

# Community Access Unlimited

## July & August 2010

# Recreation & Education Newsletter



Supporting People with Special Needs in Achieving Real Lives

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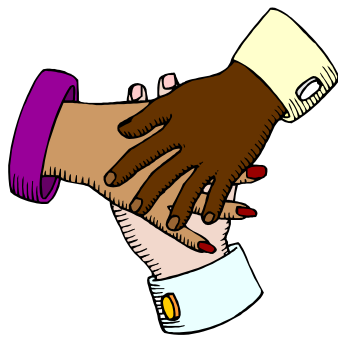
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80 West Grand Street, Elizabeth, New Jersey 07202  
For Recreation information call @ (908) 354-3040 ext 272 or 374  
Website: [www.caunj.org](http://www.caunj.org)

# 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

August 3<sup>rd</sup>

**Location: CAU Main Office**

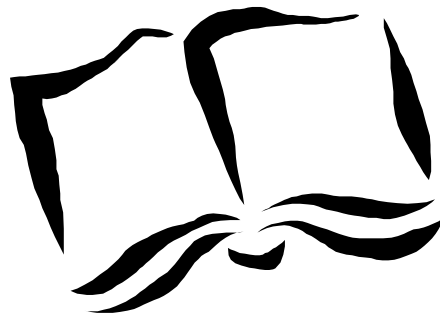
**5:30pm – 7:00pm**

**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:**

**7/1, 7/22, and 8/12  
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

## July & August Birthday Wishes



Harold H	8/3
Thomas H	8/3
Dante C	8/5
Nadirah D	8/7
Robert C	8/7
Paula F	8/8
Sylvia T	8/8
Laurie K	8/9
Tiffany O	8/10
Shawn C	8/11
Mark B	8/12
Tom B	8/14
Graham G	8/15
John M	8/17
Ralph P	8/19
Steven S	8/19
Travis N	8/19
Cole M	8/21
Howard L	8/23
Dawn B	8/24
Carla B	8/24
Kevin V	8/28
Kim B	8/29
Susan P	8/31

Albert R	7/3
Mildred A	7/4
Pearl E	7/4
John R	7/5
Johnny B	7/6
Greg F	7/7
Thomas F	7/8
Frank B	7/8
Reginald P	7/9
Diane S	7/10
Denise S	7/11
Marguerite J	7/12
Edward M	7/14
Lawson G	7/17
George S	7/20
Christine B	7/20
Malik S	7/21
Marcella T	7/26
Joe S	7/26
Maurice T	7/27
Leonard R	7/28
Mark S	7/29
Terri S	7/30
Melinda A	7/31



