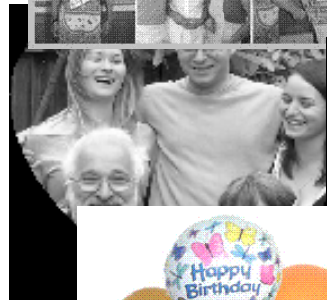


Community Access Unlimited September & October 2009

Recreation & Education Newsletter



Supporting people with Special
Needs in Achieving Real Lives



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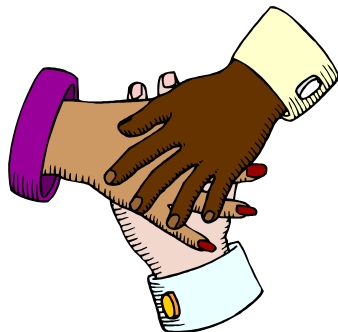
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80 West Grand Street, Elizabeth, New Jersey 07202
For Recreation information call @ (908) 354-3040 ext 272 or 374
Website: www.caunj.org

Recreation Guidelines

1. All members attending an event must meet in the Chat Center at the time listed in the newsletter
2. **All Members & Non-Members MUST Sign up and pay in advance; however, you must check for the availability of each event before submitting payments by calling at ext. 272 or ext. 374.**
3. When paying by Check or Money Order you must include event date, event and full name of attendee. ***Sign-Up sheets must be attached with payment.***
4. You need to let the Rec. department know at least ten business days in advance if you are not going to an event or there is no refund or credit
5. There will be no refunds or credit for pre-purchased tickets as well as no shows (i.e. vacations, shows, sporting events, etc)
6. If you're interested in any event please contact your primary counselor or your Program Assistant Director.
7. Recreation Newsletter is also available on our Website at www.caunj.org.
8. If your interested in becoming a CAU Recreational member please call ext. 272 or ext. 374 for an application

For all non-members the cost will be an additional \$4 per person per event.



Helping Hands Self Advocacy September 1st & October 6th

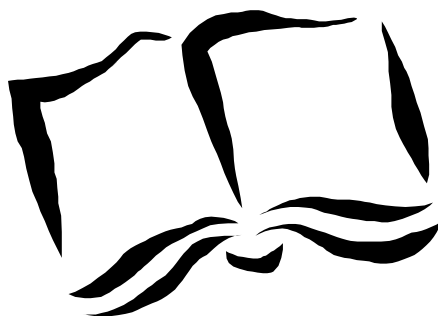
Location: CAU Main Office

5:30pm – 7:00pm

**This is an opportunity for you to speak out and
stand up for your rights.**

Cost for your first meeting is free; each meeting after is \$2

Reading Classes



**Don't forget to sign up for Reading Classes.
If you are interested, please sign up for any of the classes
on the following dates:**

**9/14, 9/28, 10/12, 10/26
from 6 - 7 pm.**

**Classes will cost only \$6 and will meet in
the Chat Center @ 80 West Grand**

You will learn the alphabet, words, sentences, comprehension and much more.

Happy Birthday

September & October Birthday Wishes



Michelle Rosove	9/11
Vernard Porcher	9/11
Rose Zanca	9/12
Richard Getz	9/13
Brian Shapiro	9/14
Mary Kurnos	9/18
Marquerite Knouse	9/18
William Fischer	9/20
Rose Veale	9/20
Jessie Amos	9/20
Helen Vitale	9/21
Allemah Caver	9/22
Ivan Russ	9/24
Wilie Crawford	9/25
Milagro Rivera	9/25
Elaine Seigel	9/27
Linda Fishwick	9/28
Mona Lisa Amos	9/28
Ronald Fegely	9/30

George Gould	10/10
Sidney Katz	10/13
Stephan Sutura	10/14
Alison Terroni	10/15
James Williams	10/16
Richard Chapeau	10/17
Joseph Tomkovich	10/17
Rosalie Naylor	10/20
Ellen Balz	10/21
Debbie Jenkins	10/21
Ronald Vigliano	10/22
Paul Josewitch	10/22
Tanya White	10/23
Edward Murtaugh	10/27
George Selph	10/28
Karlene Franke	10/28
Deborah Kennedy	10/29
Laura Lane	10/30
Ann Lee Lindsey	10/31



Instructions for the “Monthly Event Worksheet”

Please check for availability of each event before submitting any payments by calling Information & Referral Coordinator at ext. 272 or REC Director at ext. 374.

