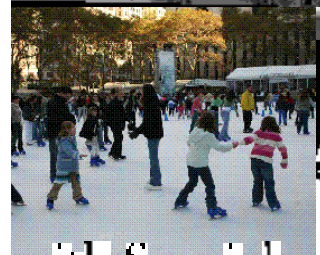


Community Access Unlimited November & December 2009

Recreation & Education Newsletter



Supporting People with Special Needs in Achieving Real Lives

TABLE OF CONTENTS

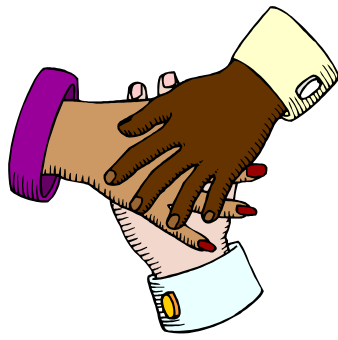
Recreation Guidelines	pg 2
Advocacy & Reading Classes	pg 3
Happy Birthday	pg 4
Event Worksheet Instruction	pg 5
Thanksgiving Dinner at CAU	pg 6
November Events.....	pg 7
November Worksheet	pg 8
Member's Holiday Party	pg 9
New Year's Eve Party	pg 10
December Events.....	pg 11
December Worksheet	pg 12
Family Connections / Cooking Classes.....	pg 13
November & December Calendar of Events	pg 14

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 November 10th & December 1st

**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:**

**11/9, 11/23, 12/7, and 12/21
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

November & December Birthday Wishes



Steven A	12/1
Niam K	12/2
Eugene W	12/2
James M	12/4
Eric N	12/4
Charles J	12/6
William R	12/6
Jean P	12/8
Robert F	12/9
India R	12/10
Antonio C	12/10
Stephen D	12/12
Michelle B	12/12
Raheem S	12/12
Diane P	12/17
Jason R	12/19
Daryl N	12/19
Anthony B	12/21
John D	12/26
Carol Ann L	12/26
Mustafa M	12/29
Arnold F	12/31

David D	11/3
Lee B	11/3
Ian C	11/3
Matt S	11/4
Tommy Q	11/12
Ruth M	11/13
Sam J	11/14
Michael C	11/15
Anthony H	11/15
Ben H	11/15
Connie Burdi	11/16
Dwayne S	11/19
Hassan C	11/19
David D	11/19
Kathy M	11/20
Sharon S	11/20
Richard J	11/20
Ronald R	11/21
Sheila Palmer	11/21
Joy S	11/24
Sidney S	11/26
Brian S	11/26
Donna Sue C	11/26
Jonathan M	11/29



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	

Happy Thanksgiving!!!



Come join us to celebrate the upcoming Thanksgiving Holiday!

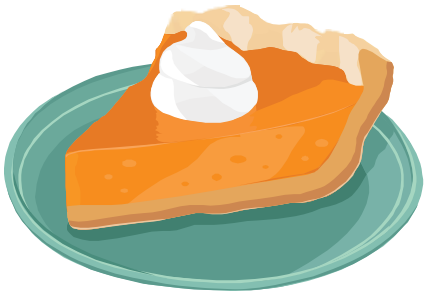
All members are welcome to attend! Please sign up early!

Turkey Dinner at CAU will take place on Tuesday, November 24th at 6 pm in the Café.

GOBBLE! GOBBLE! GOBBLE!

