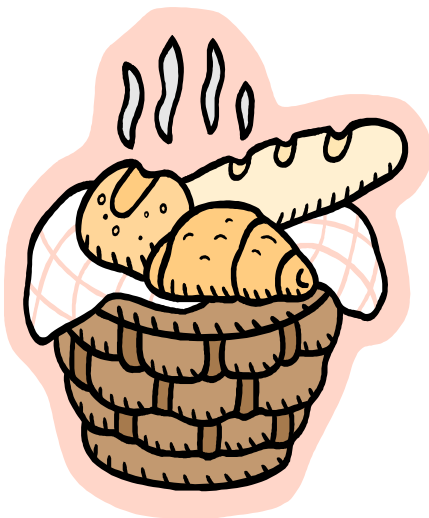
*September 14<sup>th</sup>*

*November 16<sup>th</sup>*



## *Cooking classes are back!!!*

You asked for the return of the cooking classes and here they are by popular demand...  
Come learn how to create meals for yourself, your roommates, your friends, your family...



Classes are being offered  
from 5 - 7 pm  
at 88 W Grand St:

1/14/10

1/28/10

2/11/10

2/25/10

# JANUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>NEW YEAR'S DAY!</i>	2
3	4	5 HELPING HANDS / BALLROOM LESSONS	6 RED LOBSTER	7	8 MOVIES	9 BREAKFAST AT SUNRISE DINER
10 CHEESECAKE FACTORY	11 READING CLASS	12 BALLROOM LESSONS	13 TIFFANY'S RESTAURANT	14 COOKING CLASS	15 PIZZA AND GAME NIGHT	16
17 DAVE AND BUSTERS	18 <i>MARTIN LUTHER KING, JR. DAY</i>	19 FAMILY CONNECTIONS/ BALLROOM LESSONS	20 DINNER AT OUTBACK	21	22 MOVIES	23 BREAKFAST AT TROPICANA DINER
24 CHEVY'S FRESH MEX	25 READING CLASS	26 BALLROOM LESSONS	27 OLIVE GARDEN	28 COOKING CLASS	29 BINGO AND SUBS	30
31 LIBERTY SCIENCE CENTER						

# FEBRUARY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 HELPING HANDS/ BALLROOM LESSONS	3 CHINESE BUFFET	4	5 MOVIES	6 BRUNCH AT IHOP
7 CAMDEN AQUARIUM	8 READING CLASS	9 TGI FRIDAY'S	10 PIZZA AND GAME NIGHT	11 COOKING CLASS	12 NJ DEVILS vs NASHVILLE PREDATORS	13 <i>HARLEM GLOBETROTTERS</i>
14 VALENTINE'S DAY PARTY!	15	16 HOOTERS	17 <i>ASH WEDNESDAY</i>	18	19 MOVIES	20 BREAKFAST AT SUNRISE DINER
21 MIEVEAL TIMES	22 READING CLASS	23	24 OLIVE GARDEN	25 COOKING CLASS	26 BINGO AND SUBS	27 <i>PEKING ACROBATS</i>
28 <i>SLEEPING BEAUTY</i>						



**Community Access Unlimited**  
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Elizabeth, New Jersey 07202-1447

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