the CAYou

Sponsored by the CAU RECREATION DEPARTMENT

November & December 2018

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COMMUNITY ACCESS UNLIMITED

THE cau ADVANTAGE

Get Involved In Your Community

COMING SOON!!!!!

2019 TRAVEL BROCHURE

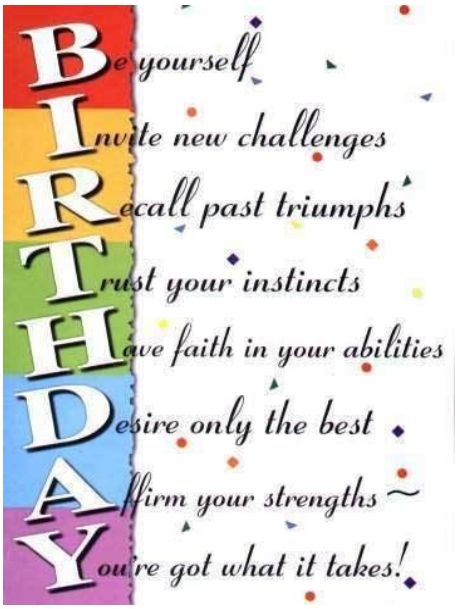
Be on the look for The 2019 Travel Guide.

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!

11/01 Benjamin Wintfeld
11/03 Lee Bongiovi
11/04 Matthew Stefanick
11/06 Barbara Klatt
11/10 Maurice Stephens
11/11 Learea Heath
11/11 Valda Branch
11/12 Donato Tenore
11/13 Ruth Minerd
11/14 Katherine Gillison
11/14 Lauren Meltzer
11/14 Thomas Calamito
11/15 Anthony Howard
11/15 Matthew Jacobs
11/15 Michael Conrad
11/16 Claude Robinson
11/16 Connie Burdi
11/16 Johnson Phillipe
11/19 Dwayne Smith
11/19 Hassan Coleman
11/20 Kathy Mollen-Marcus
11/20 SC Test
11/20 Sharon Schappe
11/21 Quadirah Thomas
11/21 Ronald Radcliff
11/22 Alan Fan
11/24 Frederick Chung
11/24 John Barker
11/24 Joy Smith
11/24 Timothy McLorin
11/25 Alanna Walsh
11/26 Brian Smith
11/26 Donna Sue Crosby
11/28 Alton Murphy
11/29 Robert Ward
12/01 Cesar Perez
12/01 Steven Agolia
12/02 Niam Kearney
12/04 Imrane Benmguirida
12/05 Karen Stevens
12/06 Charles Jackson
12/06 Kardy Goe
12/06 Kathleen McGrath
12/08 Edwin Lopez
12/09 Margaret Carlos
12/09 Robert Freese
12/10 Deborah Campbell
12/10 India Rose
12/11 Pamela Gilmore
12/12 Christina Menna
12/12 Christina Witowsky
12/12 Michele Bartolucci
12/12 Raheem Smith
12/12 Stephen Drake
12/15 Peter Rusu
12/15 Rafael Hernandez
12/17 Diane Puma
12/17 Wendy Montesdeoca
12/18 Emmet Smith
12/19 Daryl Nelson
12/19 Michael Roemisch
12-21 Eugene Wohl
12/21 Tony Brown
12/22 Louise Averhoff
12/23 Kimberly Rosato
12-23 Scott Cherewich
12/24 Carol Petties
12/24 Mary Behory
12/25 Joseph Morales-Ward
12/26 John Drescher
12/27 Felicia Cowan
12/28 Ashley Lasanta
12/28 Bruce Brown
12/29 Margaret Laino
12/30 Christopher Brown
12/31 Arnold Feldman
12/31 Joth Ruch
12/31 Lesley Dishuk



MEMBER'S SPOTLIGHT

Sharon is one of the SLAP members at Hillside 1. She is a bundle of joy to be around and has a memorable laugh that lightens up a room. She enjoys attending CAU recreation events and always interacts with all the members that attend. She has a positive outlook on turning any situation around if any problems should arise.

Sharon makes it her top priority to be prompt when attending events. She loves to attend social events such as Medieval Times. She enjoys getting her nails done and watching the minions (bananas!) in her spare time. In 2018 Sharon acted in the CAU Community Players production of Annie Jr and she looks forward to next year's production!

