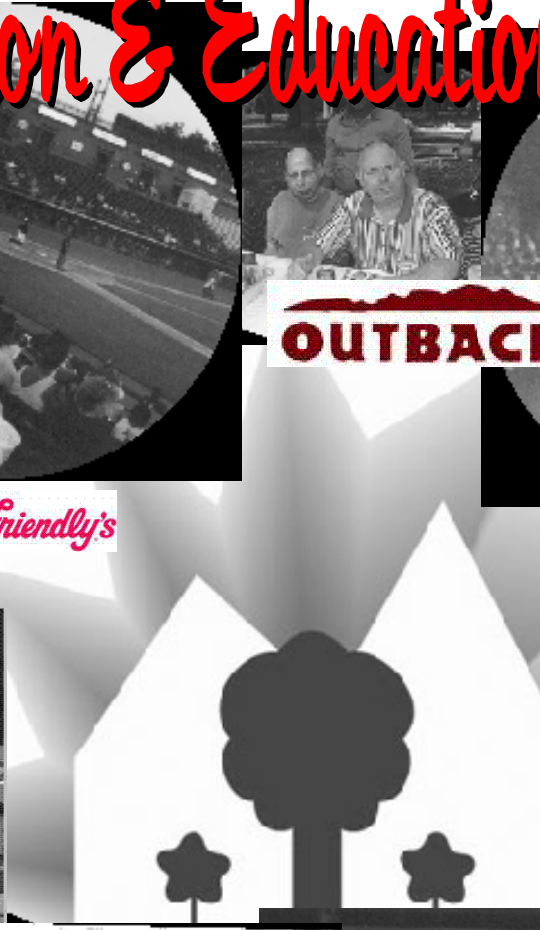


Community Access Unlimited

March & April 2010

Recreation & Education Newsletter



Supporting People with Special Needs in Achieving Real Lives

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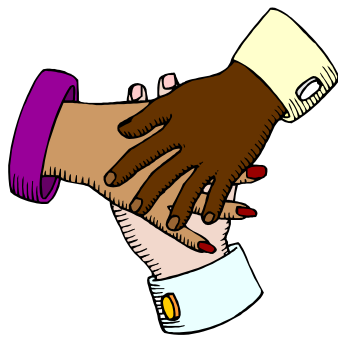
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80 West Grand Street, Elizabeth, New Jersey 07202
For Recreation information call @ (908) 354-3040 ext 272 or 374
Website: www.caunj.org

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.
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

March 2nd & April 6th

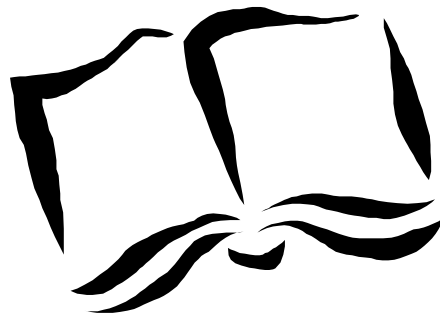
Location: CAU Main Office

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

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:

3/18, 4/15, and 4/29

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

March & April Birthday Wishes



John T	4/1
Waylon P	4/2
John W	4/4
Simon M	4/6
Chris M	4/7
Patty D	4/8
Larry M	4/10
David H	4/11
Danielle D	4/11
Sue D	4/13
Christina F	4/14
April V	4/15
Sharon B	4/17
Tonya H	4/18
Priscilla H	4/19
Zach P	4/19
Tanisha J	4/21
Luis O	4/24
Colin O	4/25
Barbara P	4/30
Marion W	4/30
Rose Ellen G	4/30
Gena M	4/30

Lorraine E	3/2
Sara Jane F	3/3
Chavia C	3/3
Karen P	3/4
Robert J	3/5
Wesley S	3/5
Wendy S	3/10
Adelaide D	3/10
John D	3/11
Nicole N	3/12
John H	3/13
Christine Y	3/14
John V	3/14
Gerald L	3/17
Joe N	3/18
Sandy F	3/19
Rosalie F	3/19
Kelly S	3/19
William V	3/23
Judith G	3/23
Catherine S	3/24
Joan F	3/25
Vailene F	3/28
Alison B	3/28
Josh M	3/30