1. This form must accompany all payments given to Community Access Unlimited.
2. Complete the Customer Information section completely & the current date.
3. To choose an event, carry the cost amount over to the total column to the right side of the sheet. Non-members put cost amount in non-member column.
4. At the bottom of the total column, add all of the cost amounts you wrote in the Total column.
5. Check the appropriate box for your payment and include that with the sheet and bring it to CAU
6. Make sure you make a copy for your records and show your counselor
7. Your counselor will then go into the shared file and put your name down for each event you paid for.

Date(s)	Event Title	Time	Cost		TOTAL
			Member	Nonmember	

WALKATHON

September Events

Event	Location	Date	Time	Cost
Helping Hands Self-Advocacy	CAU – Café	9/1/09	5:30 – 7 pm	\$2.00
1 st meeting is FREE! Every meeting after is \$2 for members and non-members. Come speak out for your rights.				
Outback Steakhouse	901 Mountain Ave Springfield, NJ	9/2/09	6 pm	\$35.00
Continues to remain on the calendar because of its popularity – maybe it has something to do with the outrageously good food and beverages!				
Relaxation / Meditation Workshop	CAU – Café	9/3/09	6:30 – 7:30 pm	\$6.00
Newly added – join us for an evening of learning coping skills, relaxation and meditation techniques, as well as how to remain calm in any situation.				
Movies	1200 S. Stiles St Linden, NJ	9/4/09	6 pm	\$15.00
Enjoy watching all of the latest releases with your friends as soon as they hit the theaters. Bring a few dollars for popcorn and a soda.				
Tropicana Diner	537 Morris Ave Elizabeth, NJ	9/5/09	10 am	\$20.00
Why cook on the weekends when you can have breakfast at the diner with your friends?				
End of Summer BBQ	Nomahegan Park, Springfield Ave, Cranford	9/6/09	12 pm	Pay at Park
Join us for the last BBQ of the summer at Nomahegan Park at the Sweet Gum Picnic Area! Hot dogs, snacks, drinks will be available for a minimal cost.				
SLAP Quarterly Meeting	CAI – 88 W Grand St Elizabeth, NJ	9/9/09	6 pm	FREE
All SLAP members are invited to attend this open forum to review policies and procedures of the agency and inform supervisors of current concerns.				
Dine to Donate Night at Applebee's	Aviation Plaza Route 1 & Stiles St Linden, NJ	9/10/09	3 – 9 pm	Pay to Eat
Applebee's Dining to Donate – dine at Applebee's and 10% of your bill will be donated to Community Access Unlimited.				
Bingo and Sub Night	CAU – Café	9/11/09	6 pm	\$15.00
Enjoy some of the best sub sandwiches in town while playing Bingo with your friends.				
IHOP	465 N. Broad St Elizabeth, NJ	9/12/09	10 am	\$20.00
How many pancakes can you eat? Challenge your friends and try all of the syrup choices that IHOP has to offer.				
Reading Class	CAU – Chat Center	9/14/09	6 pm	\$6.00
Learn the alphabet, words, sentences, comprehension, and more with your friends at reading class. Work on your IHP goals while you are here.				
Job Club	CAU – Day Program	9/16/09	6 – 8 pm	FREE
Job club gives those members with or without employment the opportunity to learn skills necessary to find employment or maintain their present position.				
Relaxation / Meditation Workshop	CAU – Café	9/17/09	6:30 – 7:30 pm	\$6.00
Newly added – join us for an evening of learning coping skills, relaxation and meditation techniques, as well as how to remain calm in any situation.				
Movies	1200 S. Stiles St Linden, NJ	9/18/09	6 pm	\$15.00
Enjoy watching all of the latest releases with your friends as soon as they hit the theaters. Bring a few dollars for popcorn and a soda.				
Family Connections	Suburban Golf Club Union, NJ	9/19/09	11 am – 2 pm	FREE
Please join us at the Suburban Golf Club for our Family Connections Meeting! All family members and friends are welcome to attend!				
Rainforest Café	520 Menlo Park Edison, NJ	9/20/09	6 pm	\$30.00
Join us at the Rainforest Café where they have something for everyone! Enjoy your dining safari where you can eat anything including a VOLCANO.				
Ruby Tuesday's	120 Glimcher Realty Way Elizabeth, NJ	9/23/09	6 pm	\$28.00
Right in your own hometown – Ruby Tuesday's offers a variety of awesome dinners complete with salad bar! Join your friends to celebrate.				
Cooking Class	TBA – based on sign up for the event	9/24/09	5 pm	\$10.00
Back by popular demand – impress your friends and family with the culinary skills you learn here at CAU about preparing simple, delicious meals!				
Pizza and Game Night	CAU – Café	9/25/09	6 pm	\$15.00
Enjoy the best pizza in town while challenging all of your friends to your favorite games!				
Ira Geller Walk-A-Thon	Rahway River Park, Rahway, NJ	9/26/09	11 am	FREE
Registration begins at 11 am. Walk starts at 12 noon. Come out to the park for a day of fun while helping to raise money for CAU!				
Reading Class	CAU – Chat Center	9/28/09	6 pm	\$6.00
Learn the alphabet, words, sentences, comprehension, and more with your friends at reading class. Work on your IHP goals while you are here.				