Sharon has made several friends attending CAU recreation events, but none better than her best friend Danielle Dalley! Sharon is someone her roommates look to for information about recreation and is a frequent visitor to the office to follow up on new events. So lets all celebrate Sharon Mohry for earning CAU Recreation Member Spotlight!

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.**

EVENTS

New Years Party

Date: Monday night, Dec. 31st to Jan. 1st
Time: 9:00 PM - 12:30 AM
Location: 80 West Grand St. Elizabeth, NJ
Cost: $35 for all attendees

Ring in the new year with food, friends and fun! All attendees will receive a gift!

Medieval Times

Date: Friday, Nov. 30th & Thursday, Dec. 27th
Time: 6:00 PM - 9:00 PM
Location: 149 Polito Ave. Lyndhurst, NJ
***Pick Up is at the CAU Main Office promptly at 5:30 PM**

Calling all lords and ladies! Visit the wonderful castle of Medieval Times!

Cost: $65—Single CAU Member
$75—CAU Member with Direct Care Supervision
$75—Single Community Member

Helping Hands

Date: Tuesdays, November 20th & December 4th
Time: 6:00 PM - 8:00 PM
Location: Cafeteria, 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 conducing professional workshops. Meetings are held monthly and are open to all people with disabilities.

Game Night and Pizza

Date: Mon., Nov. 12th & Wed., Dec. 5th

Time: 6:00 PM - 8:00 PM

Location: 80 West Grand Street, Elizabeth, NJ

***Please Arrive to CAU by 5:30pm**

Cost: $25—Single CAU Member
$30—CAU Member with Direct Care Supervision
$30—Single Community Member

Top Golf

Date: Monday December 3rd

Time: 6:00 PM - 9:00 PM

Location: 1013 US RT 1, Edison, NJ

***All members must arrive CAU Main Office at 5:30 PM**

Cost: $60—Single CAU Member
$65—CAU Member with Direct Care Supervision
$65—Single Community Member

Open Swim @ YMCA

Date: Tuesdays, Nov. 20th & Dec. 11th

Time: 6:00 PM - 8:00 PM

Location: Scotch Plains-Fanwood YMCA

Cost: $5—Single CAU Member
$5—CAU Member with Direct Care Supervision
$5—Single Community Member

Please arrive at the main office by 5:15pm to be able to enjoy the pool

Stroll & Roll

Date: Sunday November 4th
Time: 10:00 am - 2:00 PM
Location: Echo Lake Park, Mountainside, NJ
Cost: $10—All attendees

Bowlmor Bowling!

Date: Friday, Nov. 2nd & Thursday, Dec. 6th
Time: 6:00 PM - 8:00 PM
Location: 388 US Route 22, Greenbrook, NJ
***Pick Up is at the CAU Main Office promptly at 5:45 PM**

Cost: $60—Single CAU Member
$65—CAU Member with Direct Care Supervision
$65—Single Community Member

Evening will include 2 hours of bowling time, Shoe Rentals, and food

Day at the Zoo

Date: Sunday, November 25th
Time: 12:00 PM - 3:00 PM
Location: Turtle Back Zoo, West Orange, NJ
***Pick Up is at the CAU Main Office promptly at 11:30 AM**
Cost: $35—Single CAU Member
$40—CAU Member with Direct Care Supervision
$40—Single Community Member

ESSEX COUNTY TURTLE BACK ZOO

Sensory Friendly Nutcracker

Date: Sunday, December 2nd

Time: 1:00 pm - 3:00 PM

Location: 1601 Irving St. Rahway, NJ.

