

the CAYOU

Sponsored by the
CAU Recreation Department

March & April 2020

Inside this Issue

OVERNIGHT TRIPS.....PG. 3

SPRING PARTIES.....PG. 4

GET OUT & ABOUT.....PG. 6

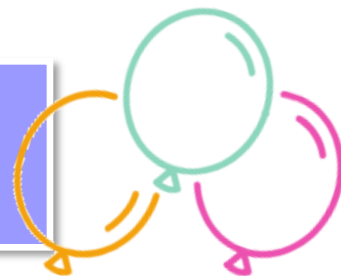
FEAST WITH FRIENDS.....PG. 7



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!



| | | | | | |
|-------------------------|-------|-------------------|-------|-----------------------|-------|
| Arturo Jimenez | 03/01 | Michael Condoleo | 03/26 | David Howland | 04/11 |
| Tanya Eley | 03/01 | Andre Foster | 03/27 | Larry Moten | 04/11 |
| Maryvel Gutierrez | 03/02 | Karlos Razuri | 03/27 | Ramona Young | 04/14 |
| Chavia Crute | 03/03 | Anthony Hodge | 03/27 | Anthony Abbate | 04/15 |
| Sara Jane Feinblatt | 03/03 | Kevin Angelini | 03/28 | April Verducci | 04/15 |
| John Volosin | 03/04 | Beverly Williams | 03/28 | Sharon Bravo | 04/17 |
| Danielle DeCurtis | 03/05 | Alison Braun | 03/28 | Tonya Hopson | 04/18 |
| Wesley Strond | 03/05 | Joseph Powers | 03/28 | Christopher Rodriguez | 04/19 |
| Karen Phelan | 03/05 | Osama Elzwahry | 03/29 | December Price | 04/19 |
| Dashonda White | 03/08 | Jeriene Peeden | 03/30 | Zachary Prefach | 04/19 |
| Adelaide Daskam | 03/10 | Sean Fay | 03/31 | Priscilla Hall | 04/19 |
| Wendy Smith | 03/10 | Tyler Oneill | 03/31 | Latroya Baucum | 04/20 |
| John Dowd | 03/11 | Alice Rubel | 03/31 | Rezari Fitz | 04/20 |
| Nicole Nagel | 03/12 | Keith Louis | 03/31 | Darroll Booth | 04/20 |
| John Hargrove | 03/13 | John Tighe | 04/01 | Paul Lee | 04/20 |
| Sequnda Seymour | 03/17 | Pooja Dass | 04/03 | Kylah Tapp | 04/22 |
| Ryan Kent | 03/18 | John Wilson | 04/04 | Maajid Johnson | 04/22 |
| Jacob Royandoyan | 03/18 | Barbara Cornelius | 04/05 | Aidan Dolan | 04/22 |
| Rosalie Piccolo | 03/19 | Stephen Soares | 04/06 | Luis Ortiz | 04/24 |
| Sandra Feldman | 03/19 | Simon Martins | 04/06 | Thomas Giacobbe | 04/24 |
| Gregory Smith | 03/20 | Joshua Alves | 04/06 | Jillisa Smith | 04/24 |
| Dianna Simms | 03/21 | Chris MacMahon | 04/07 | Dennis Rodriguez | 04/24 |
| David Valone | 03/22 | Jennifer Brown | 04/07 | Michael Davis | 04/25 |
| William Gallagher | 03/23 | Patricia Delaney | 04/08 | Camille Castellane | 04/26 |
| William VanGinkel | 03/23 | George Cluen | 04/08 | Joanne Nevola | 04/27 |
| Catherine Sala | 03/24 | William Kelly | 04/09 | Fernando Rodrigues | 04/28 |
| Nadima Vasquez-Salmassi | 03/24 | Lawrence Marcus | 04/10 | Christian Gonzalez | 04/29 |
| Preston Adams | 03/24 | Robert Pittarelli | 04/10 | Barbara Pinksaw | 04/30 |
| Joan Favia | 03/25 | Danielle Dalley | 04/11 | Marion Wade | 04/30 |
| Diana Herrera | 03/26 | Sally Stagg | 04/11 | | |





Member Spotlight!



Belinda Malave has been an advocate for years even prior to her move to Community Access Unlimited. Since Belinda has become a CAU member in 2013, she has been a part of the New American Movement for People with DD. She has been an avid advocate, attending meetings in Trenton, as well as speaking at numerous hearings regarding Disability rights. She is always up for a challenge and looks for ways to challenge herself. She actively participates in interfaith groups, Helping Hands, and outside community outreach programs.

Belinda is eager to provide assistance to staff and members to better service this population. She is outgoing and optimistic. Belinda has always been a mentor to others, always providing the right choice of words when someone is seeking a friend to talk to in time of need.

