

Community Access Unlimited

Recreational & Educational Newsletter 2007



March & April

Months of Activities



TABLE OF CONTENTS

Advocacy & Reading Classes	pg 1
Happy Birthday.....	pg 2
Event Worksheet Instruction	pg 3
Art & Cooking Classes	pg 4
March Events	pg 5
March Worksheet	pg 6
St Patrick's Day Seek n Find.....	pg 7
Concern Families	pg 8
April Events	pg 9
April Worksheet.....	pg 10
Spring Dance Info	pg 11
March & April Calendar of Events	pg 12

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

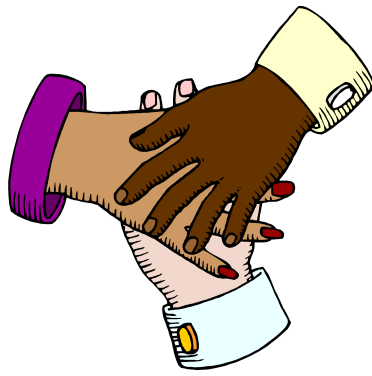
Recreation Guidelines

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. 306.**
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.

Assistant Directors in Charge:

Maxine DeCosta from Roselle 2 for March,
Avia Jacobs from Summit for April

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



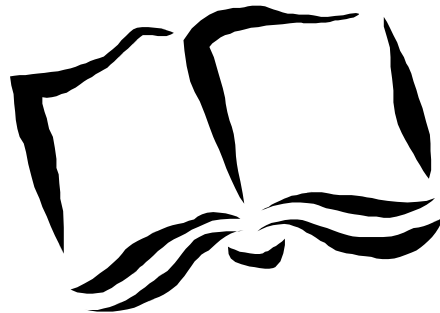
Helping Hands & Self Advocacy **March 6th and April 3rd**

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



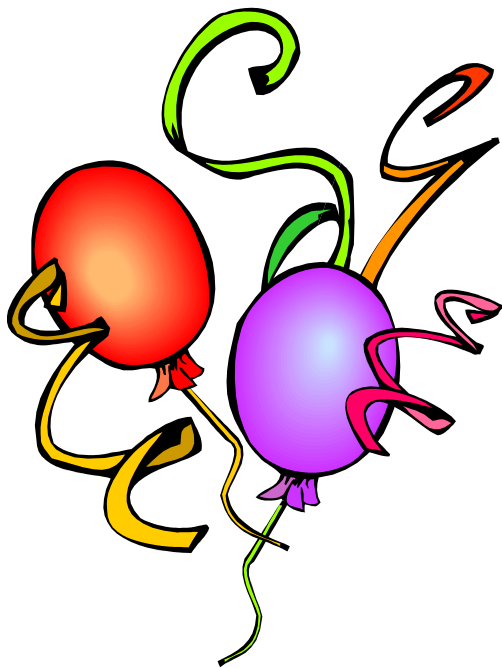
Don't forget to sign up for Reading Classes.
If you are interested, you must sign up for all six classes
for the following dates: 3/12, 3/26, 4/16, and 4/30
From 5-6pm. Classes will cost only \$6, classes will meet in
the chat center @ 80 West Grand

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

Happy Birthday

March

Sara Jane Feinblatt	03/03
Chavia Crute	03/03
Karen Phelan	03/04
Robert Jensen	03/05
Wendy Smith	03/10
Adelaide Daskam	03/10
John Dowd	03/11
Theodore Bunce	03/11
John Hargrove	03/13
Christine Yurgal	03/14
John Volosin	03/14
Gerald Lester	03/17
Joseph Notaroberto	03/18
Sandra Feldman	03/19
William VanGinkle	03/23
Judith Goldberg	03/23
Catherine Sala	03/24
Joan Favia	03/25
Vailene Fields	03/28



April

John Tighe	04/01
John Wilson	04/04
Chris MacMahon	04/07
Patricia Delaney	04/08
Lawrence Marcus	04/10
David Howland	04/11
Danielle Dalley	04/11
Sue Drescher	04/13
Christina Franco	04/14
Jessica Jasper	04/15
Sharon Bravo	04/17
Tonya Hopson	04/18
Priscilla Hall	04/19
Tanisha Jefferson	04/21
Luis Ortiz	04/24
Barbara Pinksaw	04/30
Marion Wade	04/30
Rose Ellen Gambro	04/30
Gena Myers	04/30

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 REP Director at ext. 306.