***All participants must meet at the CAU Main Office promptly at 12:30 PM to attend**

Cost: $20—Single CAU Member
$24—CAU Member with Direct Care Supervision
$24—Single Community Member

Liberty Science Center After Dark

Date: Thursday, December 20th

Time: 5:00 pm - 9:00 PM

Location: 222 Jersey City Blvd, Jersey City, NJ

***All participants must meet at the CAU Main Office promptly at 5:00 PM to attend**

Cost: $40—Single CAU Member
$44—CAU Member with Direct Care Supervision
$44—Single Community Member

Radio City Christmas Show

Date: Sunday, November 11th

Time: 1:00 PM - 5:00 PM

Location: Radio City Music Hall, NY

***All participants must meet at the CAU Main Office promptly at 12:00 PM to attend**

Cost: $85—Single CAU Member
$90—CAU Member with Direct Care Supervision
$90—Single Community Member

Trip to Rockafeller Tree & Lunch

Date: Sunday, December 9th
Time: 1:00 PM - 4:00 PM
Location: Rockefeller Center, NY

***All participants must meet at the CAU Main Office promptly at 12:30 PM to attend**
Cost:
$30—Single CAU Member
$34—CAU Member with Direct Care Supervision
$34—Single Community Member

Monster Mini Golf

Date: Fridays, November 16th & December 7th
Time: 6:00 PM - 9:00 PM
Location: 775 U.S. 1, Edison NJ
***All members must arrive CAU Main Office at 5:30 PM**

Cost: $25—Single CAU Member
$30—CAU Member with Direct Care Supervision
$30—Single Community Member

UCICC Saturday Religious Service

November Dates: 3rd, 10th, 17th, & 24th
December Dates: 1st, 8th, 15th, 22nd, & 29th
Time: 11:00 AM - 1:00 PM
Location: 80 West Grand Street, Elizabeth, NJ
Free for all who attend
All Faiths Welcome

LIGHTS! CAMERA! ACTION!

The **CAU Community Players** Invite YOU to come to the

2019 Theatre Production Reveal & Information Session!

Do you enjoy acting, singing, dancing, performing or creating set pieces, props, and costumes? Join us for this information session for how you can get involved in this year's Theatre Production and find out what this year's show will be! Auditions for the show will take place January 2019

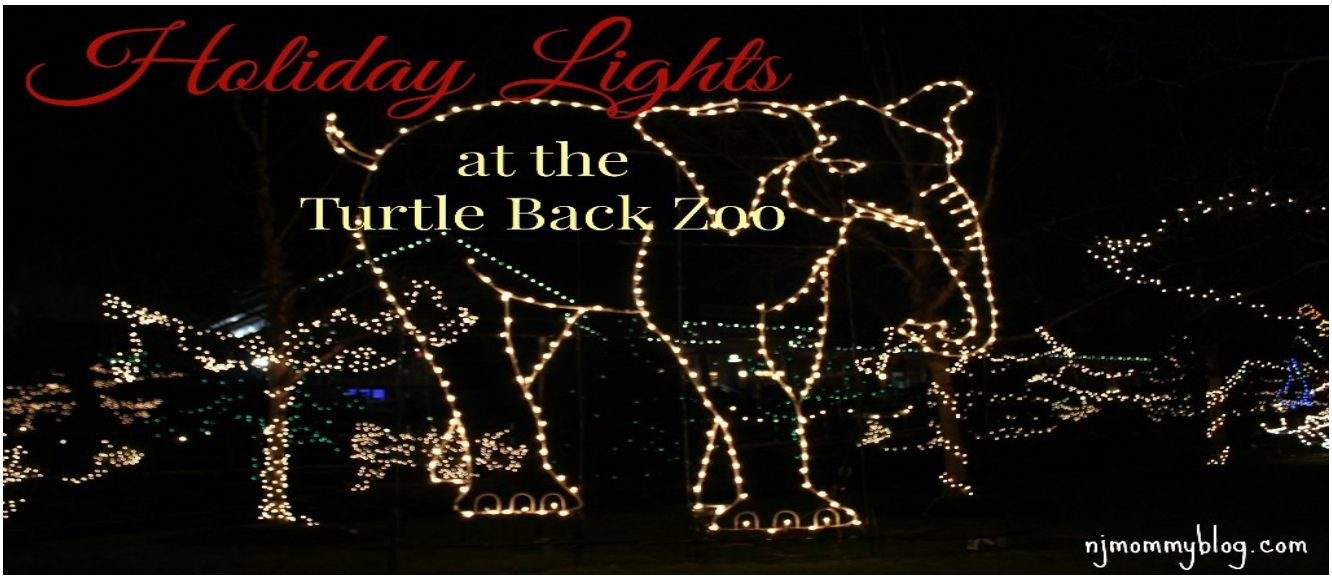
Tuesday, November 13

Starting at 6:30 PM

The Auditorium at 80 West Grand St.
Elizabeth, NJ 07202

Contact William Busch for more information at
908-354-3040 x4280 or wbusch@caunj.org