September Monthly Event Worksheet

Customer Information

Full Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Program _____

#	Date(s)	Event Title	Time	Cost	Cost For Non Members	Total
1	9/1/09	Helping Hands Self Advocacy	5:30 – 7 pm	\$2.00		
2	9/2/09	Outback Steakhouse	6 pm	\$35.00		
3	9/3/09	Relaxation / Meditation Workshop	6:30 pm	\$6.00		
4	9/4/09	Movies	6 pm	\$15.00		
5	9/5/09	Tropicana Diner	10 am	\$20.00		
6	9/6/09	End of Summer BBQ	12 noon	Pay at Park		
7	9/9/09	SLAP Quarterly Meeting	6 – 8 pm	FREE		
8	9/10/09	Dine to Donate Night at Applebee's	3 – 9 pm	Pay to Eat		
9	9/11/09	Bingo and Subs	6 pm	\$15.00		
10	9/12/09	IHOP	10 am	\$20.00		
11	9/14/09	Reading Class	6 pm	\$6.00		
12	9/16/09	Job Club	6 – 8 pm	FREE		
13	9/17/09	Relaxation / Meditation Workshop	6:30 pm	\$6.00		
14	9/18/09	Movies	6 pm	\$15.00		
15	9/19/09	Family Connections	11 am – 2 pm	FREE		
16	9/20/09	Rainforest Café	6 pm	\$30.00		
17	9/23/09	Ruby Tuesday's	6 pm	\$28.00		
18	9/24/09	Cooking Class	5 - 7 pm	\$10.00		
19	9/25/09	Pizza and Game Night	6 pm	\$15.00		
20	9/26/09	Ira Geller Walk-A-Thon	11 am	FREE		
21	9/28/09	Reading Class	6 pm	\$6.00		

There are only sixteen slots available for each event, so sign up quickly!

Payment Details: (Check one box)

- ☐ Check
- ☐ Money Order
- ☐ Cash

For all non-members the cost will be an additional \$4 per person per event.

Please include Sign Up sheet with Payment
Make Checks/Money Orders out to: Community Access Unlimited
Questions? Call I & R Coordinator (908) 354-3040 Ext. 272

Dance Classes

Are being offered at CAU in the Café

Tuesday nights from 6:30 - 7:30 pm

Cost is free to members!

*Dance Classes are offered
on the following dates:*

9/1

9/8

9/15

9/22

9/29

10/6

10/13

10/20

10/27



Please check with your program weekly to ensure the date of the dance classes have not been rescheduled.