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.
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

Art Classes



Every **Tuesday**

3/6, 3/13, 3/20, 3/27, 4/3 & 4/10

6:45pm – 7:45pm

Classes are **free** for all members and non-members, classes will meet in the cafeteria @ 80 West Grand

Cooking Classes



Every other **Monday**

3/5, 3/19, 4/9 & 4/23, 5pm to 7pm, classes will meet @88 West Grand Kitchen

Classes are \$6 per session

March Events

Event	Location	Date	Time	Cost
Breakfast @ Sunrise Diner	61 Westfield Ave Elizabeth, NJ	3/3/07	10a-12noon	\$17.00
Why cook when you can spend a Saturday morning with Friends.				
Cooking Class	CAU-88 West Grand, Kitchen	3/5/07	5p-7p	\$6.00
Come and make your favorite meals				
Helping Hands & Self Advocacy	CAU-Cafeteria	3/6/07	5:30p-7p	\$2.00
1 st Meeting is free; Every meeting after is \$2 for members and \$4 non-members.				
Art Class	CAU-80 West Grand, Cafeteria	3/6/07	6:45-7:45pm	Free
Come and express your Creativity				
Bowling	30 Park Ave Linden, NJ	3/7/07	6p-10p	\$10.00
Knock down as many pins as you can and brag your rights				
Movies @ Loews	Jersey Gardens Mall Elizabeth, NJ	3/9/07	6p-10p	\$15.00
Enjoy the latest movie at Jersey Garden's Loews theater.				
Reading Class	CAU-Chat Center	3/12/07	5p-6p	\$6.00
Learn the alphabet, words, sentences, comprehension and more				
Art Class	CAU-Cafeteria	3/13/07	6:45p-7:45p	Free
Come and express your Creativity				
Board Games & Chinese Food	CAU-Cafeteria	3/14/07	6p-9pm	\$10.00
Games, Food and Friends!!!!				
Dinner at Outback	901 Mountain Ave Springfield, NJ	3/15/07	6p-10pm	\$24.00
Come with Friends and enjoy a great steak at the best steak house in town				
Cooking Class	CAU-88west Grand, Kitchen	3/19/07	5p-7p	\$6.00
Come and make your favorite meals				
Art Class	CAU-Cafeteria	3/20/07	6:45p-7:45p	Free
Come and express your Creativity				
Bowling	30 Park Ave Linden, NJ	3/21/07	6p-10p	\$10.00
Knock down as many pins as you can and brag your rights				
China Buffet	1 st Ave Roselle, NJ	3/22/07	6p-10p	\$17.00
Eat all you can eat for cheap				
Movies @ Loews	Jersey Gardens Mall Elizabeth, NJ	3/23/07	6p-10p	\$15.00
Enjoy the latest movies at Jersey Gardens Loews Theater.				
Breakfast @ IHOP	465 N Broad St Elizabeth, NJ	3/24/07	10a-12n	\$17.00
How many pancakes can you eat				
Reading Class	CAU-Chat Center	3/26/07	5p-6p	\$6.00
Learn the alphabet, words, sentences, comprehension and more				
Art Class	CAU-Cafeteria	3/27/07	6:45p-7:45p	Free
Come and express your Creativity				
Bingo and Subs	CAU-Cafeteria	3/28/07	6p-9p	\$10.00
Enjoy a Buffet and maybe win a prize				
Olive Garden	275 Rt. 22East Springfield, NJ	3/29/07	6p-10p	\$24.00
Enjoy Authentic Italian food with your friends				
Old Country Buffet	170 Rt. 22 Watchung, NJ	3/31/07	10a-12n	\$17.00
Eat all you want				

