

The Arc of Union County  
**T.R.A.I.L.S.**

**The Arc**  
of Union County  
www.arcunion.org

Trips, Recreation, and Individualized Leisure Services

Lauren M. Coakley  
Recreation Coordinator  
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Mountainside, NJ 07092  
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lcoakley@arcunion.org

**WINTER**  
**2010-2011**  
**Dec • Jan • Feb**

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**HALLOWEEN COSTUME PARTY**

On Friday, October 30th, the ghouls and the goblins came out to party at The Arc Family Center like they were trying to wake the dead! The AFC was decorated with a giant spider web, cemetery, torture chamber, and Mad Scientist laboratory. We have some super spooky snacks on hand, like our cupcakes that had little grave-stones and skeleton hands and other goodies. We also sipped on a frightfully delicious punch complete with a bloody severed hand!! 3 trophies were awarded to the Cutest, Scariest and Best Costumes of the evening! Congratulations to Donna from The Arc of Essex on winning The Cutest category. She was a very sweet Cinderella! Luke Conticchio won the Scariest with a very bloody Jason costume from Friday the 13th, and Scott Seppelt won the best costume of the night- he really was about to bust out in some moonwalking moves with his microphone, sequined glove and he even had his own theme music!! See you next year!



*Pictured here: Our scariest costume winner Luke Conticchio as Jason from Friday the 13th and our best costume winner Scott Seppelt*



**Harvest Ball 2010**



This spectacular evening never fails to impress- Harvest Ball was once again an evening to remember! We could not have been happier! We really enjoy this night with our bestest friends to relax, kick back, and enjoy ourselves to the fullest! Special Thanks go to: **The Gran Centurions** and **Aliperti's Caterers** because their staff provided us with delicious, made-to-order meals addressing the many dietary challenges of our guests, DJ **Kevin** for keeping the dance floor lively, and **Shannon Bolivar, Colleen Jones, Paula Martinez, Debbie Pinto** -without your assistance and support, this evening would not be as wonderful as it is. **THANK YOU!**

**Family Support Department**

Shannon Bolivar  
Director of Family Support  
(908) 232-0199  
sbolivar@arcunion.org

Donna Kell  
Respite Coordinator  
(908) 232-0388  
dkell@arcunion.org

## Special Events



Come see a holiday favorite!

### A Christmas Story-The Play

"You'll shoot your eye out!" . . . Ralphie and the Red Ryder BB gun come alive on stage in Jean Shephard's nostalgic Christmas story, complete with everything you know and love from the film: the Old Man, Miss Shields, the pink bunny pajamas, and- of course- the leg lamp! So come on down and catch the holiday spirit, I double dog dare ya!

**When:** Saturday, December 11

**Time:** 1:00pm-5:00pm

**Where:** The Arc Family Center

**Cost:** \$36.00

**Bring:** Money for refreshments & souvenirs, if desired

Please eat before we meet!



Enjoy a relaxing night!

### Dinner & a Movie



Join us for a night out at the Dunellen Movie theatre- *New Jersey's only Cinema Café!* We'll catch a recently released movie and simultaneously enjoy pizza and soda!

**When:** Friday, December 17

**Time:** 6:30pm-9:30pm

**Where:** Meet at Arc Family Center

**Cost:** \$28.00 (includes movie, and dinner of pizza & soda)



Catch the action with us!

### TRENTON DEVILS GAME

Join us as the Trenton Devils face off against the Toledo Walleyes!



This is sure to be one you won't want to miss!

**When:** Saturday, January 15

**Time:** 5:30pm-10:00pm

**Where:** Meet at AFC

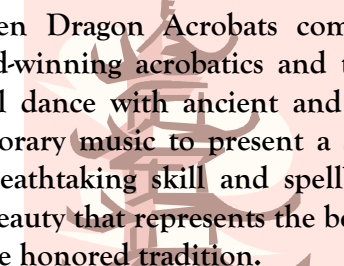
**Cost:** \$38.00

**Bring:** Money for refreshments & souvenirs, if desired



## Special Events

### GOLDEN DRAGON ACROBATS



Golden Dragon Acrobats combine award-winning acrobatics and traditional dance with ancient and contemporary music to present a show of breathtaking skill and spellbinding beauty that represents the best of a time honored tradition.

