# the CAYou

Sponsored by the

CAU Recreation Department

## November & December 2019

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**Details on our 2019 Travel Calendar are on Page 3!**

**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!

| | | | | | |
|---|---|---|---|---|---|
| 11/11 | Abott, Ronald | 11/05 | Fullman, Niahope | 12/24 | Petties, Carol |
| 12/01 | Agolia, Steven | 12/11 | Gaeta, Jessica | 11/16 | Phillipe, Johnson |
| 12/26 | Alves, Luis | 12/09 | Garcia, Joshua | 11/20 | Previlon, Edwich |
| 12/22 | Averhoff, Louis | 11/14 | Gillison, Katherine | 12/17 | Puma, Diane |
| 12/30 | Bailey, Jonathon | 12/11 | Gilmore, Pamela | 11/04 | Reiss, Julian |
| 11/24 | Barker, John | 11/03 | Gnarra, Irene | 11/21 | Roberts, Nicole S |
| 12/12 | Bartolucci, Michele | 12/06 | Goe, Kardy | 11/16 | Robinson, Claude |
| 12/24 | Behory, Mary | 12/17 | Gomber, Kevin | 12/13 | Roemisch, Michael |
| 11/03 | Bongiovi, Lee | 12/07 | Gonzalez, Bryan | 12/23 | Rosato, Kimberly |
| 12/11 | Bowden, Nichole | 12/12 | Grasso, Jason | 12/10 | Rose, India |
| 11/11 | Branch, Valda | 11/11 | Heath, Learea | 12/31 | Ruch, Joth |
| 12/28 | Brown, Bruce | 12/15 | Hernandez, Rafael | 12/15 | Rusu, Peter |
| 12/30 | Brown, Christopher | 12/21 | Herrera, Marta | 12/14 | Saeed, Aishah |
| 12/21 | Brown, Tony | 11/15 | Howard, Anthony | 11/20 | Schappe, Sharon |
| 11/16 | Burdi, Connie | 12/06 | Jackson, Charles | 12/24 | Sethi, Balbir |
| 12/16 | Burns, Shataya | 11/30 | Jones, Kebria | 11/23 | Sexton , Danielle |
| 11/14 | Calamito, Thomas | 12/19 | Karg , Laura | 11/26 | Smith, Brian |
| 12/10 | Campbell, Deborah | 12/02 | Kearney, Niam | 11/19 | Smith, Dwayne |
| 12/09 | Carlos, Margaret | 12/20 | King, Carol | 12/18 | Smith, Emmett |
| 11/25 | Cawthorn, Alexander | 12/07 | King, Edward | 11/24 | Smith, Joy |
| 12/23 | Cherewich, Scott | 11/29 | Kiseli, Joanna | 12/12 | Smith, Raheem |
| 12/23 | Cole, Deidra | 12/29 | Laino, Margaret | 11/04 | Stefanick, Matthew |
| 11/19 | Coleman, Hassan | 12/28 | Lasanta, Ashley | 11/10 | Stephens, Maurice |
| 11/15 | Conrad, Michael | 12/30 | Lebers, James | 12/05 | Stevens, Karen |
| 11/08 | Conroy, Katherine | 12/22 | Lemme, Christopher | 12/28 | Swiney, Michael |
| 12/10 | Covello, Angela | 11/05 | Lesanics, Judith | 11/12 | Tenore, Donato D |
| 12/27 | Cowan, Felicia | 12/22 | LoBosco, Eric | 12/13 | Tenore, Norma |
| 11/26 | Crosby, Donna Sue | 12/26 | Louie, Lesley | 12/14 | Thomas , Janet |
| 12/27 | Dalessandro, Patricia | 11/24 | Manley, Devin | 11/21 | Thomas, Quadirah |
| 12/06 | Daub, Christopher | 12/02 | Martin, Abeerah | 11/29 | Van Heest, Gabriella |
| 12/21 | Diangelis, Paul | 11/13 | Mc Gough, Douglas | 11/29 | Ward, Robert |
| 11/29 | Diaz, Tanairy | 11/24 | McLorin, Timothy | 12/26 | Weideli, Michael |
| 12/03 | Dispenza, Alfonso | 11/14 | Meltzer, Lauren | 11/16 | Wendolek, Timothy |
| 11/21 | Dove, Alexander | 11/13 | Minard, Ruth | 11/01 | Wintfeld, Benjamin |
| 12/12 | Drake, Stephen | 11/20 | Mollen-Marcus, Kathy | 12/12 | Witowsky, Christina |
| 11/04 | Edmond, Sarah | 11/18 | Morse, Dawn | | |
| 12/06 | Falco, Brianne | 11/28 | Murphy, Alton | | |
| 11/02 | Franz, Christine | 11/07 | Murphy, Joseph | | |
| 12/09 | Freese, Robert | 12/19 | Nelson, Daryl | | |

## 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. Sharon is someone her roommates look to for information about recreation.