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	3/3/07	Breakfast @ Sunrise Diner	10a-12n	\$17.00	\$21.00	
2	3/5/07	Cooking Class	5p-7p	\$6.00	\$10.00	
3	3/6/07	Helping Hands & Self Advocacy 1 st Mtg is free, \$2/\$4 every mtg.	5:30p-7p	\$2.00	\$4.00	
4	3/6/07	Art Classes	6:45p-7:45p	Free	Free	
5	3/7/07	Bowling	6p-10p	\$10.00	\$14.00	
6	3/9/07	Movies @ Loews	6p-10p	\$15.00	\$19.00	
7	3/12/07	Reading Class	5p-6p	\$6.00	\$10.00	
8	3/13/07	Art Class	6:45p-7:45p	Free	Free	
9	3/14/07	Board games and Chinese Food	6p-9p	\$10.00	\$14.00	
10	3/15/07	Dinner @ Outback Steak House	6p-10p	\$24.00	\$28.00	
11	3/19/07	Cooking Class	5p-7p	\$6.00	\$10.00	
12	3/20/07	Art Class	6:45p-7:45p	Free	Free	
13	3/21/07	Bowling	6p-10p	\$10.00	\$14.00	
14	3/22/07	China Buffet	6p-10p	\$17.00	\$21.00	
15	3/23/07	Movies @ Loews	6p-10p	\$15.00	\$19.00	
16	3/24/07	Breakfast @ IHOP	10a-12n	\$17.00	\$21.00	
17	3/26/07	Reading Class	5p-6p	\$6.00	\$10.00	
18	3/27/07	Art Class	6:45p-7:45p	Free	Free	
19	3/28/07	Bingo and Subs	6p-9p	\$10.00	\$14.00	
20	3/29/07	Olive Garden	6p-10p	\$24.00	\$28.00	
21	3/31/07	Old Country Buffet	10a-12n	\$17.00	\$21.00	

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**

St. Patrick's Day



Seek n Find

C	A	B	U	P	O	T	O	G	O	L	D	T	R	Y	C
P	A	O	L	U	V	G	V	Y	R	D	H	J	L	N	M
O	M	B	I	N	I	C	O	R	N	B	E	E	F	A	Q
S	N	I	B	I	N	L	M	I	L	A	S	X	S	E	P
H	A	S	X	A	Z	O	M	A	S	C	A	S	E	N	I
A	B	L	E	I	G	V	I	L	O	T	L	U	C	B	R
M	I	A	W	Q	R	E	X	U	X	Z	U	L	R	O	I
R	E	R	E	T	E	R	I	W	E	K	C	D	R	S	S
O	P	P	O	T	E	E	P	O	T	L	K	E	N	D	H
C	A	I	N	U	N	U	C	B	T	U	Y	E	W	Q	C
K	O	G	L	E	P	R	E	C	H	A	U	N	S	Y	O
L	I	K	R	W	O	P	M	O	V	G	T	B	H	L	F
H	A	D	S	T	E	W	V	H	Y	T	D	O	D	O	F
T	Q	A	D	F	H	J	L	A	K	S	F	E	P	Q	E
A	Y	C	Y	A	O	B	Z	B	I	N	A	Q	O	K	E
I	R	I	S	H	R	O	S	E	A	W	E	R	U	Y	F

Find words diagonally, horizontal or vertical. Enjoy!

Cabbage

Clover

Corn beef

Green

Irish Coffee

Irish Rose

Leprechauns

Luck

Potato

Pot O Gold

Shamrock

Stew

CONCERNED FAMILIES

What Is Concerned Families

Concerned Families is a family support group made up of parents and siblings of people with developmental disabilities. Bi-monthly dinner meetings provide a forum for families to join together with agency staff and administration to discuss the social service field, receive information on upcoming events and educational opportunities, and raise questions about services. An educational program on a social service related topic is also provided.

These meetings are also a great way to meet other families supporting a loved one with a disability.

How Can You Join Concerned Families

If you have a family member who has a disability you are welcome to join us at our bi-monthly Concerned Families Meetings. You or your family members do not have to be a member of Community Access Unlimited to come to these meetings. Membership is free.