Holiday Lights @ Turtleback Zoo



Date: Monday, December 17th
Time: 6:00 PM - 8:00 PM
Location: Turtleback Zoo, West Orange, NJ
***All members must arrive to CAU promptly by 5:30 PM**
Cost: $5 for all attendees

Movie Matinees *Includes choice of movie, popcorn and a beverage at the theatre!*

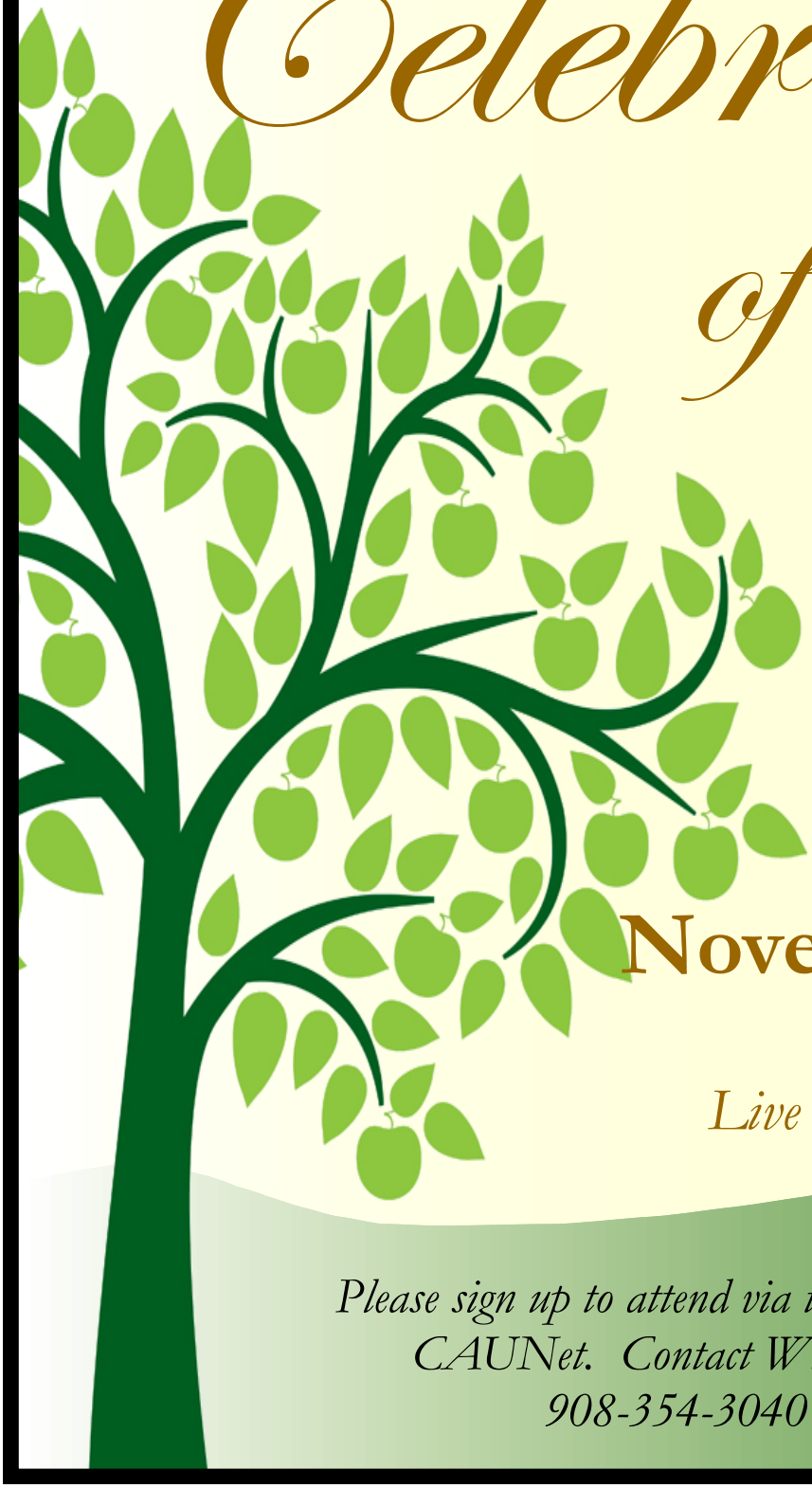
Event Date: Sundays, November 18th & December 16th
Event Time: 12:00 PM—3:00 PM
Event Cost: Single CAU Member—$35
CAU Member with Direct Care Supervision—$37
Single Community member—$37

Gather with us to celebrate the lives of those we miss and love.