**When:** Friday, January 28

**Time:** 6:00 pm-10:30 pm

**Where:** Meet at AFC

**Cost:** \$33.00

**Bring:** Additional money for refreshments and souvenirs, if desired.



Marvel at the beauty and skill!

### Red & White Party!

You are cordially invited to join us at our annual Red & White Party! Be prepared to kick up your dancing shoes. Wear red and white to help us celebrate this special time of year!

Light refreshments will be served.

**When:** Friday, February 11

**Time:** 7:00pm-9:00pm

**Where:** The Arc Family Center

**Cost:** \$8.00

**Bring:** Yourself dressed in red & white or come as you are!



Meet up with your friends for some red & white fun!

### NG Flower and Garden Show

*Spring has sprung early at the Flower show!*

Let's enjoy a delicious lunch and then spend the afternoon taking in the sights- indoor garden displays, rare flowers, flower arrangements, landscaping displays, water features and the smells of the aromatic flowers!

**When:** Saturday, February 19

**Time:** 11:00am-3:30pm

**Where:** Meet at AFC

**Cost:** \$57.00 (includes lunch at the diner)

**Bring:** Additional money to purchase a plant



Revel in the beauty of nature

## Spotlight



on Staff



Debbie Pinto, Recreation Aide

**Birthday:**  
June 22

**Favorite Recreation Activity:**  
Game Night

**Favorite Color:**  
Teal

**Favorite Food:**  
Italian

**My "Day Job" is:**  
Full-time Student

**Favorite Animal:**  
Baby Penguins

**Favorite Ice Cream:**  
Strawberry

Debbie has been with the Family Support programs for the last 8 months, working in our after school respite program, kids recreation and adult recreation programs. She is a full-time student who already has a degree in Family & Child Studies with a concentration in Child Life and is currently going back for Nursing. Debbie is a very patient and caring individual who we are glad to have as a Recreation Aide!

*Keep up the good work,  
Debbie!*

## Bowling

CALL before registering! Space is LIMITED

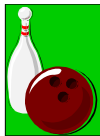
Come and relax at **Linden Lanes** for an afternoon of bowling...

**When:** Session I



**Time:** 3:30-5:00 pm

**Where:** Linden Lanes

**Bring:** Bowling bag/  
shoes, if desired  
& money for  
games, snacks &  
drinks.



**Cost:** Choose from one of  
the following options:

- ♦ \$21.00 for **BOWLING**  ONLY (no trans.)
- ♦ \$27.00 for Bowling and Transportation to Linden Lanes (1 way) 
- ♦ \$33.00 for Bowling and Transportation to Linden Lanes and then back to SPWC (2 ways) 

Pick up at AFC Lot is 5:30 pm

### Session I

Tuesday, December 7  
Tuesday, December 14  
Tuesday, December 21  
Tuesday, January 4  
Tuesday, January 11

### Session II

Tuesday, January 25  
Tuesday, February 1  
Tuesday, February 8  
Tuesday, February 15  
Tuesday, February 22

## Game Night

Join us for loads of fun and games at **Cranford Work Center!** Air hockey, foosball, skeeball, basketball, board games, puzzles & more!



**When:** Thursday, December 9  
Thursday, January 6  
Thursday, February 3

**Time:** 6:30-8:30 pm

**Where:** Cranford Work Center

**Cost:** \$8.00 per evening

*NOTE: This activity is for ages 15+*



## TEEN CANTEN EVENINGS!

For ages 12-17 years old!

Spending time and doing what teens do- hanging out with peers, playing video games, computer time, listening to music, playing board games, making crafts, singing karaoke, watching movies, eating pizza and more!