Helping Hands Self Advocacy

March 3rd

April 14th

6:00 PM—8:00 PM CAU Main Office,
80 West Grand St, Elizabeth, NJ

UPCOMING OVERNIGHT TRIPS

⇒ **Atlantic City, NJ**

May 26-29, 2020

⇒ **Myrtle Beach, SC**

June 14-18, 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

St. Patrick's Day Party

March 13, 2020

Location: CAU Auditorium

Cost: \$30.00

**WEAR YOUR BEST
GREEN OUTFIT!**



Spring Party

April 17, 2020

Location: CAU Auditorium

Cost: \$30.00



CAU Recreation Guidelines

1

Choose events that interest you and contact us for availability:

Recreation Instructor, Asia Mitchell at AMitchell@caunj.org Or
908-354-3040 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.

GET OUT & ABOUT

Cabaret & Cupcake Wars

Date: Friday, March 20, 2020

Time: 6:00—8:00 PM

Location: 80 West Grand St. Elizabeth, NJ

Cost: \$30.00



Awards Night

Date: Thursday, April 2, 2020

Time: 6:00—10:00 PM

Location: Embassy Suites, Berkeley Heights

Cost: \$95.00



Helping Hands

Date: Tuesdays, March 3rd & April 7th

Time: 6:00 PM - 8:00 PM

Location: 80 West Grand St. Elizabeth, NJ

Cost: First meeting is free; \$4 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 10-11

March 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|--|---|--|---|
| 1) | 2) Dave & Busters  | 3) Helping Hands  | 4) Bowling  | 5) Long Horn  | 6) Karaoke & Pizza  | 7) UCICC Religious Services |
| 8) | 9) Olive Garden  | 10) AMC  | 11) Arts & Crafts  | 12) No event | 13) St. Patrick's Day Party  | 14) UCICC Religious Services |
| 15) | 16) Famous Dave's  | 17) Top Golf  | 18) Rainforest Café  | 19) Bingo & Subs  | 20) Cabaret  | 21) Sahara Sam's  |
| 22) | 23) Yoga  | 24) Karaoke & Pizza  | 25) Bowling  | 26) No event | 27) Applebee's  | 28) UCICC Religious |
| 29) | 30) Top's Diner  | 31) Ceramics  | | | | |

April 2020

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---|---|---|--|---|------------------------------|
| | | | 1) Chevys  | 2) Awards Night  | 3) Wei Buffet  | 4) UCICC Religious Services |
| 5) | 6) Art Show  | 7) Easter/Passover  | 8) Bowling  | 9) Friday's  | 10) OFFICE CLOSED | 11) UCICC Religious Services |
| 12) | 13) Cheesecake Factory  | 14) Helping Hands  | 15) Bingo & Subs  | 16) Dave & Busters  | 17) Spring Party  | 18) UCICC Religious Services |
| 19) | 20) Benihana  | 21) Top Golf  | 22) Paint & Sip  | 23) Sea Quest Aquarium  | 24) Olive Garden  | 25) UCICC Religious Services |
| 26) | 27) Red Lobster  | 28) Buffalo Wild Wings  | 29) Bowling  | 30) Applebee's  | | |

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 |
|------|---------------------------|------------------|--------------------|-----------------------|-----------------------|-------|
| 3/02 | Dave & Busters | 6:00 PM-8:00 PM | \$70.00 | \$75.00 | \$75.00 | |
| 3/03 | Helping Hands | 6:00PM-8:00PM | \$4.00 | \$4.00 | \$4.00 | |
| 3/04 | Bowling Night | 6:00 PM-8:00 PM | \$45.00 | \$50.00 | \$50.00 | |
| 3/05 | Long Horn | 6:00 PM-8:00 PM | \$70.00 | \$75.00 | \$75.00 | |
| 3/06 | Karaoke & Pizza | 6:00 PM-8:00 PM | \$40.00 | \$45.00 | \$45.00 | |
| 3/07 | UCICC Religious Services | 11:00AM—2:00 PM | FREE | FREE | FREE | |
| 3/09 | Olive Garden | 6:00PM—8:00 PM | \$70.00 | \$75.00 | \$75.00 | |
| 3/10 | AMC | 6:00PM-9:00PM | \$50.00 | \$55.00 | \$55.00 | |
| 3/11 | Arts & Crafts | 6:00 PM-8:00 PM | \$40.00 | \$45.00 | \$45.00 | |
| 3/13 | St. Patrick's Day Party | 6:00 PM-8:00 PM | \$30.00 | \$35.00 | \$35.00 | |
| 3/14 | UCICC Religious Services | 11:00AM—2:00 PM | FREE | FREE | FREE | |
| 3/16 | Famous Dave's | 6:00PM-8:00PM | \$70.00 | \$75.00 | \$75.00 | |
| 3/17 | Top Golf | 6:00PM-8:00PM | \$70.00 | \$75.00 | \$75.00 | |
| 3/18 | Rain Forest Café | 6:00PM-8:00PM | \$70.00 | \$75.00 | \$75.00 | |
| 3/19 | Bingo & Subs | 6:00 PM- 8:00 PM | \$40.00 | \$45.00 | \$45.00 | |
| 3/20 | Cabaret | 7:30PM—9:30 PM | \$10.00 | \$10.00 | \$10.00 | |
| 3/21 | Sahara Sam's/Census Event | 6:00 PM-8:00 PM | \$80.00 | \$85.00 | \$85.00 | |
| 3/23 | Yoga | 6:00PM-8:00PM | \$25.00 | \$30.00 | \$30.00 | |
| 3/24 | Census—We Count Too! | 6:00PM-8:00PM | FREE | FREE | FREE | |
| 3/25 | Bowling Night | 6:00 AM—8:00 PM | \$45.00 | \$50.00 | \$50.00 | |
| 3/27 | Applebee's | 6:00PM—8:00 PM | \$70.00 | \$75.00 | \$75.00 | |
| 3/28 | UCICC Religious Services | 11:00AM—2:00 PM | FREE | FREE | FREE | |
| 3/30 | Top's Diner | 6:00PM-8:00PM | \$70.00 | \$75.00 | \$75.00 | |
| 3/31 | Ceramics | 6:00PM—8:00 PM | \$25.00 | \$30.00 | \$30.00 | |