# 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	

# July Events

Event	Location	Date	Time	Cost
<b>Reading Class</b>	CAU – Chat Center	7/1/10	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>Pizza and Game Night</b>	CAU – Café	7/2/10	6 pm	\$15.00
Challenge your friends to your favorite board games while enjoying the best pizza in town.				
<b>State Fair at the Meadowlands</b>	Meadowlands, Giants Stadium, NJ	7/5/10	1 pm	\$35.00
Patron Appreciation Day! Price includes gate admission and unlimited ride hand stamp. Enjoy festival foods and fun!				
<b>Little Rascals Movie in the Park</b>	Warinanco Park, Elizabeth, NJ	7/6/10	7 pm	\$5.00
What a great way to spend an evening – in the park, enjoying a good movie with friends! Don't forget a blanket and bug spray.				
<b>Dinner at Red Lobster</b>	2520 Route 22 East Union, NJ	7/7/10	6 pm	\$28.00
Grab the catch of the day with all of your friends at Red Lobster!				
<b>Cooking Class</b>	CAI – 88 W Grand St Elizabeth, NJ	7/8/10	5 pm	\$10.00
Impress your friends and family with the culinary skills that you learn here at CAU about preparing simple, delicious meals!				
<b>Movie Night (Regal Entertainment Group)</b>	1000 Corporate Court South Plainfield, NJ	7/9/10	6 pm	\$15.00
Enjoy watching all of the latest releases with your friends as soon as they hit the theaters. Bring a few additional dollars for popcorn and a soda.				
<b>Tropicana Diner</b>	537 Morris Ave Elizabeth, NJ	7/10/10	10 am	\$20.00
Why cook on the weekends when you can have breakfast at the diner with your friends?				
<b>Long Island Ducks at Newark Bears</b>	Riverfront Stadium 450 Broad St Newark, NJ	7/11/10	5 pm	\$15.00
Join fellow members and staff as you watch the Newark Bears take on the Long Island Ducks! Don't forget money for food and souvenirs.				
<b>Dine to Donate at Pizza Hut</b>	2401 Route 22 West Union, NJ	7/14/10	6 pm	\$15.00
July 14 <sup>th</sup> is CAU Dine to Donate at Pizza Hut in Union. Help support the Ira Geller Walk-A-Thon by eating at Pizza Hut tonight! Proceeds to benefit CAU.				
<b>Computer Class</b>	CAU - Chat Center	7/15/10	6 pm	\$6.00
Join us in the Chat Center for computer class. Bring all of your computer questions and staff will assist you with learning on the newest equipment.				
<b>Bingo and Subs</b>	CAU – Café	7/16/10	6 pm	\$15.00
Enjoy some of the best sub sandwiches in town while playing Bingo with your friends!				
<b>Brunch at IHOP</b>	465 N. Broad St Elizabeth, NJ	7/17/10	10 am	\$20.00
How many pancakes can you eat? Challenge your friends and try all of the syrup choices the IHOP has to offer.				
<b>Keansburg Amusement Park</b>	Laurel Ave Keansburg, NJ	7/18/10	12 pm	\$25.00
Join us for an afternoon of fun at the Keansburg Amusement Park and Boardwalk. Lunch is included in the cost of the event. Bring money for games.				
<b>Tiffany's Restaurant</b>	1637 Vauxhall Road Union, NJ	7/21/10	6 pm	\$30.00
A popular event for those that enjoy excellent food and a great atmosphere. Don't forget to try the ribs, a Tiffany's special!				
<b>Reading Class</b>	CAU – Chat Center	7/22/10	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>Movie Night (Regal Entertainment Group)</b>	1000 Corporate Court South Plainfield, NJ	7/23/10	6 pm	\$15.00
Enjoy watching all of the latest releases with your friends as soon as they hit the theaters. Bring a few additional dollars for popcorn and a soda.				
<b>Breakfast at Sunrise Diner</b>	61 Westfield Ave Elizabeth, NJ	7/24/10	10 am	\$20.00
Why cook on the weekends when you can have breakfast with friends at the diner?				
<b>NJ Festival of Ballooning</b>	Solberg Airport, Readington, NJ	7/25/10	9 am	\$30.00
An annual favorite – the NJ Festival of Ballooning! Join us for a day of games, food, music, and BALLOONS! Bring money for snacks and souvenirs.				
<b>Dinner at Chili's</b>	Jersey Gardens 651 Kapkowski Rd Elizabeth	7/28/10	6 pm	\$28.00
Enjoy some of the best food in town – whether it be the sizzling fajitas or a big juicy burger – it's all delicious!				
<b>Cooking Class</b>	CAI – 88 W Grand St Elizabeth, NJ	7/29/10	5 pm	\$10.00
Impress your friends and family with the culinary skills that you learn here at CAU about preparing simple, delicious meals!				