**When:** Saturday, January 8  
Saturday, February 5

**Time:** 4:00pm-7:00pm

**Where:** AFC

**Cost:** \$17.00 includes pizza & soda

**Bring:** Your favorite music CDs

**Note:**

Staff:participant ratio for this activity is 1:3



# Enrichment



## Let's Cook!

Let's make a delicious meal from start-to-finish, and then eat our yummy creations! Remember to keep your stomach empty before you come to this yummy activity!



**When:** Thursday, January 13

*Easy Lasagna*

**Time:** 6:30pm-8:30 pm

**Where:** Adult Medical Day Care

**Cost:** \$16.00



Let's Cook fills up FAST so register as soon as possible!

## CRAP CRAZINESS

In this 3-part class, we will be making a throw pillow! We will choose our fabrics, stitch, stuff & enjoy!

*Beginner, moderate and advanced levels are all welcome!*



**When:** Wednesdays January 19  
January 26  
February 2

**Time:** 6:30pm-8:00 pm

**Where:** Arc Family Center

**Cost:** \$30.00 includes materials for your very own pillow creation and staff instruction



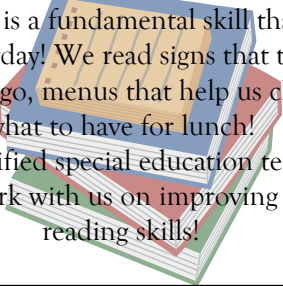
## Reading Enrichment



*Practice your reading skills!*

Reading is a fundamental skill that we use everyday! We read signs that tell us where to go, menus that help us choose what to have for lunch!

Our certified special education teacher will work with us on improving our reading skills!



**When:** Monday, January 24  
Monday, January 31  
Monday, February 7  
Monday, February 14

**Time:** 6:30pm-7:30pm

**Where:** Arc Family Center

**Cost:** \$50.00 per session



## Creative Crafts



Let's make something really special to give as a gift or keep for ourselves!



**When:** Thursday, February 10




**Time:** 6:30-8:00pm






**Where:** AFC

**Cost:** \$12.00



# December 2010









**Legend:**  
 Transportation available   
  Includes meal  
 \$ Must bring add'l money   
  Bring a bagged lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2	3	4
5	6	7 <b>Bowling I</b> \$ Linden Lanes  3:30pm-5:00pm	8	9 <b>Game Night</b> CWC 6:30pm-8:30 pm	10	11 <b>A Christmas Story</b> \$ Meet @AFC  1:00pm-5:00pm
12	13	14 <b>Bowling I</b> \$ Linden Lanes  3:30pm-5:00pm	15	16	17 <b>Dinner &amp; A Movie</b> Meet @AFC  6:30pm-9:30pm	18
19	20	21 <b>Bowling I</b> \$ Linden Lanes  3:30pm-5:00pm	22	23	24 <i>Agency Closed</i>	25 
26	27 <i>Family Support programs closed</i>	28 <i>Family Support programs closed</i>	29 <i>Family Support programs closed</i>	30 <i>Family Support programs closed</i>	31 <i>Agency Closed</i>	

# January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 
2	3	4 <b>Bowling I</b> \$ Linden Lanes  3:30pm-5:00pm	5	6 <b>Game Night</b> CWC 6:30pm-8:30 pm	7	8 <b>Teen Canteen</b>  AFC 4pm-7pm
9 <b>Special Olympics Bowling Area Competition</b>	10	11 <b>Bowling I</b> \$ Linden Lanes  3:30pm-5:00pm	12	13 <b>Let's Cook!</b>  AMDC 6:30pm-8:30pm	14	15 <b>Trenton Devils</b> \$ Meet @AFC  5:30pm-10:00pm
16	17 <i>Agency Closed</i>	18	19 <b>Craft Craziess Pt. 1</b> AFC 6:30-7:30pm	20	21 <b>BBMN</b>  AFC 6:30pm-8:30pm	22
23	24 <b>Reading Program</b> AFC 6:30pm-7:30pm	25 <b>Bowling II</b> \$ Linden Lanes  3:30pm-5:00pm	26 <b>Craft Craziess Pt. 2</b> AFC 6:30-7:30pm	27 <b>Café Night!</b> \$ Meet @AFC  6:30pm-8:30pm	28 <b>Golden Acrobats</b> \$ Meet@AFC  6:00pm-10:30pm	29
30	31 <b>Reading Program</b> AFC 6:30pm-7:30pm					