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	

Ballroom dance lessons

March Events

Event	Location	Date	Time	Cost
Helping Hands	80 W Grand St Elizabeth, NJ	3/2/10	5:30 pm	\$2.00
1 st meeting is FREE! Every meeting after is \$2 for members and non-members. Come speak out for your rights!				
Red Lobster	2520 Rt 22 East Union, NJ	3/4/10	6 pm	\$30.00
Enjoy the catch of the day with friends! One of the hottest events on the calendar so sign up early, space is limited!				
Movies	1200 S. Stiles St Linden, NJ	3/5/10	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.				
Breakfast at Tropicana Diner	537 Morris Ave Elizabeth, NJ	3/6/10	10 am	\$20.00
Why cook on the weekends when you can have breakfast at the diner with friends?				
Olive Garden	275 Rt 22 Springfield, NJ	3/10/10	6 pm	\$28.00
Enjoy authentic Italian cuisine while spending time with your friends.				
Cooking Class	CAI – 88 W Grand St Elizabeth, NJ	3/11/10	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!				
Bingo and Subs	CAU – Café	3/12/10	6 pm	\$15.00
Enjoy some of the best sub sandwiches in town while playing Bingo with your friends!				
Brunch at IHOP	465 N. Broad St Elizabeth, NJ	3/13/10	10 am	\$20.00
Why cook on the weekends when you can enjoy breakfast at IHOP with friends? How many pancakes can you eat?				
Outback Steakhouse	901 Mountain Ave Springfield, NJ	3/14/10	6 pm	\$32.00
Continues to remain one of the most popular events – maybe it has something to do with the outrageously good food!				
Tiffany's Restaurant	1637 Vauxhall Rd Union, NJ	3/17/10	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!				
Reading Class	CAU – Chat Center	3/18/10	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.				
Movies	1200 S. Stiles St Linden, NJ	3/19/10	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.				
Breakfast at Sunrise Diner	61 Westfield Ave Elizabeth, NJ	3/20/10	10 am	\$20.00
Why cook on the weekends when you can have breakfast with friends at the diner?				
Passover Program	CAU Café 80 W Grand St Elizabeth, NJ	3/21/10	3 – 5 pm	FREE
All members are welcome to attend the Passover Meal offered annually during Passover in the CAU Café.				
Job Club	CEP Day Program 88 W Grand St Elizabeth	3/24/10	6 pm	FREE
Job club gives those members with or without employment the opportunity to learn skills necessary to find employment or maintain their present position.				
Cooking Class	CAI – 88 W Grand St Elizabeth, NJ	3/25/10	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!				
Pizza and Game Night	CAU Café	3/26/10	6 pm	\$15.00
Enjoy the best pizza in town while challenging all of your friends to your favorite board games.				
Pancake Breakfast	St Benedictine Academy, N. Broad St, Elizabeth	3/27/10	8 am – 12 pm	FREE
Limited tickets available to enjoy the Pancake Breakfast sponsored by the Rotary Club of Elizabeth.				
Dave and Busters	4661 Palisades Center Dr West Nyack, NY	3/28/10	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!				
Easter Program	CAU Café 80 W Grand St Elizabeth, NJ	3/31/10	5:30 – 8 pm	FREE
An annual event to celebrate the Easter season.				

March 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	3/2/10	Helping Hands	3/2/10	\$2.00		
2	3/4/10	Red Lobster	3/4/10	\$30.00		
3	3/5/10	Movies	3/5/10	\$15.00		
4	3/6/10	Breakfast at Tropicana Diner	3/6/10	\$20.00		
5	3/10/10	Olive Garden	3/10/10	\$28.00		
6	3/11/10	Cooking Class	3/11/10	\$15.00		
7	3/12/10	Bingo and Subs	3/12/10	\$15.00		
8	3/13/10	Brunch at IHOP	3/13/10	\$20.00		
9	3/14/10	Outback Steakhouse	3/14/10	\$32.00		
10	3/17/10	Tiffany's Steakhouse	3/17/10	\$32.00		
11	3/18/10	Reading Class	3/18/10	\$6.00		
12	3/19/10	Movies	3/19/10	\$15.00		
13	3/20/10	Breakfast at Sunrise Diner	3/20/10	\$20.00		
14	3/21/10	Passover Program	3/21/10	FREE		
15	3/24/10	Job Club	3/24/10	FREE		
16	3/25/10	Cooking Class	3/25/10	\$15.00		
17	3/26/10	Pizza and Game Night	3/26/10	\$15.00		
18	3/27/10	Pancake Breakfast	3/27/10	FREE		
19	3/28/10	Dave and Busters	3/28/10	\$40.00		
20	3/31/10	Easter Program	3/31/10	FREE		