Celebration of Life

and

Tree of Life Dedication



November 7, 2018

6:00—8:00 PM

Live Music & Dinner to be served

Please sign up to attend via the Recreation Portal found on CAUNet. Contact William Busch with questions at 908-354-3040 x4280 or wbusch@caunj.org

Holiday Express

Date: Thursday, November 15th
Time: 6:00 PM - 8:00 PM
Location: CAU Main Office
***All members must arrive to CAU promptly by 5:30 PM**

Cost: Free for all attendees

SPACE IS LIMITED! Pre-Registration through CAUNet is Required.

FEAST WITH FRIENDS | November DINING EVENTS

EVENT COST:

- Single CAU Member—$45
- CAU Member with Direct Care Supervision—$49
- Single Community Member—$49

FOR ALL DINING EVENTS:

- There are 12 spots available per event
- Members must meet at the CAU Main Office promptly **40 min.** before to drive over to the restaurant.

Restaurant	Date	Time	Location
TGI Fridays	Thursday, November 1st	6:00 PM - 8:00 PM	278 US-22 Springfield, NJ
Benihana	Thursday, November 8th	6:00 PM - 8:00 PM	Menlo Park Mall, Edison, NJ
Dave & Busters	Friday, November 9th	6:00 PM - 8:00 PM	274 Woodbridge Center Dr., Woodbridge, NJ
Flaming Grill & Buffet	Wednesday, November 14th	6:00 PM - 8:00 PM	1701 W. Edgar Road, Linden NJ
Red Lobster	Wednesday, November 21st	6:00 PM - 8:00 PM	2520 Rte 22, Union, NJ
Tropicana Diner	Monday, November 26th	6:00 PM - 8:00 PM	537 Morris Ave., Elizabeth, NJ
Applebee's	Wednesday, November 28th	6:00 PM - 8:00 PM	1721 Morris Ave., Union, NJ
Outback Steakhouse	Wednesday, November 27th	6:00 PM - 8:00 PM	901 Mountain Ave., Springfield, NJ
IHOP	Thursday, November 29th	6:00 PM - 8:00 PM	2500 Route 22 E., Union, NJ

FEAST WITH FRIENDS | December DINING EVENTS

EVENT COST:

- Single CAU Member—$45
- CAU Member with Direct Care Supervision—$49
- Single Community Member—$49

FOR ALL DINING EVENTS:

- There are 12 spots available per event
- Members must meet at the CAU Main Office promptly **40 mins** before to drive over to the restaurant

Restaurant	Date	Time	Location
Olive Garden	Monday, December 10th	6:00 PM - 8:00 PM	275 US-22, Springfield, NJ
TGIF	Thursday, December 13th	6:00 PM - 8:00 PM	400 South Park Ave., Linden, NJ
Flaming Grill & Buffet	Friday, December 14th	6:00 PM - 8:00 PM	1701 W. Edgar Road, Linden NJ
Outback Steakhouse	Wednesday, December 19th	6:00 PM - 8:00 PM	901 Mountain Ave., Springfield, NJ
Red Lobster	Friday, December 21st	6:00 PM - 8:00 PM	2520 Rte 22, Union, NJ
IHOP	Wednesday, December 26th	6:00 PM - 8:00 PM	2500 Route 22 E., Union, NJ
Applebee's	Friday December 28th	6:00 PM - 8:00 PM	1721 Morris Ave., Union, NJ