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 |
|------|---------------------------------|-------------------|--------------------|-----------------------|-----------------------|-------|
| 4/01 | Chevys/Census Event | 6:00PM-8:00PM | \$70.00 | \$75.00 | \$75.00 | |
| 4/02 | Awards Night | 6:00PM— 10:00PM | \$95.00 | \$95.00 | \$95.00 | |
| 4/03 | Wei Buffet | 6:00 PM-8:00 PM | \$60.00 | \$65.00 | \$65.00 | |
| 4/04 | UCICC Religious Services/Census | 11:00 AM— 2:00 PM | FREE | FREE | FREE | |
| 4/06 | Art Show | 6:00PM-8:00PM | \$25.00 | \$30.00 | \$30.00 | |
| 4/07 | Easter/Passover Celebration | 6:00PM-8:00PM | FREE | FREE | FREE | |
| 4/08 | Bowling Night | 6:00PM-8:00PM | \$45.00 | \$50.00 | \$50.00 | |
| 4/9 | Friday's | 6:00PM—8:00PM | \$70.00 | \$75.00 | \$75.00 | |
| 4/10 | Office Closed | | | | | |
| 4/11 | UCICC Religious Services | 11:00 AM— 2:00 PM | FREE | FREE | FREE | |
| 4/13 | Cheesecake Factory | 6:00PM—8:00PM | \$70.00 | \$75.00 | \$75.00 | |
| 4/14 | Helping Hands | 6:00PM-8:00PM | \$4.00 | \$4.00 | \$4.00 | |
| 4/15 | Bingo & Subs | 6:00PM-8:00PM | \$40.00 | \$45.00 | \$45.00 | |
| 4/16 | Dave & Busters/Census Event | 6:30 PM- 8:30 PM | \$70.00 | \$75.00 | \$75.00 | |
| 4/17 | Spring Party | 6:00PM—8:00 PM | \$30.00 | \$35.00 | \$35.00 | |
| 4/18 | UCICC Religious Services | 11:00 AM— 2:00 PM | FREE | FREE | FREE | |
| 4/20 | Benihana | 6:00PM-8:00PM | \$70.00 | \$75.00 | \$75.00 | |
| 4/21 | Top Golf | 6:00PM-8:00PM | \$70.00 | \$75.00 | \$75.00 | |
| 4/22 | Paint & Sip/Census Event | 6:00 PM-8:00 PM | \$40.00 | \$45.00 | \$45.00 | |
| 4/23 | Sea Quest Aquarium | 6:00PM-8:00PM | \$80.00 | \$85.00 | \$85.00 | |
| 4/24 | Olive Garden | 6:00PM— 8:00PM | \$70.00 | \$75.00 | \$75.00 | |
| 4/25 | UCICC Religious Service | 11:00AM-2:00PM | FREE | FREE | FREE | |
| 4/27 | Red Lobster | 6:00PM— 8:00PM | \$70.00 | \$75.00 | \$75.00 | |
| 4/28 | Buffalo Wild Wings/Census | 6:00PM— 8:00PM | \$70.00 | \$75.00 | \$75.00 | |
| 4/29 | Bowling Night | 6:00PM— 8:00PM | \$45.00 | \$50.00 | \$50.00 | |
| 4/30 | Applebee's | 6:00PM— 8:00PM | \$70.00 | \$75.00 | \$75.00 | |

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



80 West Grand Street

Elizabeth, NJ 07202

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

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

NON-PROFIT
ORGANIZATION

U.S. POSTAGE PAID

PERMIT 225

Elizabeth, NJ



CAU COMMUNITY PLAYERS PRESENTS

GUYS AND DOLLS JR.

COMING THIS SUMMER!

Stay Tuned for Rehearsal dates!