Meetings are held on the second Tuesday of every other month.

A complimentary dinner is served at 6:00 pm. Meetings begin promptly at 6:30pm.

We hope that you'll join us at an upcoming meeting. Please feel free to contact us for directions or to receive more information about Concerned Families, scheduled presentations or other agency services. Contact our Information & Referral Coordinator at (908)354-3040 extension 272.

Next Meeting: April 17, 2007

Location: 88 West Grand Street, Eliz., NJ

**Topic: ILS (Independent Life Skills)
By Charles Smith**

**Visit our Website
www.caunj.org**

April Events

Event	Location	Date	Time	Cost
Art Class	CAU-Cafeteria	4/3/07	6:45p-7:45p	Free
Come and express your Creativity				
Helping Hands & Self Advocacy	CAU-Cafeteria	4/3/07	5:30p-7p	\$2.00
1 st Meeting is free; Every meeting after is \$2 for members and \$4 non-members.				
China Buffet	1 st . Ave Roselle, NJ	4/4/07	6p-10p	\$17.00
Eat all you can for cheap				
Movies @ Loews	Jersey Gardens Mall Elizabeth, NJ	4/6/07	6p-10p	\$15.00
Watch the Latest movies				
Brunch @ Friendly	1463 Raritan Rd Clark, NJ	4/7/07	10a-12n	\$17.00
Enjoy a Friendly Place to eat				
Cooking Class	CAU-88 West Grand, Kitchen	4/9/07	5p-6p	\$6.00
Come and make your favorite meals				
Art Class	CAU-Cafeteria	4/10/07	6:45p-7:45p	\$6.00
Come and express your Creativity				
Bowling	30 Park Ave Linden, NJ	4/11/07	6p-10p	\$10.00
Knock em all down, try for 300				
TGIF	40 RT. 22 West Springfield, NJ	4/12/07	6p-10p	\$24.00
Enjoy your favorites with friends				
Movies @ Loews	Jersey Gardens Mall Elizabeth, NJ	4/13/07	6p-10p	\$15.00
Watch the latest Movies				
Reading Class	CAU-Chat Center	4/16/07	5p-6p	\$6.00
Learn the alphabet, words, sentences, comprehension and more				
Board Games and Chinese Food	CAU-Cafeteria	4/17/07	6p-9p	\$10.00
Games and Food what a combination!!!				
Dinner @ Bennigans	272 Rt.22 West Springfield, NJ	4/18/07	6p-10p	\$24.00
Bring a hearty appetite				
Cooking Class	CAU-88 West Grand, Kitchen	4/23/07	5p-7p	\$6.00
Come and make your favorite meals				
Dinner @ Chili's	225 Central Avenue Clark, NJ	4/24/07	6p-10p	\$24.00
If you like spicy and hot food this is the place to be				
Bowling	30 Park Ave Linden, NJ	4/25/07	6p-10p	\$10.00
Knock em all down, try for 300				
Bingo and Subs	CAU-Cafeteria	4/26/07	6p-9p	\$10.00
Compete with your friends				
Spring Dance	CAU-Cafeteria	4/27/07	6p-10p	\$20.00
Let's welcome Spring with Dancing				
Reading Class	CAU –Chat Center	4/30/07	5p-6p	\$6.00
Learn the alphabet, words, sentences, comprehension and more				