# February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Bowling II</b> \$ Linden Lanes  3:30pm-5:00pm	2 <b>Craft Craziess Pt. 3</b> AFC 6:30-7:30pm	3 <b>Game Night</b> CWC 6:30-8:30 pm	4	5 <b>Teen Canteen</b>  AFC 4pm-7pm
6	7 <b>Reading Program</b> AFC 6:30pm-7:30pm	8 <b>Bowling II</b> Linden Lanes \$ 3:30pm-5:00pm 	9	10 <b>Creative Crafts</b> AFC 6:30pm-8:30pm	11 <b>Red &amp; White Party</b> AFC 7:00pm-9:00pm	12
13	14 <b>Reading Program</b> AFC 6:30pm-7:30pm	15 <b>Bowling II</b> Linden Lanes \$ 3:30pm-5:00pm 	16	17	18	19 <b>NJ Flower &amp; Garden Show</b>  \$ Meet@AFC  11:00am-3:30pm
20	21 <i>Agency Closed</i>	22 <b>Bowling II</b> \$ Linden Lanes  3:30pm-5:00pm	23	24 <b>Bingo &amp; Subs</b>  AFC 6:30pm-8:30 pm	25	26
27	28					

## The Arc of Union County Recreation Office Registration Instructions

## Registration Form Winter 2010-2011



Please review all pages and make your choices early as space is limited and slots will be filled on a first come, first served basis. Fill out the registration form and enclose a check or money order made out to **The Arc of Union County**.

**DO NOT SEND CASH!** Make sure you indicate **Recreation Office** on the envelope.

We will process your registration and mail you a confirmation letter.

**Acceptance is based on the approval of the Recreation Coordinator.**

**No more than two participants from the same group/sponsor home can register for the same program, with the exception of special dances and events marked unlimited.**

Place an "X" to register	Program	Instructions
<b>Session I</b> _____ \$21.00 _____ \$27.00 ☞ (1 way) _____ \$33.00 ☞ (2 ways)  <b>Session II</b> _____ \$21.00 _____ \$27.00 ☞ (1 way) _____ \$33.00 ☞ (2 ways)	<b>Bowling</b>  Session I (5 sessions)- 12/7, 12/14, 12/21, 1/4, 1/11  Session II (5 sessions)- 1/25, 2/1, 2/8, 2/15, 2/22  <b>**Van begins pick up at 2:45pm                      Pick Up at Arc Family Center Lot is 5:30pm**</b>  <b>NEW PARTICIPANTS: Call Rec. Coordinator to check availability before registering for this activity.</b>	<b>3:30pm –5:00pm</b> <b>Limited</b> At Linden Lanes 741 N. Stiles St, Linden  <b>**For those needing transportation:</b>  <b>Limit to 10 people on van</b>
_____ \$36.00	<b>A Christmas Story- The Play</b> Saturday, December 11	<b>1:00pm-5:00pm</b> ☞ ☞ Limited Meet @AFC
_____ \$28.00	<b>Dinner &amp; A Movie</b> Friday, December 17	<b>6:30pm-9:30pm</b> ☞ ☞ ☞ Limited Meet @ AFC
_____ \$38.00	<b>Trenton Devils Hockey Game</b> Saturday, January 15	<b>5:30pm-10:00pm</b> ☞ ☞ Limited Meet@ AFC
_____ \$33.00	<b>Golden Dragon Acrobats</b> Friday, January 28	<b>6:00pm-10:30pm</b> ☞ ☞ Limited Meet @ AFC
_____ \$8.00	<b>Red &amp; White Party</b> Friday, February 11	<b>7:00pm-9:00pm</b> ☞ Unlimited @AFC
_____ \$57.00	<b>NJ Flower and Garden Show</b> Saturday, February 19	<b>11:00am-3:30pm</b> ☞ ☞ ☞ Limited Meet @ AFC

