

the CAYOU

January & February 2020

Sponsored by the
CAU Recreation Department

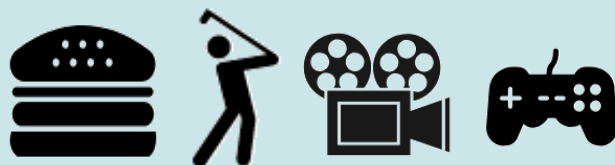
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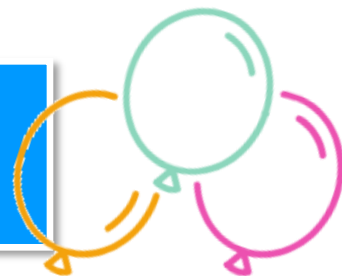
FEAST WITH FRIENDS.....PG. 7



CAU Mission Statement

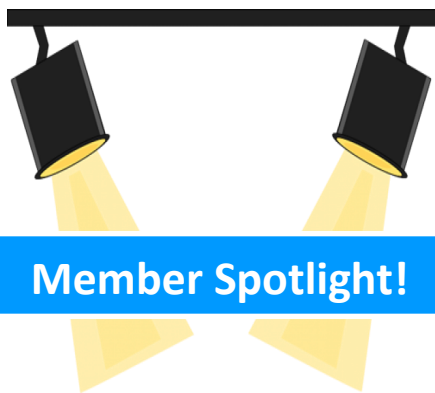
To provide community access through effective and comprehensive support services for people with disabilities, at-risk youth and people with affordable housing needs, giving them the opportunity to live independently and to lead normal and productive lives as citizens integrated into the community.

Birthdays!



Maribel	Marin	01/01	Boyd	Beattie	02/04
Joseph	Horgy	01/02	Rebecca	Straszewski	02/07
David	McKinney	01/02	Brenda	Stover	02/08
Lavar	Nutt	01/02	Joseph	Matyas	02/09
Nicholas	Justiniano	01/03	Annie	Sims	02/10
Adam	Sukenick	01/06	Tracey	Singer	02/10
Rachel	Jackson	01/06	Gabriela	Aragona	02/10
Sandra	Dunn	01/06	Margaret	DiFulvio	02/11
Edward	Raymondi	01/06	Yasin	Reddick	02/11
Joy	Harootunian	01/06	John	Sefcik	02/11
Sharon	Mohry	01/07	Wayne	Hohweiler	02/11
Lenore	Trower	01/08	Cassandra	Smith	02/13
Desiree	Rodriguez	01/10	Catherine	Araujo	02/14
Sebastian	Santos	01/11	Diane	Caldwell	02/14
Darcel	Van Dunk	01/11	Christina	Ciriello	02/15
Brianna	Bradley	01/12	Ty-Juan	Fields	02/15
Joseph	Cox	01/12	Anthony	Battle	02/15
Linda	Frowery	01/17	Randy	Mercado	02/15
Gregory	Clark	01/17	Donald	Lachenmayer	02/15
Tahira	Williams	01/18	Carlos	Rodriguez Torres	02/16
Laurie	Simms	01/20	Mark	Stevens	02/16
Megumi	Tello	01/21	Tyler	Miljkovic	02/17
Dieula	Marcelus	01/21	Lillian	Coleman	02/17
William	Ortiz	01/21	Eric	Kunkel	02/18
Michelle	Werner	01/22	Brook	Hoffman	02/20
Mark	Obler	01/23	Catherine	Sobon	02/20
Cecilia	Roberts	01/24	Leslie	Lofton	02/20
Sonya	Roundtree	01/24	Alexander	Hu	02/20
Myrta	Rosa	01/27	Talian "Taleah"	Butler	02/22
Edward	Eiser	01/27	Anthony	Robertazzi	02/22
Glenn	Wilks	01/28	Tiahara	Fletcher	02/22
Rachel	Goodrich	01/28	Kenneth	Bryant	02/23
Douglas	Matthews	01/29	Michael	Woodruff	02/25
John	Bradley	01/29	James	Mullen	02/25
Timesha	Jeffery	01/31	Damon	London	02/27
Malcolm	Brown	01/31			
John	Mobilio	01/31			
Renee	Weiss	02/01			
Felix	Polanco	02/03			





Member Spotlight!



Danielle absolutely loves CAU Recreation! She tries to attend as many events as possible with her great friend Sharon. Some of her favorites are Medieval Times, and Bingo! She is looking forward to our 2020 overnight trips too! Her aunt is very supportive and has a great relationship with Danielle!