Menu for the Evening includes

- Turkey*
- Stuffing*
- Vegetables*
- Pumpkin Pie*



November Events

Event	Location	Date	Time	Cost
Celebration of Life	CAI – 88 W Grand St Elizabeth, NJ	11/5/09	5:30 pm	FREE
Join us to remember members of the CAU family that have passed away. All are welcome to attend and remember their loved ones.				
Movies	1200 S Stiles St Linden, NJ	11/6/09	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.				
Reading Class	CAU – Chat Center 80 W Grand St Elizabeth	11/9/09	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.				
Helping Hands	CAU – Café 80 W Grand St Elizabeth	11/10/09	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	11/11/09	6 pm	\$28.00
Grab the catch of the day with some friends and relax after a long day at work!				
Pizza and Game Night	CAU – Chat Center 80 W Grand St Elizabeth	11/13/09	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	11/14/09	10 am	\$20.00
Take a day off from cooking and enjoy breakfast at the diner with friends! What a great way to spend the weekend.				
Holiday Shopping	Jersey Gardens Mall Elizabeth, NJ	11/15/09	12 pm	\$2.00
Let staff assist you in making all of your purchases for family and friends this holiday season at Jersey Gardens Mall.				
Cooking Class	CAI Kitchen – 88 W Grand St Elizabeth	11/16/09	5 pm	\$10.00
Back by popular demand – impress your friends and family with the culinary skills that you learn here at CAU about preparing simple, delicious meals!				
Family Connections Meeting	CAU – Cafe 80 W Grand St Elizabeth	11/17/09	6 pm	FREE
Come find out what Family Connections is all about! Meet with other family members, staff, and friends to discuss current topic				
Tiffany's Restaurant	1637 Vauxhall Road Union, NJ	11/18/09	6 pm	\$28.00
Join us for an evening out in a relaxed atmosphere enjoying some of the best ribs this area has to offer!				
Fitness Class	CAU Café 80 W Grand St Elizabeth, NJ	11/19/09	6 pm	\$6.00
Formerly known as Exercise class this event will allow you to learn effective stretches as well as simple fitness routines you can follow at home.				
Movies	1200 S Stiles St Linden, NJ	11/20/09	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.				
Nets vs Knicks	Izod Center East Rutherford, NJ	11/21/09	12 pm	\$50.00
Watch the NJ Nets take on the NY Knicks at the Izod Center. Price includes ticket to the game as well as a food voucher. Limited tickets available.				
Ice Skating	Thompson Ave, Roselle Section of Park	11/22/09	3 pm	\$10.00
Please join us for an afternoon of ice skating at Warinanco Skating Center in Roselle. Open skating is from 3:30-5:30 pm so please arrive on time.				
Reading Class	CAU – Chat Center 80 W Grand St Elizabeth	11/23/09	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.				
Turkey Dinner at CAU	CAU Café 80 W Grand St Elizabeth, NJ	11/24/09	6 pm	\$20.00
An annual tradition here at CAU to celebrate Thanksgiving. Join us for turkey, stuffing, veggies, and of course pie!				
Breakfast at Tropicana Diner	537 Morris Ave Elizabeth, NJ	11/28/09	10 am	\$20.00
Why cook on the weekends when you can enjoy breakfast at the diner with your closest friends!				
Dinner at Outback Steakhouse	901 Mountain Ave Springfield, NJ	11/29/09	6 pm	\$28.00
Continues to remain on the calendar because of its popularity – maybe it has something to do with the outrageously good food and beverages!				
Bingo and Subs	CAU – Café 80 W Grand St Elizabeth, NJ	11/30/09	6 pm	\$15.00
Enjoy some of the best sub sandwiches in town while playing Bingo with your friends!				

November 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	11/5/09	Celebration of Life	5:30 pm	FREE		
2	11/6/09	Movies	6 pm	\$15.00		
3	11/9/09	Reading Class	6 pm	\$6.00		
4	11/10/09	Helping Hands	5:30 pm	\$2.00		
5	11/11/09	Red Lobster	6 pm	\$28.00		
6	11/13/09	Pizza and Game Night	6 pm	\$15.00		
7	11/14/09	Breakfast at Sunrise Diner	10 am	\$20.00		
8	11/15/09	Holiday Shopping	12 pm	\$2.00		
9	11/16/09	Cooking Class	5 pm	\$10.00		
10	11/17/09	Family Connections Meeting	6 pm	N/A	N/A	
11	11/18/09	Tiffany's Restaurant	6 pm	\$28.00		
12	11/19/09	Fitness Class	6 pm	\$6.00		
13	11/20/09	Movies	6 pm	\$15.00		
14	11/21/09	Nets vs Knicks	12 pm	\$50.00		
15	11/22/09	Ice Skating	3 pm	\$10.00		
16	11/23/09	Reading Class	6 pm	\$6.00		
17	11/24/09	Turkey Dinner at CAU	6 pm	\$20.00		
18	11/28/09	Breakfast at Tropicana Diner	10 am	\$20.00		
19	11/29/09	Dinner at Outback Steakhouse	6 pm	\$28.00		
20	11/30/09	Bingo and Subs	6 pm	\$15.00		

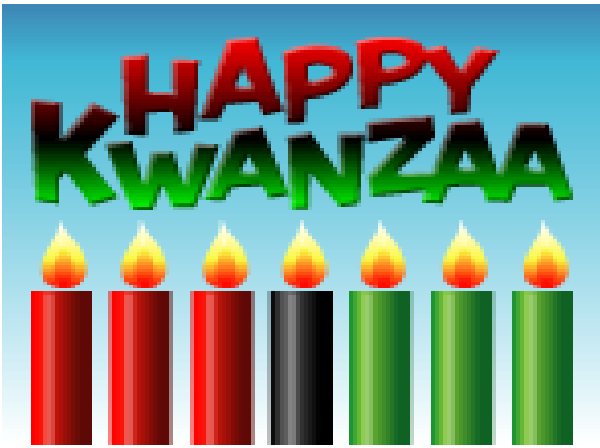
There are only sixteen slots available for each event, so sign up quickly!