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

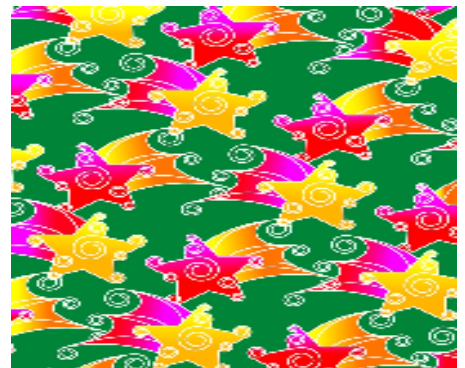
DON'T FORGET!!

**26th Annual
Awards Night
Celebration**

April 21, 2010

6:30 PM - 9:30 PM

L'Affaire Fine Catering, Mountainside





ART CLASSES

March 6, 2010

March 16, 2010

March 23, 2010

March 30, 2010

April 6, 2010

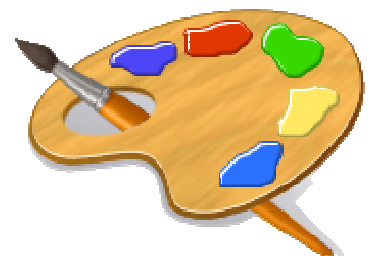
April 13, 2010

April 20, 2010

April 27, 2010



- *Classes will take place in the Café at 80 W Grand St.*
- *Tuesday nights from 7:30 - 8:30 pm.*



April Events

Event	Location	Date	Time	Cost
10 Years Plus Event	88 W Grand St Elizabeth, NJ	4/1/10	5:30 – 8 pm	FREE
A celebration of members and staff who have been a part of CAU for 10 or more years.				
Movies	1200 S. Stiles St Linden, NJ	4/2/10	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.				
Helping Hands	CAU – 80 W Grand St Elizabeth, NJ	4/6/10	5:30 pm	\$2.00
1st meeting is Free! Every meeting after is \$2 for members and non-members. Come speak out for your rights!				
Red Lobster	2520 Rt 22 East Union, NJ	4/7/10	6 pm	\$30.00
Enjoy the catch of the day with friends! One of the hottest events on the calendar so sign up early!				
Dine to Donate Night at Applebee's	671 West Edgar Rd Linden, NJ	4/8/10	6 pm	\$28.00
Dine to Donate Night at Applebee's benefits Community Access Unlimited. A portion of the profits from the night are donated to CAU.				
Bingo and Subs	CAU Café	4/9/10	6 pm	\$15.00
Enjoy some of the best sub sandwiches in town while playing Bingo with your friends!				
Breakfast at Tropicana Diner	537 Morris Ave Elizabeth, NJ	4/10/10	10 am	\$20.00
Why cook on the weekends when you can have breakfast at the diner with friends?				
Newark Museum	49 Washington St Newark, NJ	4/11/10	11 am	\$15.00
Enjoy New Jersey's largest museum including unforgettable experiences in the arts and natural sciences. Bring money for a snack.				
Hooters	2319 Rt 22 Center Island Union, NJ	4/14/10	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!				
Reading Class	CAU Chat Center	4/15/10	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.				
Movies	1200 S. Stiles St Linden, NJ	4/16/10	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.				
Brunch at IHOP	465 N. Broad St Elizabeth, NJ	4/17/10	10 am	\$20.00
Why cook on the weekends when you can enjoy breakfast at IHOP with friends? How many pancakes can you eat?				
Rainforest Café	520 Menlo Park Edison, NJ	4/18/10	6 pm	\$32.00
Rainforest Café has something for everyone! After your dining safari, pick up a special souvenir gift from their shop.				
Cooking Class	CAI – 88 W Grand St Elizabeth, NJ	4/22/10	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!				
Pizza and Game Night	CAU Café	4/23/10	6 pm	\$15.00
Enjoy some of the best pizza in town while challenging your friends to your favorite board games.				
Breakfast at Sunrise Diner	61 Westfield Ave Elizabeth, NJ	4/24/10	10 am	\$20.00
Why cook on the weekends when you can have breakfast with friends at the diner?				
Olive Garden	275 Route 22 Springfield, NJ	4/25/10	6 pm	\$28.00
Enjoy authentic Italian cuisine while spending time with your friends!				
Chinese Buffet	1181 Morris Ave Union, NJ	4/28/10	6 pm	\$25.00
Come join us for all you can eat at the Chinese Buffet.				
Reading Class	CAU Chat Center	4/29/10	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.				