_____ \$8.00 _____ \$8.00 _____ \$8.00	<b>Game Night</b> Thursday, December 9 Thursday, January 6 Thursday, February 3	<b>6:30-8:30 pm</b> Unlimited AFC	♻️
_____ \$30.00	<b>Craft Craziess– 3 part Pillow Craft</b> Wednesdays 1/19, 1/26, 2/2	<b>6:30-8:00 pm</b> Unlimited AFC	♻️
_____ \$50.00	<b>Reading Enrichment</b> Mondays: 1/24, 1/31, 2/7, 2/14	<b>6:30-7:30 pm</b> Limited AFC	♻️
_____ \$16.00	<b>Let's Cook!</b> Thursday, January 13– <i>Lasagna</i> CONTAINS: DAIRY, EGGS, WHEAT,	<b>6:30pm-8:30 pm</b> Limited AMDC	♻️♻️
_____ \$14.00	<b>Blockbuster Movie Night</b> Friday, January 21	<b>6:30-8:30 pm</b> Unlimited AFC	♻️♻️
_____ \$10.00	<b>Café Night</b> Thursday, January 27	<b>6:30-8:30 pm</b> Limited Meet @AFC	♻️🚗
_____ \$12.00	<b>Creative Crafts</b> Thursday, February 10	<b>6:30-8:00 pm</b> Unlimited AFC	♻️
_____ \$14.00	<b>Bingo &amp; Subs Night</b> Thursday, February 24	<b>6:30-8:30 pm</b> Limited AFC	♻️♻️
☆ _____ \$17.00 ☆ _____ \$17.00 ☆ _____ \$17.00	<b>Teen Canteen (for ages 12-17)</b> Saturday, January 8 Saturday, February 5	<b>4:00-7:00pm</b> Limited AFC	♻️ ☆ ☆ ☆ ☆

**Make all checks payable to *The Arc of Union County***

**Mail check and registration form to:**

**The Arc of Union County,  
1137 Globe Avenue, Mountainside, NJ 07092**

***Attn: Recreation Office***

**Information in bold type MUST BE FILLED OUT or registration form will be given back.**

***New participants must complete the entire section***



**Participant's Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Participant's Signature:** \_\_\_\_\_ **Group Home** \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

Participant's Birth Date \_\_\_\_\_ Parent/Sponsor Name \_\_\_\_\_

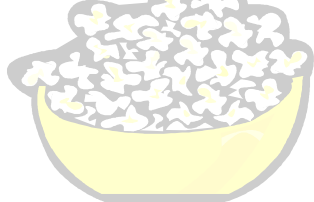
Please indicate any special needs (e.g., seizures, diabetic, wheelchair allergies): \_\_\_\_\_



# Fun Stuff

## Blockbuster Movie Night

Meet your friends for an evening of pizza, socializing and a great blockbuster hit movie!



**When:** Friday, January 21

**Time:** 6:30-8:30 pm

**Where:** AFC

**Cost:** \$14.00



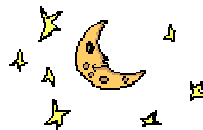
### We have a wishlist too!

This year as you are out doing your holiday shopping, The Arc of Union County Family Support Department hopes it is also on your list!

- Arts & Craft Supplies, such as ribbon, paint brushes, molds, etc.
- Blank CDs
- Board Games
- Colored Pencils
- Coloring Books
- Construction Paper
- Crayons
- Donations of tickets to a show or sporting event
- General Money Donations to purchase other supplies
- Gift cards to AC Moore, Bed, Bath & Beyond, Linens & Things, Michaels, Pathmark, Target, Walmart,
- Kitchen Items like aprons, bakeware, cutting boards, pots & pans, serving utensils, etc.
- Playing cards
- Puzzles
- Seasonal Decorations
- DVDs (Rated G, PG or PG-13)

*All donations are tax deductible!*

## Café Night



Let's come in from the cold to enjoy some tasty drinks and treats with friends! Join us for an evening of leisure delights! Experience an array of teas, coffees, and delicious desserts!