Thanks Danielle!
We will see you soon!



Helping Hands Self Advocacy

January 7th

February 4th

11:00 AM—2:00 PM CAU Main Office, 80 West Grand St.

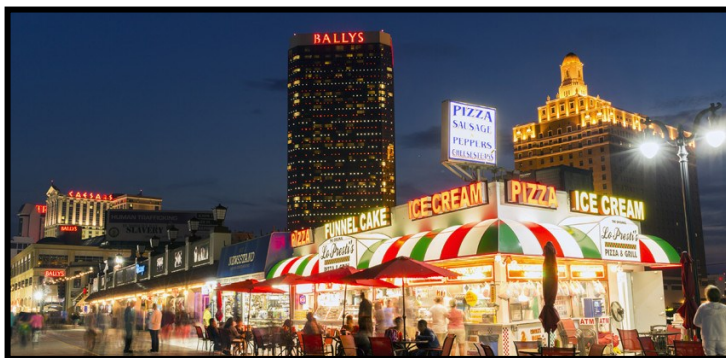
UPCOMING OVERNIGHT TRIPS

⇒ **New Orleans, LA**

February 24-28, 2020

⇒ **Atlantic City, NJ**

May 26-29, 2020



Religious Services

Hosted by Rev. Aleyah Lacey
and the Union County Interfaith Coordinating Council

CAU Auditorium at
80 West Grand
Every Saturday,
11:00 AM - 2:00 PM

We welcome people following all faith beliefs to these services

GUYS AND DOLLS AUDITIONS



Dates: 1/28 6:00 pm-8:00 pm

1/30 6:00 pm-8:00 pm

2/1 10:00 am-4:00 pm

Location: Cranford Day Program

70 Myrtle St, Cranford, NJ

CAU Recreation Guidelines

1

Choose events that interest you and contact us for availability:

Director of Community Integrations, Laneesha Thompson at 908-354-3040 ext. 4388
Laneesha.Thompson@caunj.org or
Recreation Instructor, Asia Mitchell at AMitchell@caunj.org ext. 4706

2

For CAU Members:

Contact your counselor or
Program Assistant Director to complete
registration for events you're interested in
attending.

For Community Members

Contact (above) to reserve your spot
for your favorite recreation event

3

All participants must complete the Monthly Recreation Sign-Up
Community Access Unlimited
Attn: Recreation Department
80 West Grand St. Elizabeth, NJ 07202

Additional Information

- Payment is due immediately following each recreation event that participants have attended; attendance is taken to confirm participation. For events that require advance purchase of tickets or passes, payment for the event will be asked for upfront.
- Space is limited for each event; reservations are required
- If you are unable to attend a class or event you have signed up for, notify the Recreation Department. If NOT notified, there will be no refund or credit provided. No refunds or credits may be given for events with pre-purchased tickets.
- Members who are not CAU Members will be charged an additional fee for attending Recreation events as outlined on the Worksheet. If you are interested in becoming a CAU Recreational Member, contact us. The fee is \$300/year and ensures the member price for all events.

EVENTS

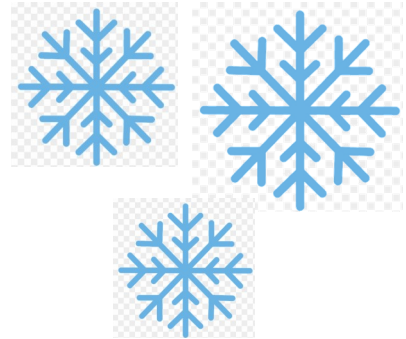
Winter Formal

Date: Friday, January 24th

Time:

Location: 80 West Grand St. Elizabeth, NJ

Cost:



Valentine's Day Party

Date: Friday, February 14th

Time:

Location: 80 West Grand St. Elizabeth, NJ

Cost:



Helping Hands

Date: Tuesdays, January 7th & February 4th

Time: 11:00 AM - 2:00 PM

Location: 80 West Grand St. Elizabeth, NJ

Cost: First Meeting is Free; \$2 per person after first meeting



Helping Hands is one of the oldest and strongest self-advocacy groups in the state of New Jersey. Advocates are involved in legislative updates, letter writing campaigns, accessibility and voting campaigns, "Meet the Candidates" events, attending local, state and national conferences, and conducting professional workshops. Meetings are held monthly and are open to all people with disabilities.