## Wanna Get Away?
## Our Overnight Travel Brochures for 2019 is now available online!

Visit www.caunj.org, and click on "Recreation"

## Helping Hands Self Advocacy

November 12th

December 3rd

6:00—8:00 PM

CAU Main Office, 80 West Grand St.

## 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*

# Holiday Express

**Date:** Thursday, November 14th

**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**

# 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

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

## New Years Party

**Date:** Tuesday night, Dec. 31st to Jan. 1st

**Time:** 9:00 PM - 12:00 AM

**Location:** 80 West Grand St. Elizabeth, NJ

*Ring in the new year with food, friends and fun!*

**Cost:** $30- Single CAU Member

## Medieval Times

**Date:** Friday, Nov. 8th

**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! wonder-*

**Cost:** $70—Single CAU Member

## Helping Hands

**Date:** Tuesdays, November 12th & December 3rd

**Time:** 6:00 PM - 8:00 PM

**Location:** 80 West Grand St. Elizabeth, NJ

*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*

# 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

# November 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| | | | | | 1) Karaoke & Pizza | 2) UCICC Services |
| 3) Movie Matinee | 4) Monday Night Raw | 5) Top Golf | 6) Bowling Night | 7) Bingo & Subs | 8) Medieval Times | 9) UCICC Services |
| 10) Movie Matinee | 11) Applebee's | 12) Helping Hands | 13) Friday's | 14) Holiday Express | 15) NJ Devils | 16) UCICC Services |
| 17) Movie Matinee | 18) Cheesecake Factory | 19) Tops Diner | 20) Rio 22 | 21) No rec event | 22) Game Night | 23) Members Day |
| 24) Movie Matinee | 25) Bingo and Subs | 26) Game Night | 27) Thanksgiving Dance | 28) Office Closed | 29) Office Closed | 30) No rec event |

# December 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| 1) Movie Matinee | 2) Holiday Lights | 3) Helping Hands | 4) Dave & Busters | 5) No rec | 6) Christmas Spectacular | 7) UCICC Services |
| 8) Movie Matinee | 9) Stocking Decorating | 10) Flaming Grill | 11) Paint and Sip | 12) Olive Garden | 13) Movie Night | 14) UCICC Services |
| 15) Movie Matinee | 16) Holiday Lights | 17) Game Night | 18) Bahama Breeze | 19) Color Me Mine | 20) Ugly Sweater Dance | 21) UCICC |
| 22) Movie Matinee | 23) Karaoke & Pizza | 24) Office Closed | 25) Office Closed | 26) Bingo & Subs | 27) Movie Night | 28) UCICC Services |
| 29) Movie Matinee | 30) No Rec | 31) NYE Party | | | | |