# July 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	7/1/10	Reading Class	6 pm	\$6.00		
2	7/2/10	Pizza and Game Night	6 pm	\$15.00		
3	7/5/10	State Fair at the Meadowlands	1 pm	\$35.00		
4	7/6/10	Little Rascals Movie in the park	7 pm	\$5.00		
5	7/7/10	Dinner at Red Lobster	6 pm	\$28.00		
6	7/8/10	Cooking Class	5 pm	\$10.00		
7	7/9/10	Movie Night	6 pm	\$15.00		
8	7/10/10	Tropicana Diner	10 am	\$20.00		
9	7/11/10	Long Island Ducks at Newark Bears	5 pm	\$15.00		
10	7/12/10	Open Swim	6 pm	\$5.00		
11	7/13/10	Ballroom Dance Lessons	5 pm	FREE		
12	7/14/10	Dine to Donate at Pizza Hut	6 pm	\$15.00		
13	7/15/10	Computer Class	6 pm	\$6.00		
14	7/16/10	Bingo and Subs	6 pm	\$15.00		
15	7/17/10	Brunch at IHOP	10 am	\$20.00		
16	7/18/10	Keansburg Amusement Park	12 pm	\$25.00		
17	7/19/10	Open Swim	6 pm	\$5.00		
18	7/20/10	Ballroom Dance Lessons	5 pm	FREE		
19	7/21/10	Tiffany's Restaurant	6 pm	\$30.00		
20	7/22/10	Reading Class	6 pm	\$6.00		
21	7/23/10	Movie Night	6 pm	\$15.00		
22	7/24/10	Breakfast at the Sunrise Diner	10 am	\$20.00		
23	7/25/10	NJ Festival of Ballooning	9 am	\$30.00		
24	7/26/10	Open Swim	6 pm	\$5.00		
25	7/27/10	Ballroom Dance Lessons	5 pm	FREE		
26	7/28/10	Dinner at Chili's	6 pm	\$28.00		
27	7/29/10	Cooking Class	5 pm	\$10.00		

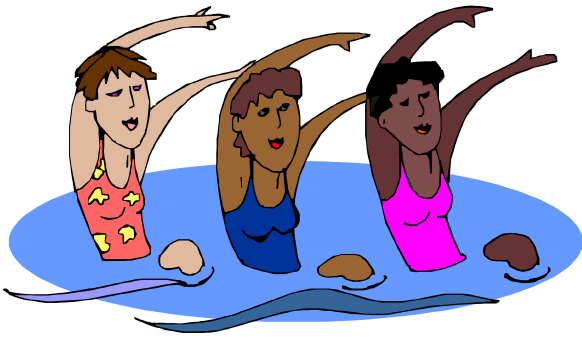
**There are only twelve slots available for each event, so sign up quickly!**

**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



**Walter E Ulrich  
Memorial Pool  
Rahway River  
Park  
Rahway, NJ  
6 – 8 pm**



Don't forget your  
bathing suit, sandals,  
and a towel.



CAU Staff will  
provide transportation  
to and from the pool  
and oversight during the  
“open swim” hours.



## NJ Festival of Ballooning



Join us for a day of games, raffles, food,  
music, entertainment, and of course –  
Hot Air Balloons!  
Solberg Airport  
July 25<sup>th</sup> at 9 am