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1) TGIF	2) Bowlmor Bowling	3) Religious Service
4) Stroll & Roll	5) Bingo & Subs	6) Election Day	7) Celebration of Life	8) Benihana	9) Dave & Busters	10) Religious Service
11) Radio City Christmas	12) Game Night And Pizza	13) CAU Players Reveal Party	14) Flaming Grill & Buffet	15) Holiday Express	16) Monster Mini Golf	17) Religious Service
18) Movie Matinee	19) Karaoke Night	20) Open Swim* Helping Hand	21) Red Lobster	22) Office Closed	23) Office Closed	24) Religious Service
25) Day at the Zoo	26) Tropicana Diner	27) Outback Steakhouse	28) Applebee's	29) Breakfast for Dinner	30) Medieval Times	

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1) Religious Service
2) Nutcracker Play	3) Top Golf	4) Helping Hands	5) Game Night and Pizza	6) Bowlmor Bowling	7) Monster Mini Golf	8) Religious Service
9) Rockefeller Tree & Lunch	10) Olive Garden	11) Open Swim	12) Karaoke Night	13) TGIF	14) Flaming Grill & Buffet	15) Religious Service
16) Movie Matinee	17) Holiday Lights @ Zoo	18) Bingo & Subs	19) Outback Steakhouse	20) Liberty Science	21) Red Lobster	22) Religious Service
23) No Recreation	24) Office Closed	25) Office Closed	26) Breakfast for Dinner	27) Medieval Times	28) Applebee's	29) Religious Service
30) No Rec	31) NYE Party					

NOVEMBER 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
11/01	TGIF	6:00 - 8:00 PM	$45.00	$49.00	$49.00	
11/02	Bowlmor Bowling!	6:00—8:00 PM	$60.00	$65.00	$65.00	
11/03	UCICC Religious Service	11:00am - 1:00 PM	FREE	FREE	FREE	
11/04	Stroll & Roll	12:00 - 2:00 PM	$10	$10	$10	
11/05	Bingo and Subs	6:00 - 7:30 PM	$20.00	$25.00	$25.00	
11/20	Helping Hands	6:00 - 8:00 PM	$2.00	$2.00	$2.00	
11/07	Celebration of Life	6:00 - 8:00 PM	FREE	FREE	FREE	
11/08	Benihana	6:00 - 8:00 PM	$45.00	$49.00	$49.00	
11/09	Dave & Busters	6:00 - 8:00 PM	$45.00	$49.00	$49.00	
11/10	UCICC Religious Service	11:00am - 1:00 PM	FREE	FREE	FREE	
11/11	Radio City Christmas Show	1:00 - 5:00 PM	$85.00	$90.00	$90.00	
11/12	Game Night and Pizza	6:00 - 8:00 PM	$25.00	$30.00	$30.00	
11/13	CAU Players Reveal Party	6:30 - 8:00 PM	$10.00	$10.00	$10.00	
11/14	Flaming Grill & Buffet	6:00 - 8:00 PM	$45.00	$49.00	$49.00	
11/15	Holiday Express	6:00 - 8:00 PM	FREE	FREE	FREE	
11/16	Monster Mini Golf	6:00 - 9:00 PM	$25.00	$30.00	$30.00	
11/17	UCICC Religious Service	11:00am - 1:00 PM	FREE	FREE	FREE	
11/18	Movie Matinee	12:00-4:00pm	$40.00	$42.00	$42.00	
11/19	Karaoke Night	6:00 - 8:00 PM	$15.00	$18.00	$18.00	
11/20	Open Swim	6:00 - 8:00 PM	$5.00	$5.00	$5.00	
11/21	Red Lobster	6:00 - 8:00PM	$45.00	$49.00	$49.00	
11/22	OFFICE CLOSED	N/A	N/A	N/A	N/A	
11/23	OFFICE CLOSED	N/A	N/A	N/A	N/A	
11/24	UCICC Religious Service	11:00am - 1:00 PM	FREE	FREE	FREE	
11/25	Day at the Zoo	12:00 - 3:00PM	$35.00	$40.00	$40.00	
11/26	Tropicana Diner	6:00 - 8:00 PM	$45.00	$49.00	$49.00	
11/27	Outback Steakhouse	6:00 - 8:00 PM	$45.00	$49.00	$49.00	
11/28	Applebee's	6:00 - 8:00 PM	$45.00	$49.00	$49.00	
11/29	Breakfast for Dinner @ IHOP	6:00 - 8:00 PM	$45.00	$49.00	$49.00	
11/30	Medieval Times	6:00 - 9:00 PM	$65.00	$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 to Community Access Unlimited and include the following:
Name of Event/Class, Date of Event/Class, and Full Name of Attendee