October Events

Event	Location	Date	Time	Cost
Relaxation / Meditation Workshop	CAU – Café	10/1/09	6:30 pm	\$6.00
Newly added – join us for an evening of learning coping skills, relaxation and meditation techniques, as well as how to remain calm in any situation.				
Movies	1200 S. Stiles St Linden, NJ	10/2/09	6 pm	\$15.00
Enjoy watching all of the latest releases with your friends as soon as they hit the theaters. Bring a few dollars for popcorn and a soda.				
Sunrise Diner	61 Westfield Ave Elizabeth, NJ	10/3/09	10 am	\$20.00
Why cook on the weekends when you can have breakfast with friends at the diner?				
Nutrition Class	CAU – Chat Center	10/5/09	6 pm	\$6.00
Learn how to eat healthy foods in accordance with any doctor recommended diet (low sodium, heart healthy, protein rich) and live a more healthy life.				
Helping Hands Self Advocacy	CAU – Café	10/6/09	5:30 – 7 pm	\$2.00
1 st meeting is FREE! Every meeting after is \$2 for members and non-members. Come speak out for your rights.				
Famous Dave's	1443 Rt 22 E Mountainside, NJ	10/7/09	6 pm	\$25.00
A new addition to the last recreation calendar – Famous Dave's is known for its “real honest barbeque”.				
Cooking Class	TBA – based on event sign up	10/8/09	5 – 7 pm	\$10.00
Back by popular demand – impress your friends and family with the culinary skills you learn here at CAU about preparing simple, delicious meals!				
Bingo and Subs	CAU – Café	10/9/09	6 pm	\$15.00
Enjoy some of the best sub sandwiches in town while playing Bingo with your friends.				
Tropicana Diner	537 Morris Ave Elizabeth, NJ	10/10/09	10 am	\$20.00
Why cook on the weekends when you can have breakfast at the diner with your friends?				
Cheesecake Factory	455 Menlo Park Drive Edison, NJ	10/11/09	6 pm	\$30.00
Good food, great atmosphere, great company, and the best cheesecake in the area!				
Reading Class	CAU – Chat Center	10/12/09	6 pm	\$6.00
Learn the alphabet, words, sentences, comprehension, and more with your friends at reading class. Work on your IHP goals while you are here.				
Hooters	2319 Route 22 Center Island Union, NJ	10/14/09	6 pm	\$28.00
A big hit – join us for a night at Hooters to enjoy all it has to offer including the wings, appetizers, and other great food!				
Relaxation / Meditation Workshop	CAU – Café	10/15/09	6:30 pm	\$6.00
Newly added – join us for an evening of learning coping skills, relaxation and meditation techniques, as well as how to remain calm in any situation.				
Movies	1200 S. Stiles St Linden, NJ	10/16/09	6 pm	\$15.00
Enjoy watching all of the latest releases with your friends as soon as they hit the theaters. Bring a few dollars for popcorn and a soda.				
IHOP	465 N. Broad St Elizabeth, NJ	10/17/09	10 am	\$20.00
How many pancakes can you eat? Challenge your friends and try all of the syrup choices that IHOP has to offer.				
Dave and Busters	4661 Palisades Center Dr West Nyack, NY	10/18/09	12 pm	\$40.00
If you have never been here – it is a must do! Dave and Busters offers good food and great fun with games, entertainment, and prizes for all ages!				
Dealing with Diabetes	CAU – Chat Center	10/19/09	6 pm	\$6.00
Members will learn techniques and skills necessary to manage their Diabetes. Class will include how to follow a diabetic diet for a healthy life.				
Cooking Class	TBA – based on sign up for the event	10/22/09	5 – 7 pm	\$10.00
Back by popular demand – impress your friends and family with the culinary skills you learn here at CAU about preparing simple, delicious meals!				
Pizza and Game Night	CAU – Café	10/23/09	6 pm	\$15.00
Enjoy the best pizza in town while challenging all of your friends to your favorite games!				
Cooking Class	TBA – based on sign up for the event	10/29/09	5 – 7 pm	\$10.00
Back by popular demand – impress your friends and family with the culinary skills you learn here at CAU about preparing simple, delicious meals!				
Halloween Party	CAI – 88 W Grand St Elizabeth, NJ	10/31/09	6 – 10 pm	\$15.00
Join your friends in for an exciting party in honor of Halloween! Don't forget that prizes are awarded for best costumes.				

