



Program Offerings:

The Achievement Zone

(including Great Expectations/Day of the Arts)

Winter 2018

The Achievement Zone Winter 2018 Schedule

Monday – Thursday Winter Session	
Start Date	1/2/2018
End Date	3/23/2018

Great Expectations 14 Weeks	
Start Date	1/19/2018
End Date	5/4/2018

Holidays/Closings

Martin Luther King Jr. Day	1/15/2018	Monday
President’s Day	2/19/2018	Monday

Brookdale Spring Break	3/16/2018	Friday
Good Friday	3/30/2018	Friday

*Spring Brochure will be available in February

Requirements for all options:

- Participants must demonstrate the ability to accept and follow reasonable rules and to act safely and respectfully towards others.
- Participants must have sufficient emotional and independent stability to participate in all aspects of the daily schedule.
- Participants must be able to administer their own medication and be capable of attending to their personal hygiene.
- Transportation to and from the program will be the responsibility of the individual and their family. If you are using an outside vendor for transportation, please note pick up and drop off locations may differ.

*Final acceptance into a program offering will be determined based on assessment from The Arc staff.

MONDAY Option 1 - Creative Arts

Description:

Participants will be dropped off at Arc Employment and will complete a Job Club activity. The group will then walk to Count Basie Theater (99 Monmouth Street, Red Bank, NJ) for a 45 minute class. After class, everyone will take the train from Red Bank to Middletown. Lunch (participants will need to bring bagged lunch) will be at the Middletown Arts Center, followed by a creative expressions class. This class will be a mixture of drama and dance, incorporating various dance styles and genres. Following class, participants will practice travel training by riding the train back to Red Bank. Transportation should plan to pick up at 3:02 PM from the Red Bank train station.

Units to Preauthorize in SDR:

12 Units Prevocational Training
12 Units Community Inclusion
4 Units Respite

***If in the Interim program, currently
your cost is \$97.00 per day.**

Components:

Community Inclusion – theater, dance/movement, creative expressions, travel training

Drop off/Pick up Locations: *Transportation to and from the program is NOT provided by The Arc

9 AM Drop Off: Arc Employment, Red Bank
135 Monmouth Street
Red Bank, NJ 07701

3:02 PM Pick Up: Red Bank Train Station*
175 Monmouth Street
Red Bank, NJ 07701

Special Considerations:

- Each participant will need to have a NJ Transit Reduced Fare Card and carry cash to pay the fare. With a reduced fare card, the train will cost \$1.05 each way, or \$2.10 per day.
- *Due to the nature of the NJ Transit train schedule, please note pick up time may not always be exactly 3:02 pm if the train is running late.
- Participants must have sufficient emotional and independent stability to participate in all aspects of the daily schedule.
- Participants must be capable of walking up to three blocks in the cold/heat specifically for this option.

Limited to 6 participants

MONDAY Option 2 – Culinary Arts

Description: The majority of this schedule will focus on prevocational training and life skills. Participants will help plan a menu, make a grocery list, complete the shopping, and return to The Arc of Monmouth to learn how to cook. Each cook will sample their creations as lunch for the day. After lunch, the remainder of the day will focus on personal finances and money management, such as creating a budget, calculating expenses, and using savings accounts/check books/etc.

Units to Preauthorize in SDR:

22 Units Prevocational Training
4 Units Respite
9 Miles Transportation

***If in the Interim program, currently
your cost is \$97.00 per day.**

Components:

Prevocational Training – Cooking, Planning, Finances and Money Management.

Drop off/Pick up Locations: *Transportation to and from the program is NOT provided by The Arc

9 AM – Drop off at The Arc of Monmouth

3 PM – Pick up at The Arc of Monmouth

Special Considerations:

- No need to pack lunch. If dietary restrictions exist, feel free to bring a bagged lunch from home.

Limited to 8 participants

TUESDAY Option 1 – Intro to Business

Description:

The majority of this day will focus on prevocational training and building specific job skills. The morning activity is the “Wandering Wagon”. Participants load a small cart with snacks and drinks, and sell items to staff and guests at various sites within The Arc of Monmouth network. This activity emphasizes social interactions, self-advocacy, money management, sales, maintaining and stocking inventory, and customer service. The afternoon session will be a Job Club: explore various career options such as horticulture and concession sales and then discuss and practice proper workplace etiquette, and develop additional employment skills.

Units to Preauthorize in SDR:

22 Units Prevocational Training
4 Units Respite
12.2 Miles Transportation

***If in the Interim program, currently
your cost is \$97.00 per day.**

Components:

Prevocational Training – Money Management, Inventory, Customer Service, Job Skill Development, and Workplace Etiquette.

Drop off/Pick up Locations: *Transportation to and from the program is NOT provided by The Arc

9 AM - Drop off at The Arc Center

3 PM – Pick up at The Arc Center

Limited to 16 participants/2 groups

WEDNESDAY Option 1 – Community Service

Description:

Participants will be dropped off at The Arc of Monmouth in Tinton Falls and will ride in a van to the Food Pantry or Soup Kitchen in Long Branch to perform weekly community service. The Food Pantry includes tasks such as stocking shelves, helping with inventory, and interacting with other volunteers and patrons. The Soup Kitchen (first two weeks of the month) includes tasks such as counting, making sandwiches, filling bags, and interacting with staff and patrons. Participants will return to The Arc Center in Tinton Falls for lunch. The afternoon session will be a Job Club. Individuals will explore various career options, discuss and practice proper workplace etiquette, and develop employment skills.