Keansburg  
Amusement  
Park

July 18<sup>th</sup> at 12 pm



# *Save These Dates!*

## **12<sup>th</sup> Annual Ira Geller Walk-a-Thon**

Saturday, September 25, 2010  
Rahway River Park, Rahway



Registration: 11:00 AM  
Official Start: 12:00 PM



**BBQ Picnic Lunch Immediately Following!  
DJ will be present! Dancing & Prizes!**

## **30<sup>th</sup> Annual Gala Dinner Dance**

Wednesday, October 20, 2010  
L'Affaire, Mountainside

Cocktail Hour: 6:00 PM

Dinner, Dancing & Awards: 7:00 to 10:30 PM



# August Events

Event	Location	Date	Time	Cost
<b>Statue of Liberty Day Trip</b>	NPS Liberty Island New York, NY	8/1/10	9 am	\$30.00
A spectacular trip – breathtaking sights and sounds as you tour Liberty Island and if you're adventurous enough – climb to the top of the statue itself.				
<b>Helping Hands</b>	CAI – 88 W Grand St Elizabeth, NJ	8/3/10	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>Outback Steakhouse</b>	901 Mountain Ave Springfield, NJ	8/4/10	6 pm	\$35.00
Continues to remain on the calendar because of its popularity – maybe it has something to do with the outrageously good food and beverages.				
<b>Pizza and Game Night</b>	CAU Café	8/6/10	6 pm	\$15.00
Enjoy the best pizza in town while challenging all of your friends to your favorite board games.				
<b>Tropicana Diner</b>	537 Morris Ave Elizabeth, NJ	8/7/10	10 am	\$15.00
Why cook on the weekend when you can have breakfast at the diner with all of your friends and someone else can cook for you?				
<b>Atlantic City Day Trip</b>	Atlantic City, NJ	8/8/10	9 am	\$35.00
Lunch will be included in this day trip to Atlantic City. Make sure you bring your quarters and try your luck on the slots in AC!				
<b>Famous Dave's</b>	1443 Route 22 E Mountainside, NJ	8/10/10	6 pm	\$25.00
Join us for a night at Famous Dave's and enjoy its "real honest barbeque."				
<b>Somerset Patriot's vs. Newark Bears</b>	TD Bank Park Bridgewater, NJ	8/13/10	5 pm	\$20.00
Tickets are limited so please sign up early if interested in attending. Game is at the Somerset Patriot's stadium where they will be taking on the Bears.				
<b>Movie Night (Regal Entertainment Group)</b>	1000 Corporate Court South Plainfield, NJ	8/14/10	6 pm	\$15.00
Enjoy watching all of the latest releases with your friends as soon as they hit the theaters. Bring a few additional dollars for popcorn and a soda.				
<b>Liberty Science Center, Liberty State Park</b>	222 Jersey City Blvd Jersey City	8/15/10	9 am	\$25.00
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!				
<b>Monsters vs. Aliens Movie</b>	Nomahegan Park, Cranford, NJ	8/17/10	8 pm	\$5.00
Join us for a movie in Nomahegan Park on a warm summer's night. Bring a blanket and a bottle of water for during the show.				
<b>Olive Garden</b>	275 Route 22 E Springfield, NJ	8/18/10	6 pm	\$28.00
Enjoy authentic Italian cuisine while spending time with your friends.				
<b>Dine to Donate at Wendy's</b>	North Broad Street Elizabeth, NJ	8/19/10	4 - 7 pm	N/A
Bring cash to make your selection from the menu. Don't forget to show them your CAU ticket to ensure the money raised benefits CAU.				
<b>Bingo and Subs</b>	CAU – Café	8/20/10	6 pm	\$15.00
Enjoy some of the best sub sandwiches in town while playing Bingo with your friends.				
<b>Brunch at IHOP</b>	465 N. Broad St Elizabeth, NJ	8/21/10	10 am	\$20.00
Enjoy all of the pancakes you can handle while spending a Saturday morning with your friends!				
<b>Luau</b>	TBA	8/22/10	4 pm	\$15.00
Join fellow CAU members as you dance the afternoon/night away at the first Summer Luau. Don't forget to wear your lei.				
<b>Job Club</b>	CEP Day Program 88 W Grand St Elizabeth	8/25/10	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.				
<b>Movie Night (Regal Entertainment Group)</b>	1000 Corporate Court South Plainfield, NJ	8/27/10	6 pm	\$15.00
Enjoy watching all of the latest releases with your friends as soon as they hit the theaters. Bring a few additional dollars for popcorn and a soda.				
<b>Breakfast at Sunrise Diner</b>	61 Westfield Ave Elizabeth, NJ	8/28/10	10 am	\$20.00
Why cook on the weekends when you can have breakfast with friends at the diner?				
<b>Point Pleasant Day Trip</b>	Point Pleasant, NJ	8/29/10	10 am	\$35.00
Enjoy a day of sun and fun at the Point Pleasant Boardwalk and Beach with your friends. Lunch included! Bring extra money for rides and snacks!				