# 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 |
|---|---|---|---|---|---|---|
| 11/01 | Karaoke & Pizza | 6:00PM—8:00 PM | $30.00 | $35.00 | $35.00 | |
| 11/02 | UCICC Religious Service | 11:00 AM - 2:00 PM | FREE | FREE | FREE | |
| 11/03 | Movie Matinee | 11:00AM-2:00PM | $40.00 | $45.00 | $45.00 | |
| 11/04 | Monday Night Raw | 6:00 PM-8:00 PM | $90.00 | $100.00 | $100.00 | |
| 11/05 | Top Golf | 6:00 PM- 8:00 PM | $70.00 | $75.00 | $75.00 | |
| 11/06 | Celebration of Life | 6:00 PM-8:00 PM | FREE | FREE | FREE | |
| 11/07 | Bingo & Subs | 6:00PM—8:00 PM | $30.00 | $35.00 | $35.00 | |
| 11/08 | Medieval Times | 6:00PM—8:00 PM | $70.00 | $75.00 | $75.00 | |
| 11/09 | UCICC Religious Service | 11:00 AM - 2:00 PM | FREE | FREE | FREE | |
| 11/10 | Movie Matinee | 11:00AM-2:00PM | $40.00 | $45.00 | $45.00 | |
| 11/11 | Applebee's | 6:00 PM-8:00 PM | $60.00 | $65.00 | $65.00 | |
| 11/12 | Helping Hands | 6:00 PM- 8:00 PM | $4.00 | $4.00 | $4.00 | |
| 11/13 | CAU Play Reveal Party | 6:00 PM-8:00 PM | FREE | FREE | FREE | |
| 11/14 | Holiday Express | 6:00 PM-8:00 PM | FREE | FREE | FREE | |
| 11/15 | NJ Devils | 6:00 PM-11:00 PM | $100.00 | $115.00 | $115.00 | |
| 11/16 | UCICC Religious Service | 11:00 AM - 2:00 PM | FREE | FREE | FREE | |
| 11/17 | Movie Matinee | 11:00AM-2:00PM | $40.00 | $45.00 | $45.00 | |
| 11/18 | Cheesecake Factory | 6:00 PM-8:00 PM | $75.00 | $80.00 | $80.00 | |
| 11/19 | Tops Diner | 6:00 PM-8:00 PM | $75.00 | $80.00 | $80.00 | |
| 11/20 | Rio 22 | 6:00 PM- 8:00 PM | $75.00 | $80.00 | $80.00 | |
| 11/22 | Game Night | 6:00PM—8:00 PM | $30.00 | $35.00 | $35.00 | |
| 11/23 | Members Day | 9:00 AM-3:00 PM | FREE | FREE | FREE | |
| 11/24 | Movie Matinee | 11:00AM-2:00PM | $40.00 | $45.00 | $45.00 | |
| 11/25 | Bingo and Subs | 6:00 PM- 8:00 PM | $30.00 | $35.00 | $35.00 | |
| 11/26 | Game Night | 6:00 PM- 8:00 PM | $30.00 | $35.00 | $35.00 | |
| 11/27 | Thanksgiving Dance | 6:00PM—8:00 PM | $30.00 | $35.00 | $35.00 | |
| 11/28 | Office Closed | | | $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 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 |
|---|---|---|---|---|---|---|
| 12/1 | Movie Matinee | 11:00AM-2:00PM | $40.00 | $45.00 | $45.00 | |
| 12/02 | Holiday Lights @ Turtle Back Zoo | 6:00 PM- 8:00 PM | $5.00 | $10.00 | $10.00 | |
| 12/03 | Helping Hands | 6:00 PM- 8:00 PM | $4.00 | $4.00 | $4.00 | |
| 12/04 | Dave and Busters | 6:00 PM- 8:00 PM | $60.00 | $65.00 | $65.00 | |
| 12/06 | Christmas Spectacular Radio Music | 6:00 PM-11:00 PM | $150.00 | $175.00 | $175.00 | |
| 12/07 | UCICC Religious Service | 11:00 AM - 2:00 PM | FREE | FREE | FREE | |
| 12/08 | Movie Matinee | 11:00AM-2:00PM | $40.00 | $45.00 | $45.00 | |
| 12/09 | Stocking Decorating | 6:00 PM- 8:00 PM | $10.00 | $15.00 | $15.00 | |
| 12/10 | Flaming Grill | 6:00 PM- 8:00 PM | $60.00 | $65.00 | $65.00 | |
| 12/11 | Paint and Sip | 6:00PM– 8:00PM | $40.00 | $45.00 | $45.00 | |
| 12/12 | Olive Garden | 6:00 PM - 8:00 PM | $60.00 | $65.00 | $65.00 | |
| 12/13 | Movie Night | 6:00 PM - 8:00 PM | $10.00 | $15.00 | $15.00 | |
| 12/14 | UCICC Religious Service | 11:00 AM - 2:00 PM | FREE | FREE | FREE | |
| 12/14 | Winter Wonder Lights (Planetarium) | 3:00PM-5:00PM | $20.00 | $25.00 | $25.00 | |
| 12/15 | Movie Matinee | 11:00AM-2:00PM | $40.00 | $45.00 | $45.00 | |
| 12/16 | Holiday Lights @ Turtle Back Zoo | 6:00 PM- 8:00 PM | $5.00 | $10.00 | $10.00 | |
| 12/17 | Game Night | 6:00 PM- 8:00 PM | $30.00 | $35.00 | $35.00 | |
| 12/18 | Bahama Breeze | 6:00 PM- 8:00 PM | $60.00 | $65.00 | $65.00 | |
| 12/19 | Color Me Mine | 6:00 PM- 8:00 PM | $50.00 | $60.00 | $60.00 | |
| 12/20 | Ugly Sweater Dance | 6:00PM—8:00 PM | $30.00 | $35.00 | $35.00 | |
| 12/21 | UCICC Religious Service | 11:00 AM - 2:00 PM | FREE | FREE | FREE | |
| 12/22 | Movie Matinee | 11:00AM-2:00PM | $40.00 | $45.00 | $45.00 | |
| 12/23 | Karaoke & Pizza | 6:00 PM- 8:00 PM | $30.00 | $35.00 | $35.00 | |
| 12/26 | Bingo and Subs | 6:00PM-8:00PM | $30.00 | $35.00 | $35.00 | |
| 12/27 | Movie Night | 6:00 PM - 8:00 PM | $10.00 | $15.00 | $15.00 | |
| 12/28 | UCICC Religious Service | 11:00 AM - 2:00 PM | FREE | FREE | FREE | |
| 12/29 | Movie Matinee | 11:00AM-2:00PM | $40.00 | $45.00 | $45.00 | |
| 12/31 | NYE Party | 9:00 PM– 12:00 AM | $30.00 | $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 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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