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



HOLIDAYS

**Member's Holiday Party!!!
88 West Grand Street
Wednesday, December 9th
6 – 10 pm
Music, Dancing, Food...**

Holiday Gifts will be given.





*Ring in the
New Year
CAU style...*

Good Music

Great Food

Amazing friends

and the

BALL DROP AT MIDNIGHT!

Thursday, December 31st

CAU Café

8 pm until 1 am

A special gift will be distributed at Midnight to those who stay!



December Events

Event	Location	Date	Time	Cost
Helping Hands (Administrative Panel)	CAU Café 80 W Grand St Elizabeth, NJ	12/1/09	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.				
Movies	1200 S Stiles St Linden, NJ	12/4/09	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.				
Mount Airy Casino Trip	44 Woodland Road Mount Pocono, PA 18344	12/6/09	10 am	\$45.00
Join us at Mount Airy Casino. Upon arrival we will enjoy lunch at the Mount Airy Casino Buffet and then spend the rest of the day enjoying the slots.				
Reading Class	CAU – Chat Center 80 W Grand St Elizabeth	12/7/09	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.				
Chinese Buffet	1181 Morris Ave Union, NJ	12/8/09	6 pm	\$25.00
Come join us for all you can eat at the Chinese Buffet.				
Member's Holiday Party	CAI 88 W Grand St Elizabeth, NJ	12/9/09	\$6.00	\$20.00
Spend the holiday season enjoying a party with all the DD programs. Presents will be given out to all members so sign up early for this event!				
Fitness Class	CAU 80 W Grand St Elizabeth, NJ	12/10/09	6 pm	\$6.00
Formerly known as Exercise class this event will allow you to learn effective stretches as well as simple fitness routines you can follow at home.				
Holiday Spectacular at PNC Bank Arts Center	PNC Bank Arts Center Holmdel, NJ	12/12/09	6 pm	\$10.00
Join us for the Holiday Spectacular – a holiday light display like no other at PNC Bank Arts Center. Hot chocolate and doughnuts will follow.				
Holiday Shopping	Jersey Gardens Mall Elizabeth, NJ	12/13/09	12 pm	\$2.00
Let staff assist you in making all of your purchases for family and friends this holiday season at Jersey Gardens Mall.				
Hooters	2319 Rt 22 Center Island Union, NJ	12/14/09	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!				
Cooking Class	CAI Kitchen – 88 W Grand St Elizabeth	12/15/09	5 pm	\$10.00
Join us to bake all of your favorite cookies for the upcoming holidays. Bake an extra batch to bring to your next cookie swap!				
Job Club	CAU Day Program – 88 W Grand St	12/16/09	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.				
Olive Garden	275 Route 22 Springfield, NJ	12/17/09	6 pm	\$28.00
Enjoy authentic Italian cuisine while spending time with your friends!				
Pizza and Game Night	CAU Café 80 W Grand St Elizabeth, NJ	12/18/09	6 pm	\$15.00
Enjoy some of the best pizza in town while challenging your friends to your favorite board games.				
Brunch at IHOP	465 N. Broad St Elizabeth, NJ	12/19/09	10 am	\$20.00
How many pancakes can you eat? Challenge your friends and try all of the syrup choices that IHOP has to offer.				
Ice Skating	Thompson Ave, Roselle Section of the park	12/20/09	3 pm	\$10.00
Please join us for an afternoon of ice skating at Warinanco Skating Center in Roselle. Open skating is from 3:30-5:30 pm so please arrive on time.				
Reading Class	CAU – Chat Center 80 W Grand St Elizabeth	12/21/09	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.				
SLAP Quarterly Meeting	CAI 88 W Grand St Elizabeth, NJ	12/22/09	6 pm	FREE
All SLAP Meetings are invited to attend the final SLAP Quarterly Meeting for 2009. Discussion followed by a delicious dinner.				
Laser Holidays Dreyfuss Planetarium	Newark Museum 40 Washington St Newark	12/27/09	10 am	\$18.00
<i>Laser Holidays</i> features laser imagery set to holiday music. This laser light show at the Planetarium may not be suitable for those with seizures.				
Cooking Class	CAI Kitchen – 88 W Grand St Elizabeth	12/29/09	5 pm	\$10.00
Back by popular demand – impress your friends and family with the culinary skills that you learn here at CAU about preparing simple, delicious meals!				
New Year's Eve Party	CAU Café 80 W Grand St Elizabeth	12/31/09	8 pm	\$20.00
Ring in the New Year with all of your friends at the party of the year! Stay until the end to receive a special gift!				

