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.
<table>
<thead>
<tr>
<th>Name</th>
<th>Last Name</th>
<th>Date</th>
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<tr>
<td>Victoria</td>
<td>Cintorrino</td>
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<td>Tariq</td>
<td>Carter</td>
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JULY TRIPS

KEANSBURG WATERPARK
FRIDAY - 23RD
ADMISSION: $150.00

ADVENTURE ACQUARIUM
THURSDAY - 8TH
ADMISSION: $70.00

SAHARA SAM'S
SUNDAY - 11TH
ADMISSION: $150.00

TURTLE BACK ZOO
SUNDAY - 18TH
ADMISSION: $60.00

MOVIE NIGHT
1ST & 14TH
ADMISSION: $25.00

BOWLING
2ND, 9TH, 16TH & 30TH
ADMISSION: $25.00

DAVE & BUSTER'S
7TH & 21ST
ADMISSION: $60.00

RED LOBSTER
TUESDAY - 6TH
ADMISSION: $60.00

OLIVE GARDEN
MONDAY - 12TH
ADMISSION: $60.00

PLAY REVEAL
TUESDAY - 13TH
ADMISSION: FREE

SAHARA SAM'S
THURSDAY - 15TH
ADMISSION: $25.00

FAMOUS DAVE'S
MONDAY - 19TH
ADMISSION: $60.00
ATLANTIC CITY

The luxury of a hotel meets the comfort of your living room. Our high quality, spacious units range in size and comfort.

PRICE: $1,100.00

ACTIVITIES:
- Boardwalk Visits
- Beach Time
- Casino Fun
- Camden Aquarium Visit
- Tropicana Casino Stay
- Two Meals Included Each Night
YOU'RE INVITED
CAU'S
PLAY REVEAL
Zoom Party
2021

VIA: ZOOM | 4:00 PM
MEETING ID: 307 219 4733
PASSCODE: cauplay

JOIN US ON JULY 13TH AS WE REVEAL THIS YEAR'S PLAY!
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.
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.
COMMUNITY ACCESS
UNLIMITED

Presents

ARTS IN THE PARK

LOCATION: WARINANCO PARK
COST: FREE TO ATTEND

10:00 pm - 12:00 pm

AUG 21

JOIN US AT OUR FIRST ARTS IN THE PARK EVENT! ENJOY A DAY OF EXPLORING THE ARTS OF MUSIC, DANCING, PAINTING, & MORE.
SWEET CAROL’S VELVET CUPCAKE

A home for sweet bread and pastries

INGREDIENTS

- 2 1/2 cups flour
- 1/2 cup cocoa powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup butter, softened
- 2 cups sugar
- 4 eggs
- 1 cup sour
- 1/2 cup
- 1 bottle Red Food Color
- 2 teaspoons Vanilla Extract
- 1 package cream cheese

PROCEDURE

01. Preheat oven to 350 degrees F. Mix flour, cocoa powder, baking soda and salt in medium bowl. Set aside.

02. Beat butter and sugar in large bowl with electric mixer on medium speed 5 minutes or until light and fluffy. Beat in eggs, one at a time.

03. Bake 20 minutes or until toothpick inserted into cupcake comes out clean. Cool in pans on wire rack 5 minutes. Remove from pans; cool completely.

04. Bake 20 minutes or until toothpick inserted into cupcake comes out clean. Cool in pans on wire rack 5 minutes. Remove from pans; cool completely.

PREP TIME

- Prep | 20 m
- Cook | 20 m
- Ready in | 40 m
- Duration | 5 days
DON'T FORGET TO VISIT THE CAU STORE!

REACH OUT TO DAVID LOPEZ

DLOPEZ@CAUNJ.ORG
EXT: 4334

IN THE CAU AUDITORIUM!
GET YOUR CAU MERCH
CAU PLAYERS!

WE ARE BACK!

STAY TUNED FOR MORE INFORMATION ABOUT OUR UPCOMING PLAY PRODUCTION!