*We will be going to The Coffee Beanery in Garwood.*

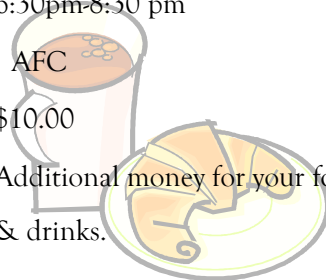
**When:** Thursday, January 27

**Time:** 6:30pm-8:30 pm

**Where:** AFC

**Cost:** \$10.00

**Bring:** Additional money for your food & drinks.



## Bingo & Subs Night



Let's get together for a game or two of Bingo, and have subs for dinner too!



**When:** Thursday, February 24

**Time:** 6:30pm-8:30pm

**Where:** AFC

**Cost:** \$14.00



# Special Olympics

## Singles Bowling Dates 2010-2011 season

Area Competition:

Sunday, January 9, 2011

(Time and Location TBA)

Sectionals:

Saturday, March 5 at Strathmore Lanes  
in Matawan, NJ

Spring Sports Festival:

Sunday, April 3 at La Martinique  
in Stratford, NJ



The Arc of Union County is a registered Local Training Program for the Special Olympics of New Jersey. We currently participate in Singles Bowling on the Area, Sectional & State levels. If you would like to find out more about this exciting program, contact Colleen at (908) 232-0199 x105!



Information regarding exact times and transportation details will be sent directly to athletes & families.



**ATHLETES:**

Please send your updated  
medical forms no later than  
Monday, December 13, 2010

The Arc of Union County  
1137 Globe Avenue  
Mountainside, NJ 07092  
ATTN: Colleen M. Jones



## CANCELLATIONS

If fewer than the minimum participants register for a program, it may be cancelled. A credit slip will be issued to be used during the current calendar or for future calendars, within the recreation calendar year. The Recreation calendar year runs from July-June.



## REFUNDS

Refunds are not guaranteed for any program. If the individual can not come to the program, he or she must give at least three (3) days notice for a refund or credit. If it is a ticketed event, and we cannot find someone to take your spot, you will be held responsible for payment of that ticket and that portion cannot be refunded or credited.



## OFFICE HOURS

The Recreation Office hours are 9:00 am – 5:00 pm, Monday through Friday. Hours may vary depending on programs. The office phone number is 908-232-0248.



## NO SHOWS/LATENESS

No shows at programs jeopardize your participation in future programs. No shows are not eligible for credit. Repeated no-shows will be suspended from future programs. Repeated lateness to and from program can also result in suspension from future programs.



## CHANGE OF ADDRESS OR PHONE

If you have moved or changed your phone number, please let us know. It is important that the Recreation Office is kept up-to-date in order to provide you with the best possible service.



## INCLEMENT WEATHER

A recreation program may also be cancelled due to severe weather. In the event of poor or questionable weather, call our office for updated information. Our number is 908-232-0248. When the program is cancelled, a message will be left no earlier than 1 1/2 hours prior to the activity. If the agency is closed due to bad weather, all programs will be cancelled and again a message will be left at that phone # or the ***Recreation Hotline at 908-232-0037.***



## TRANSPORTATION

Not all programs offer transportation. For those that do, seating is limited, and therefore cannot be guaranteed.

**The  
Arc**  
of Union County

**Attention Post Master:  
Dated Material, Please Deliver Immediately**

*Family Support Services  
Arc Family Center  
1137 Globe Avenue  
Mountainside, NJ 07092*

**Recreation Program**

*Lauren M. Coakley  
Recreation Office/Camp Star Office*



Phone: (908) 232-0248 x 101  
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**Dec • Jan • Feb**