December 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	12/1/09	Helping Hands	5:30 pm	\$2.00		
2	12/4/09	Movies	6 pm	\$15.00		
3	12/6/09	Mount Airy Casino Trip	10 am	\$45.00		
4	12/7/09	Reading Class	6 pm	\$6.00		
5	12/8/09	Chinese Buffet	6 pm	\$25.00		
6	12/9/09	Member's Holiday Party	6 pm	\$20.00		
7	12/10/09	Fitness Class	6 pm	\$6.00		
8	12/12/09	Holiday Spectacular	6 pm	\$10.00		
9	12/13/09	Holiday Shopping	12 pm	\$2.00		
10	12/14/09	Hooters	6 pm	\$28.00		
11	12/15/09	Cooking Class	5 pm	\$10.00		
12	12/16/09	Job Club	6 pm	FREE		
13	12/17/09	Olive Garden	6 pm	\$28.00		
14	12/18/09	Pizza and Game Night	6 pm	\$15.00		
15	12/19/09	Brunch at IHOP	10 am	\$20.00		
16	12/20/09	Ice Skating	3 pm	\$10.00		
17	12/21/09	Reading Class	6 pm	\$6.00		
18	12/22/09	SLAP Quarterly Meeting	6 pm	FREE		
19	12/27/09	<i>Laser Holidays</i> at Planetarium	10 am	\$18.00		
20	12/29/09	Cooking Class	5 pm	\$10.00		
21	12/31/09	New Year's Eve Party	8 pm	\$20.00		

There are only sixteen 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
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Questions? Call I&R Coordinator (908) 354-3040 Ext. 272**

FAMILY CONNECTIONS

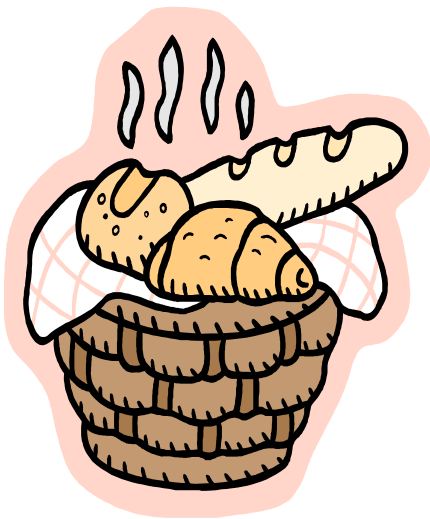
MEETING



The next meeting of Family Connections will take place on
Tuesday, November 17, 2009
at 88 W Grand St Elizabeth, NJ at 6 pm.

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:
11/16
12/15
12/29

Be sure to join us for the class on 12/15 to bake cookies for the upcoming holidays.
Wow your family and friends with your culinary skills and delicious cookies.

NOVEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <i>ELECTION DAY! VOTE! VOTE!</i>	4	5 CELEBRATION OF LIFE	6 MOVIES	7
8	9 READING CLASS	10 HELPING HANDS	11 RED LOBSTER	12	13 PIZZA AND GAME NIGHT	14 BREAKFAST AT SUNRISE DINER
15 HOLIDAY SHOPPING	16 COOKING CLASS	17 FAMILY CONNECTIONS MEETING	18 TIFFANY'S RESTAURANT	19 FITNESS CLASS	20 MOVIES	21 NETS VS. KNICKS
22 ICE SKATING	23 READING CLASS	24 TURKEY DINNER AT CAU	25	26 <i>THANKSGIVING DAY</i>	27	28 BREAKFAST AT TROPICANA
29 DINNER AT OUTBACK	30 BINGO AND SUBS					

DECEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HELPING HANDS (ADMIN)	2	3	4 MOVIES	5
6 MOUNT AIRY CASINO TRIP	7 READING CLASS	8 CHINESE BUFFET	9 MEMBERS HOLIDAY PARTY	10 FITNESS CLASS	11 <i>HANUKKAH BEGINS AT SUNDOWN</i>	12 HOLIDAY SPECTACULAR AT PNC
13 HOLIDAY SHOPPING	14 HOOTERS	15 COOKING CLASS	16 JOB CLUB	17 OLIVE GARDEN	18 PIZZA AND GAME NIGHT	19 BRUNCH AT IHOP
20 ICE SKATING	21 READING CLASS	22 SLAP QUARTERLY MEETING	23	24 <i>CHRISTMAS EVE</i>	25 <i>CHRISTMAS DAY</i>	26 <i>KWANZAA BEGINS</i>
27 LASER HOLIDAYS DREYFUSS PLANETARIUM	28	29 COOKING CLASS	30	31 NEW YEAR'S EVE PARTY!		



Community Access Unlimited
80 West Grand Street
Elizabeth, New Jersey 07202-1447