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

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	4/3/07	Art Class	6:45p-7:45p	Free	Free	
2	4/3/07	Helping Hands & Self Advocacy 1 st Mtg is free, \$2/\$4 every mtg.	5:30p-7p	\$2.00	\$4.00	
3	4/4/07	China Buffet	6p-10p	\$17.00	\$21.00	
4	4/6/07	Movies @ Loews	6p-10p	\$15.00	\$19.00	
5	4/7/07	Brunch @ Friendly	10a-12n	\$17.00	\$21.00	
6	4/9/07	Cooking Class	5p-7p	\$6.00	\$10.00	
7	4/10/07	Art Class	6:45p-7:45p	FREE	FREE	
8	4/11/07	Bowling	6p-10p	\$10.00	\$14.00	
9	4/12/07	TGIF	6p-10p	\$24.00	\$28.00	
10	4/13/07	Movies @ Loews	6p-10p	\$15.00	\$19.00	
11	4/16/07	Reading Class	5p-6p	\$6.00	\$10.00	
12	4/17/07	Concerned Families Meeting	6p-7p	FREE	FREE	
13	4/17/07	Board Games & Chinese food	6p-9p	\$10.00	\$14.00	
14	4/18/07	Dinner @ Bennigans	6p-10p	\$24.00	\$28.00	
15	4/23/07	Cooking Class	5p-7p	\$6.00	\$10.00	
16	4/24/07	Dinner @ Chili's	6p-10p	\$24.00	\$28.00	
17	4/25/07	Bowling	6p-10p	\$10.00	\$14.00	
18	4/26/07	Bingo and Subs	6p-9p	\$10.00	\$14.00	
19	4/27/07	Spring Dance	6p-10p	\$20.00	\$24.00	
20	4/30/07	Reading Class	5p-6p	\$6.00	\$10.00	

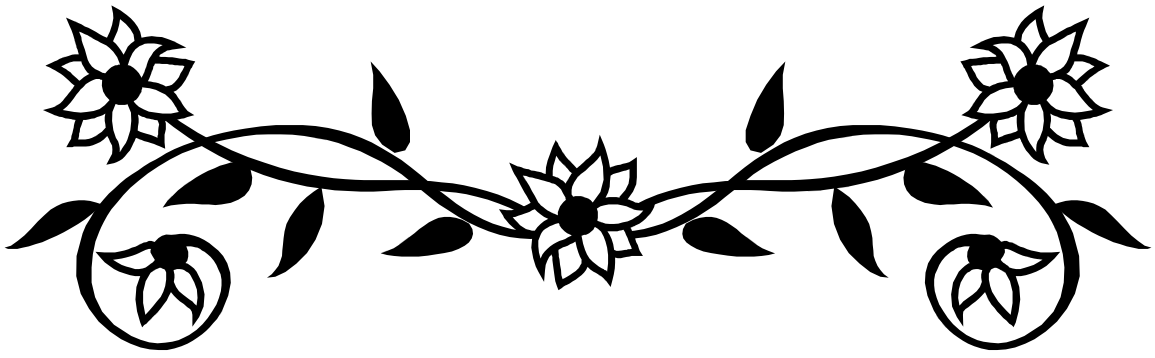
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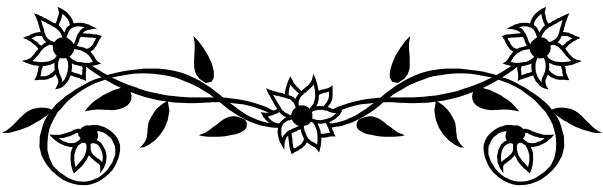


Spring Dance

S



April 27, 2007
6:00pm



March 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3 Breakfast @ Sunrise Diner	4
5 Cooking Class	6 Helping Hands Art Class	7 Bowling	8	9 Movies @ Loews	10	11
12 Reading Class	13 Art Class	14 Board games and Chinese Food	15 Dinner @ Outback	16	17	18
19 Cooking Class	20 Art Class	21 Bowling	22 China Buffet	23 Movies @ Loews	24 Breakfast @ IHOP	25
26 Reading Class	27 Art Class	28 Bingo and Subs	29 Olive Garden	30	31 Old Country Buffet	

April 2007

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3 Helping Hands Art Class	4 China Buffet	5	6 Movies @ Loews	7 Brunch @ Friendly	8
9 Cooking Class	10 Art Class	11 Bowling	12 TGIF	13 Movies @ Loews	14	15
16 Reading Class	17 Board Games & Chinese Food Concerned Families Mtg	18 Dinner @ Bennigan's	19	20	21	22
23 Cooking Class	24 Dinner @ Chili's	25 Bowling	26 Bingo and Subs	27 Spring Dance	28	29
30 Reading Class						



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

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**Concerned Families notice has been
added to this Recreation Newsletter**



Join us at the next meeting