FEAST WITH FRIENDS















FOR ALL DINING EVENTS:

There are 12 spots available per event


















Members must meet at the CAU Main Office 40 minutes before event start time to drive to the restaurant

For a full list of upcoming recreation events,
see the Recreation Sign-Up Worksheet on Pages 8-9

January 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1) Closed	2) Applebee's 	3) Paint and Sip 	4) UCICC Services
5)	6) Tropicana 	7) Helping Hands 	8) Bowling 	9) Friday's 	10) Kean Collaborative Concert	11) UCICC Services
12)	13) Famous Daves 	14) Bingo & Subs 	15) Charlie Brown's 	16) Red Lobster 	17) Union Diner 	18) UCICC Services
19)	20) Top's Diner 	21) Game Night 	22) Top Golf 	23) Cheesecake Factory 	24) Winter Formal 	25) Member's Day
26)	27) Benihana 	28) Guys & Dolls Auditions	29) Olive Garden 	30) Guys & Dolls Auditions	31) Spain's 	

February 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1) Guys & Dolls Auditions
2)	3) Friday's 	4) Helping Hands 	5) Bowling 	6) Wei Buffet 	7) Game Night 	8) UCICC Services
9)	10) Applebee's 	11) AMC 	12) Don Pepe's 	13) Tropicana 	14) Valentine's Day Dance 	15) UCICC Services
16)	17) President's Day	18) Top Golf 	19) Bowling 	20) Red Lobster 	21) Paint and Sip 	22) UCICC Services
23)	24) Delta's Restaurant 	25) Bingo & Subs 	26) Seafood Boil 	27) Arts & Crafts 	28) Karaoke & Pizza 	29) UCICC Services

WHY IS RECREATION SO IMPORTANT?

EXERCISE - Studies have shown that regular exercise can help prevent diseases, control your weight, increase strength, improve stamina, help you sleep better, and just make you feel better in general



RELAXATION- Calm your mind, and you'll lower your blood pressure

GROUP PARTICIPATION -

Participating in any kind of group activity—a class, theatrical production, community league sport, or pick-up game, has all kinds of benefits. Group activities help you build your social skills and social networks.



RECREATION SIGN UP WORKSHEET

Please return this form with payment to:

Community Access Unlimited, 80 West Grand St. Elizabeth NJ 07202

Date	Event/Class	Time	Single Member Cost	Cost with Direct Care	Community Member Cost	Total
1/02	Applebee's	6:00 PM - 8:00 PM	\$60.00	\$65.00	\$65.00	
1/03	Paint and Sip	6:00PM-8:00PM	\$40.00	\$45.00	\$45.00	
1/04	UCICC Religious Service	11:00 AM-2:00 PM	FREE	FREE	FREE	
1/06	Tropicana	6:00 PM-8:00 PM	\$50.00	\$55.00	\$55.00	
1/07	Helping Hands	6:00PM—8:00 PM	\$4.00	\$4.00	\$4.00	
1/08	Bowling	6:00PM—8:00 PM	\$45.00	\$50.00	\$50.00	
1/09	Friday's	6:00PM—8:00 PM	\$60.00	\$65.00	\$65.00	
1/10	Kean Collaborative Concert	7:30PM-9:30PM	FREE	FREE	FREE	
1/11	UCICC Religious Services	11:00 AM-2:00 PM	FREE	FREE	FREE	
1/13	Famous Daves	6:00PM—8:00 PM	\$75.00	\$80.00	\$80.00	
1/14	Bingo & Subs	6:00 PM-8:00 PM	\$30.00	\$35.00	\$35.00	
1/15	Charlie Brown's	6:00PM—8:00 PM	\$75.00	\$80.00	\$80.00	
1/16	Red Lobster	6:00PM-8:00PM	\$60.00	\$65.00	\$65.00	
1/17	Union Diner	6:00PM-8:00PM	\$50.00	\$55.00	\$55.00	
1/18	UCICC Religious Service	11:00 AM-2:00 PM	FREE	FREE	FREE	
1/20	Top's Diner	6:00 PM- 8:00 PM	\$75.00	\$80.00	\$80.00	
1/21	Game Night	6:00PM—8:00 PM	\$30.00	\$35.00	\$35.00	
1/22	Top Golf	6:00 PM-8:00 PM	FREE	FREE	FREE	
1/23	Cheesecake Factory	6:00PM-8:00PM	FREE	FREE	FREE	
1/24	Winter Formal	6:00PM-8:00PM	\$30.00	\$35.00	\$35.00	
1/25	Member's Day	9:00 AM– 3:00 PM	FREE	FREE	FREE	
1/27	Benihana	6:00PM—8:00 PM	FREE	FREE	FREE	
1/28	Guys & Dolls Auditions	6:00PM-8:00PM	\$70.00	\$75.00	\$75.00	
1/29	Olive Garden	6:00PM—8:00 PM	\$60.00	\$65.00	\$65.00	
1/30	Guys & Dolls Auditions	6:00PM-8:00PM	FREE	FREE	FREE	
1/31	Spain's	6:00PM—8:00 PM	\$75.00	\$80.00	\$80.00	