DECEMBER 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
12/01	UCICC Religious Service	11:00am - 1:00 PM	FREE	FREE	FREE	
12/02	Sensory Friendly Nutcraker	1:00—3:00 PM	$20.00	$24.00	$24.00	
12/03	Top Golf	6:00 - 9:00 PM	$60.00	$65.00	$65.00	
12/04	Helping Hands	6:00 - 8:00 PM	$2.00	$2.00	$2.00	
12/05	Game Night and Pizza	6:00 - 8:00 PM	$25.00	$30.00	$30.00	
12/06	Bowlmor Bowling!	6:00—8:00 PM	$60.00	$65.00	$65.00	
12/07	Monster Mini Golf	6:00 - 9:00 PM	$25.00	$30.00	$30.00	
12/08	UCICC Religious Service	11:00am - 1:00 PM	FREE	FREE	FREE	
12/09	Rockefeller Tree and lunch	1:00 - 4:00 PM	$30.00	$34.00	$34.00	
12/10	Olive Garden	6:00 - 8:00 PM	$45.00	$49.00	$49.00	
12/11	Open Swim	6:00 - 8:00 PM	$5.00	$5.00	$5.00	
12/12	Karaoke Night	6:00 - 8:00 PM	$15.00	$18.00	$18.00	
12/13	TGIF	6:00 - 8:00 PM	$45.00	$49.00	$49.00	
12/14	Flaming Grill & Buffet	6:00 - 8:00 PM	$45.00	$49.00	$49.00	
12/15	UCICC Religious Service	11:00am - 1:00 PM	FREE	FREE	FREE	
12/16	Movie Matinee	12:00-4:00pm	$40.00	$42.00	$42.00	
12/17	Holiday Lights @ Turtleback Zoo	6:00 - 8:00 PM	$5.00	$5.00	$5.00	
12/18	Bingo and Subs	6:00 - 7:30 PM	$20.00	$25.00	$25.00	
12/19	Outback Steakhouse	6:00 - 8:00 PM	$45.00	$49.00	$49.00	
12/20	Liberty Science Center After Dark	5:00 - 9:00 PM	$40.00	$44.00	$44.00	
12/21	Red Lobster	6:00 - 8:00PM	$45.00	$49.00	$49.00	
12/22	UCICC Religious Service	11:00am - 1:00 PM	FREE	FREE	FREE	
12/23	No Rec Event	N/A	N/A	N/A	N/A	
12/24	OFFICE CLOSED	N/A	N/A	N/A	N/A	
12/25	OFFICE CLOSED	N/A	N/A	N/A	N/A	
12/26	Breakfast for Dinner @ IHOP	6:00 - 8:00PM	$45.00	$49.00	$49.00	
12/27	Medieval Times	6:00 - 9:00 PM	$65.00	$75.00	$75.00	
12/28	Applebee's	6:00 - 8:00 PM	$45.00	$49.00	$49.00	
12/29	UCICC Religious Service	11:00am - 1:00 PM	FREE	FREE	FREE	
12/30	No Rec Event	N/A	N/A	N/A	N/A	
12/31	NYE Party	9:00 PM-12:00AM	$35.00	$35.00	$35.00	

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 to Community Access Unlimited and include the following: Name of Event/Class, Date of Event/Class, and Full Name of Attendee

CAU Recreation Guidelines

Sign Up to participate in a Recreation Event—it's as easy as 1, 2, 3!

1 Choose events that interest you and contact the Director of Community Integrations to check availability.

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 Dir. Of Community Integrations to reserve your spot for your favorite rec. event.

3 All participants must complete the Monthly Recreation Sign-Up Worksheet (included on page 17-18) and return with payment to:
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 the event once their attendance at the event has been confirmed. 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, so a reservation is required
- If you are unable to attend a class or event you have signed up for, notify the Recreation Department at 908-354-3040 x4280 within 10 business days advance in order to receive a refund or credit. If the Recreation Department is NOT notified, no refund or credit will be 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.

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

Community Access Unlimited's

Overnight Trips 2019

COMING SOON

Visit our website at www.caunj.org under "Recreation" for the latest updates & announce-