# August 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	8/1/10	Statue of Liberty Day Trip	9 am	\$30.00		
2	8/3/10	Helping Hands	5:30 pm	\$2.00		
3	8/4/10	Outback Steakhouse	6 pm	\$35.00		
4	8/5/10	Computer Class	6 pm	\$6.00		
5	8/6/10	Pizza and Game Night	6 pm	\$15.00		
6	8/7/10	Tropicana Diner	10 am	\$15.00		
7	8/8/10	Atlantic City Day Trip	9 am	\$35.00		
8	8/10/10	Famous Dave's	6 pm	\$25.00		
9	8/12/10	Reading Class	6 pm	\$6.00		
10	8/13/10	Somerset Patriots vs. Newark Bears	5 pm	\$20.00		
11	8/14/10	Movie Night	6 pm	\$15.00		
12	8/15/10	Liberty Science Center	9 am	\$25.00		
13	8/17/10	Monsters vs. Aliens Movie	8 pm	\$5.00		
14	8/18/10	Olive Garden	6 pm	\$28.00		
15	8/19/10	Dine to Donate at Wendy's	4 – 7 pm	N/A		
16	8/20/10	Bingo and Subs	6 pm	\$15.00		
17	8/21/10	Brunch at IHOP	10 am	\$20.00		
18	8/22/10	Luau	4 pm	\$15.00		
19	8/25/10	Job Club	6 pm	FREE		
20	8/26/10	Computer Class	6 pm	\$6.00		
21	8/27/10	Movie Night	6 pm	\$15.00		
22	8/28/10	Breakfast at Sunrise Diner	10 am	\$20.00		
23	8/29/10	Point Pleasant Day Trip	10 am	\$35.00		
24	8/31/10	Ballroom Dance Lessons	5 pm	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 and Money Orders out to: Community Access Unlimited**  
**Questions? Call I&R Coordinator (908) 354-3040 Ext. 272**

# FAMILY CONNECTIONS

*Meetings for 2010*

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

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

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



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## *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:  
7/8 and 7/29

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## Computer Classes

New to the calendar this month...

Classes are being offered in the Chat Center at 6 pm on  
the following dates:

July 15<sup>th</sup>

August 5<sup>th</sup>

August 26<sup>th</sup>

Please join us to learn the basics of using a computer as  
well as more advanced functions. Bring along any  
computer questions that you may have.



# JULY 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Reading Class	2 Pizza and Game Night	3
4 <i>4<sup>th</sup> of July – Independence Day</i>	5 State Fair at the Meadowlands	6 Little Rascals Movie	7 Dinner at Red Lobster	8 Cooking Class	9 Movie Night	10 Tropicana Diner
11 Long Island Ducks at the Newark Bears	12 Open Swim	13 Ballroom Dance Lessons	14 Dine to Donate at Pizza Hut	15 Computer Class	16 Bingo and Subs	17 Brunch at IHOP
18 Keansburg Amusement Park	19 Open Swim	20 Family Connections	21 Tiffany's Restaurant	22 Reading Class	23 Movie Night	24 Breakfast at the Sunrise Diner
25 NJ Festival of Ballooning	26 Open Swim	27 Ballroom Dance Lessons	28 Dinner at Chili's	29 Cooking Class	30	31

# AUGUST 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Statue of Liberty	2 Open Swim	3 Helping Hands	4 Outback Steakhouse	5 Computer Class	6 Pizza and Game Night	7 Tropicana Diner
8 Atlantic City Day Trip	9 Open Swim	10 Famous Dave's	11	12 Reading Class	13 Somerset Patriots vs. Newark Bears	14 Movie Night
15 Liberty Science Center	16 Open Swim	17 Monsters vs Aliens Nomahegan Park	18 Olive Garden	19 Dine to Donate at Wendy's	20 Bingo and Subs	21 Brunch at IHOP
22 Luau	23 Open Swim	24 Ballroom Dance Lessons	25 Job Club	26 Computer Class	27 Movie Night	28 Breakfast at Sunrise Diner
29 Point Pleasant Day Trip	30 Open Swim	31 Ballroom Dance Lessons				



**Community Access Unlimited**  
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