Name: _____ Today's Date: _____

Address: _____ CAU Program _____

City/State/Zip: _____

Phone Number : _____ Email : _____

Payment Details (Check One): ☐ Check # (_____) ☐ Money Order ☐ Cash

Please make checks and money orders payable to Community Access Unlimited and include the following:

Name of Event/Class, Date of Event/Class, and Full Name of Attendee

RECREATION SIGN UP WORKSHEET

Please return this form with payment to: Community Access Unlimited, 80 West Grand St. Elizabeth NJ 07202

Date	Event/Class	Time	Single Member Cost	Cost with Direct Care	Community Member Cost	Total
2/01	Guys & Dolls Auditions	10:00AM-4:00PM	FREE	FREE	FREE	
2/03	Friday's	6:00 PM- 8:00 PM	\$60.00	\$65.00	\$65.00	
2/04	Helping Hands	11:00 AM– 2:00 PM	\$4.00	\$4.00	\$4.00	
2/05	Bowling	6:00PM—8:00 PM	\$45.00	\$50.00	\$50.00	
2/06	Wei Buffet	6:00PM - 8:00PM	\$50.00	\$55.00	\$55.00	
2/07	Game Night	6:00PM-8:00PM	\$30.00	\$35.00	\$35.00	
2/08	UCICC Religious Service	11:00AM-2:00PM	FREE	FREE	FREE	
2/10	Applebee's	6:00PM– 8:00PM	\$60.00	\$65.00	\$65.00	
2/11	AMC	6:00PM– 8:00PM	\$30.00	\$35.00	\$35.00	
2/12	Don Pepe's	6:00 PM - 8:00 PM	\$60.00	\$65.00	\$65.00	
2/13	Tropicana	6:00PM–8:00PM	\$50.00	\$55.00	\$55.00	
2/14	Valentine's Day Party	6:00PM-8:00PM	\$30.00	\$35.00	\$35.00	
2/15	UCICC Religious Service	11:00AM-2:00PM	FREE	FREE	FREE	
2/18	Top Golf	6:00 PM- 8:00 PM	\$70.00	\$75.00	\$75.00	
2/19	Bowling	6:00PM—8:00 PM	\$45.00	\$50.00	\$50.00	
2/20	Red Lobster	6:00PM—8:00PM	\$60.00	\$65.00	\$65.00	
2/21	Paint and Sip	6:00PM-8:00PM	\$40.00	\$45.00	\$45.00	
2/22	Movie Matinee	11:00AM-2:00PM	\$40.00	\$45.00	\$45.00	
2/24	Delta's Restaurant	6:00PM-8:00PM	\$75.00	\$80.00	\$80.00	
2/25	Bingo & Subs	6:00 PM-8:00 PM	\$30.00	\$35.00	\$35.00	
2/26	Seafood Boil	6:00PM-8:00PM	\$45.00	\$50.00	\$50.00	
2/27	Arts and Crafts	6:00PM– 8:00PM	\$10.00	\$15.00	\$15.00	
2/28	Karaoke & Pizza	6:00PM–8:00PM	\$30.00	\$35.00	\$35.00	
2/29	UCICC Religious Service	11:00AM-2:00PM	FREE	FREE	FREE	
2/29	UCICC Religious Service	11:00AM-2:00PM	FREE	FREE	FREE	

Name: _____ Today's Date: _____

Address: _____ CAU Program _____

City/State/Zip: _____

Phone Number : _____ Email : _____

Payment Details (Check One): ☐ Check # (_____) ☐ Money Order ☐ Cash

Please make checks and money orders payable to Community Access Unlimited and include the following:

Name of Event/Class, Date of Event/Class, and Full Name of Attendee



80 West Grand Street

Elizabeth, NJ 07202

Phone: 908-354-3040 TTY/TTD: 908-354-4629

Fax: 908-354-2665 www.caunj.org

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