April 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	4/1/10	10 Years Plus Event	5:30 pm	FREE		
2	4/2/10	Movies	6 pm	\$15.00		
3	4/6/10	Helping Hands	5:30 pm	\$2.00		
4	4/7/10	Red Lobster	6 pm	\$30.00		
5	4/8/10	Dine to Donate Night at Applebee's	6 pm	\$28.00		
6	4/9/10	Bingo and Subs	6 pm	\$15.00		
7	4/10/10	Breakfast at Tropicana Diner	10 am	\$20.00		
8	4/11/10	Newark Museum	11 am	\$15.00		
9	4/14/10	Hooters	6 pm	\$28.00		
10	4/15/10	Reading Class	6 pm	\$6.00		
11	4/16/10	Movies	6 pm	\$15.00		
12	4/17/10	Brunch at IHOP	10 am	\$20.00		
13	4/18/10	Rainforest Café	6 pm	\$32.00		
14	4/22/10	Cooking Class	5 pm	\$15.00		
15	4/23/10	Pizza and Game Night	6 pm	\$15.00		
16	4/24/10	Breakfast at Sunrise Diner	10 am	\$20.00		
17	4/25/10	Olive Garden	6 pm	\$28.00		
18	4/28/10	Chinese Buffet	6 pm	\$25.00		
19	4/29/10	Reading Class	6 pm	\$6.00		

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 CONNECTIONS

Meetings for 2010

March 16th

May 18th

July 20th

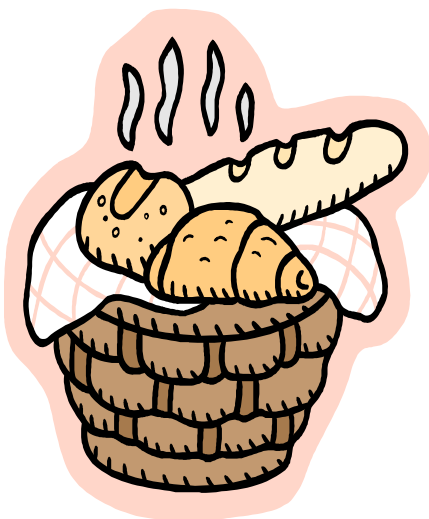
September 14th

November 16th



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:

3/11/10

3/25/10

4/22/10

MARCH 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Ballroom Dance Lessons	2 Helping Hands	3	4 Red Lobster	5 Movies	6 Breakfast at Tropicana Diner
7	8 Ballroom Dance Lessons	9 Art Class	10 Olive Garden	11 Cooking Class	12 Bingo and Subs	13 Brunch at IHOP
14 Outback Steakhouse	15 Ballroom Dance Lessons	16 Art Class, Family Connections	17 Tiffany's Restaurant	18 Reading Class	19 Movies	20 Breakfast at Sunrise Diner
21 Passover Program	22	23 Art Class	24 Job Club	25 Cooking Class	26 Pizza and Game Night	27 Pancake Breakfast
28 Dave and Busters	29 Ballroom Dance Lessons	30 Art Class	31 Easter Program			

APRIL 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10 Years Plus Event	2 Movies	3
4 <i>Easter</i>	5 Ballroom Dance Lessons	6 Helping Hands Art Class	7 Red Lobster	8 Applebee's Dine to Donate	9 Bingo and Subs	10 Breakfast at Tropicana Diner
11 Newark Museum	12 Ballroom Dance Lessons	13 Art Class	14 Hooters	15 Reading Class	16 Movies	17 Brunch at IHOP
18 Rainforest Café	19 Ballroom Dance Lessons	20 Art Class	21 Awards Night	22 Cooking Class	23 Pizza and Game Night	24 Breakfast at Sunrise Diner
25 Olive Garden	26 Ballroom Dance Lessons	27 Art Class	28 Chinese Buffet	29 Reading Class	30	



Community Access Unlimited
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Elizabeth, New Jersey 07202-1447

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