

JULY & AUGUST 2020

# THE CAYOU

SPONSORED BY THE CAU RECREATION DEPARTMENT

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## 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!

## JULY & AUGUST

Mildred	Alexander	07/04
Pearl	Elias	07/04
John	Ryan	07/05
Gregory	Felzenberg	07/07
Thomas	Findeis	07/08
Reginald	Payne	07/09
Diane	Savage	07/10
Belinda	Malave	07/10
John	Bonner	07/11
David	Reed	07/12
Edward	Matthews	07/14
Lawson	Gilder	07/17
Jameel	Strong	07/17
Russell	Goodrum	07/18
Marlon	Lewis	07/18
George	Simester	07/20
Christine	Bongiovi	07/20
Tabitha	Floyd	07/21
Michael	Brooks	07/22
Marlo	Whitaker	07/24
Beth	Tooker	07/25
Marcella	Truppa	07/26
Maurice	Tucker	07/27
Nicholas	Mercado	07/28
Mark	Straka	07/29
Ashley	Forges	07/29
Terri	Schwartz	07/30
Jessica	Goncalves	07/31

Tariq	Carter	07/31
Harold	Harris	08/03
Thomas	Hetzel	08/03
Nadirah	Daves	08/07
Robert	Cappello	08/07
Amanda	LaVecchia	08/07
Paula	Fair	08/08
Sylvia	Toll	08/08
Laurie	Kroner	08/09
Mark	Bloom	08/12
Milagros	Olavarria	08/12
Harold	Lashley	08/14
Brenda	James	08/15
Jake	Melius	08/16
Ralph	Pedersen	08/19
Steven	Siel	08/19
AnnMarie	Carr	08/19
Tuwandna	Woods	08/20
Zanada	Hart	08/20
Anna	Yanuta	08/21
Cole	Mevorah	08/21
Thomas	Corea	08/22
Edwardo	Droz	08/23
Carla	Bongort	08/24
Olayinka	Daniels	08/25
Joseph	Esler	08/25
Katy	Walsh	08/27
Laura	Palumbo	08/28
Kimberly	Barry	08/29



## MEMBER SPOTLIGHT

Maurice is one of our members at 436 Morris. He is multi-talented. Maurice plays many instruments, but his favorite instrument is the trumpet which he recently played at one of the events we host here at CAU. Maurice launched his own YouTube channel in which he interviews both staff and members on a weekly basis. Maurice also taught art classes here at CAU. Maurice's most recent accomplishment was getting engaged to the love of his life and is planning a wedding for this upcoming October. We congratulate him and his fiancé on their upcoming union.

### HELPING HANDS SELF ADVOCACY

Meetings: To Be Determined  
80 West Grand Street Elizabeth, NJ

### RELIGIOUS SERVICES

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

#### ZOOM MEETINGS

ID: 859-7233-6325

CALL IN: 1 (929) 205-6099

Every Wednesday @ 11:00 AM

### UPCOMING OVERNIGHT TRIPS- POSTPONED

WILDWOOD, NJ JULY 13-17, 2020 | LAKE TAHOE, NV AUGUST 10-13, 2020





**WILDWOOD, NJ**

**JULY 13-17TH**  
POSTPONED FOR A LATER DATE

**POSTPONED**



**LAKE TAHOE, NV**

**AUGUST 10-13TH**  
POSTPONED FOR A LATER DATE

**POSTPONED**

# CAU RECREATION GUIDELINES

1. CHOOSE EVENTS THAT INTEREST YOU & CONTACT US FOR AVAILABILITY:

**Recreation Instructor:**  
**Asia Mitchell**  
**(908) 354-3040 ext: 4706**  
**AMitchell@caunj.org**

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 Street 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.



# CAU CHALLENGES

***CHECK OUT WHAT OUR MEMBERS HAVE BEEN UP TO!***















CAU would like to thank everyone who took the time to come out and audition for Guys & Dolls. In light of the current pandemic, CAU has made the decision to cancel this years rendition of Guys & Dolls. Please stay tuned for dates and more information on shows for next year.







\*NOT ACTUAL DESIGN

# WHO WANTS CAU APPAREL? SHIRTS START AT \$10.00

If you are interested in purchasing some apparel please contact David Lopez ([dlopez@caunj.org](mailto:dlopez@caunj.org)) with your Name and Tshirt size



# 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.*







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**#CAUSTRONG**

**TO  
ALL  
CAU  
HEROES  
THANK YOU**