October Monthly Event Worksheet

Customer Information

Full Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____ Program _____

#	Date(s)	Event Title	Time	Cost	Cost For Non Members	Total
1	10/1/09	Relaxation / Meditation Workshop	6:30 pm	\$6.00		
2	10/2/09	Movies	6 pm	\$15.00		
3	10/3/09	Sunrise diner	10 am	\$20.00		
4	10/5/09	Nutrition Class	6 pm	\$6.00		
5	10/6/09	Helping Hands Self Advocacy	5:30 pm	\$2.00		
6	10/7/09	Famous Dave's	6 pm	\$25.00		
7	10/8/09	Cooking Class	5 – 7 pm	\$10.00		
8	10/9/09	Bingo and Subs	6 pm	\$15.00		
9	10/10/09	Tropicana Diner	10 am	\$20.00		
10	10/11/09	Cheesecake Factory	6 pm	\$30.00		
11	10/12/09	Reading Class	6 pm	\$6.00		
12	10/14/09	Hooters	6 pm	\$28.00		
13	10/15/09	Relaxation / Meditation Workshop	6:30 pm	\$6.00		
14	10/16/09	Movies	6 pm	\$15.00		
15	10/17/09	IHOP	10 am	\$20.00		
16	10/18/09	Dave and Busters	12 pm	\$40.00		
17	10/19/09	Dealing with Diabetes	6 pm	\$6.00		
18	10/22/09	Cooking Class	5 – 7 pm	\$10.00		
19	10/23/09	Pizza and Game Night	6 pm	\$15.00		
20	10/29/09	Cooking Class	5 – 7 pm	\$10.00		
21	10/31/09	Halloween Party	6 – 10 pm	\$15.00		

There are only sixteen slots available for each event, so sign up quickly

Payment Details: (Check one box)

☐ Check

☐ Money Order

☐ Cash

For all non-members the cost will be an additional \$4 per person per event.

**Please include Sign Up sheet with Payment
Make Checks and Money Orders out to: Community Access Unlimited
Questions? Call I&R Coordinator (908) 354-3040 Ext. 272**

FAMILY CONNECTIONS

MEETING



Saturday, September 19, 2009
Suburban Golf Club
1730 Morris Avenue, Union, NJ

Please RSVP to Aleyah Lacey at 908-354-3040 ext 272

Cooking classes are back!!!

You asked for the return of the cooking classes and here they are by popular demand...
Come learn how to create meals for yourself, your roommates, your friends, your family...



Classes are being offered on
Thursday Nights from 5 - 7 pm
at 88 W Grand:
9/24
and
10/8, 10/22, 10/29

SEPTEMBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HELPING HANDS / DANCE CLASS	2 OUTBACK	3 RELAXATION/ MEDITATION WORKSHOP	4 MOVIES	5 TROPICANA
6 END OF THE SUMMER BBQ	7 <i>LABOR DAY</i>	8 DANCE CLASS	9 SLAP QUARTERLY MEETING	10 DINE TO DONATE AT APPLEBEE'S	11 BINGO AND SUBS	12 IHOP
13	14 READING CLASS	15 DANCE CLASS	16 JOB CLUB	17 RELAXATION/ MEDITATION WORKSHOP	18 MOVIES	19 FAMILY CONNECTIONS
20 RAINFOREST CAFÉ	21	22 DANCE CLASS	23 RUBY TUESDAY'S	24 COOKING CLASS	25 PIZZA AND GAMES	26 IRA GELLER WALK – A - THON
27	28 READING CLASS	29 DANCE CLASS	30			

OCTOBER 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 RELAXATION/ MEDITATION WORKSHOP	2 MOVIES	3 SUNRISE DINER
4	5 NUTRITION CLASS	6 HELPING HANDS/ DANCE CLASS	7 FAMOUS DAVE'S	8 COOKING CLASS	9 BINGO AND SUBS	10 TROPICANA DINER
11 CHEESECAKE FACTORY	12 READING CLASS	13 DANCE CLASS	14 HOOTERS	15 RELAXATION/ MEDITATION WORKSHOP	16 MOVIES	17 IHOP
18 DAVE AND BUSTERS	19 DEALING W/ DIABETES	20 DANCE CLASS	21 GALA DINNER DANCE	22 COOKING CLASS	23 PIZZA AND GAMES	24 MEMBER'S DAY
25	26 READING CLASS	27 DANCE CLASS	28	29 COOKING CLASS	30	31 HALLOWEEN PARTY



Community Access Unlimited
80 West Grand Street
Elizabeth, New Jersey 07202-1447