Units to Preauthorize in SDR:

22 Units Prevocational Training
4 Units Respite
13 Miles Transportation

***If in the Interim program, currently
your cost is \$97.00 per day.**

Components:

Prevocational Training – Community Service, Job Skill Development

Drop off/Pick up Locations: *Transportation to and from the program is NOT provided by The Arc

9 AM – Drop off at The Arc of Monmouth

3 PM – Pick up at The Arc of Monmouth

Special Considerations:

- Close-toed shoes are required to participate.
- This activity will require moderate activity levels. Participants will need to be capable of walking, bending and squatting, lifting (boxes or cans of food) and getting in/out of the van independently.

Limited to 8 participants

WEDNESDAY Option 2 -Community Visits

Description: Drop off will be at The Arc of Monmouth in Tinton Falls. Once everyone arrives, the group will embark on various community outings. The trips will differ each week to maximize the number of unique experiences and learning opportunities. Examples of possible trips include visiting an art museum, exploring a local park, or utilizing resources at the library. **Some weeks will incur additional expenses, such as admission fees or tickets, which will be the responsibility of the individual**

Units to Preauthorize in SDR:

20 Units Community Inclusion

4 Units Respite

40 Miles Transportation

***If in the Interim program, currently your cost is \$97.00 per day.**

Components:

Community Inclusion

Drop off/Pick up Locations: *Transportation to and from the program is NOT provided by The Arc

9 AM – Drop off at The Arc of Monmouth

3 PM – Pick up at The Arc of Monmouth

Special Considerations:

- Community trips will differ weekly. Please be sure to dress appropriately (some trips may be outdoors) with comfortable shoes.
- Participants will often need to bring a bagged lunch to eat while out in the community.
- **Additional money may be required some weeks to cover costs associated with certain activities like tickets or admission fees.**

Limited to 6 participants

THURSDAY - A Day of the Arts

Description:

Drop off will be at The Arc of Monmouth in Tinton Falls. The day consists of culinary arts and a half a day of graphic arts at The Middletown Arts Center. Students will learn proper food handling procedures, using kitchen tools, and culinary techniques. Students will travel to the Middletown Arts Center (transportation between activities is provided by The Arc). To emphasize prevocational training and strengthen the curriculum, A Day of the Arts will now incorporate design elements. Students will still fuel their creativity but will also work on geometry, graphing, using computers and technology, and learning about color theory in a 2-hour long design class.

Units to Preauthorize in SDR:

22 Units Prevocational Training
4 Units Respite
22 Miles Transportation

***If in the Interim program, currently
your cost is \$97.00 per day.**

Components:

Prevocational Training – Cooking/Life Skills, Design

Drop off/Pick up Locations: *Transportation to and from the program is NOT provided by The Arc:

9 AM – Drop off at The Arc of Monmouth

3 PM – Pick up at The Arc of Monmouth

Special Considerations:

- Both groups will start at The Arc Center
- Lunch needs to be brought from home

Due to popular demand, there will be 2 groups offered for a total of 16 participants

FRIDAY – Great Expectations

Description:

This program will start on January 19th and end on May 4th totaling 14 weeks. *There will be no class on March 16th and March 30th.

Great Expectations is currently one of The Arc’s most popular selections. The daily schedule has been restructured but will maintain core components of continuing education and fitness. There will be two groups of 12 students running simultaneously. One group will be dropped off at The Arc while the other is dropped off at Brookdale Community College’s Student Life Center. Part way through the day, the groups will switch locations. All 24 participants will enjoy the same activities throughout the course of the day.

The day will involve two hours of a prevocational activity in The Arc’s main building in Tinton Falls and 3 hours will be spent on Brookdale’s campus, including a one hour long class, one hour in the Brookdale Fitness Center, and lunch on campus. The class will cover a range of topics, including math, writing, literature, life skills and money management, and self-advocacy.

Units to Preauthorize in SDR:

12 Units Prevocational Training
 10 Units Community Inclusion
 4 Units Respite
 7 Miles Transportation
 \$382 Goods & Services (private pay)
 \$50 Goods and Services

***If in the Interim program, currently your cost is \$97.00 per day.**

Components:

Prevocational Training, Community Inclusion – fitness and integration into Brookdale campus

Drop off/Pick up Locations: *Transportation to and from the program is NOT provided by The Arc:

Detailed Schedule:

Group 1		Group 2	
9:00 AM	Drop off at The Arc	9:00 – 9:30 AM	Drop off at Brookdale Student Life Center
9:00 – 11:00 AM	Prevocational activity at The Arc	9:30 – 10:30 AM	Gym
11:00 – 11:30 AM	Travel from The Arc to Brookdale campus	10:30 – 11:30 AM	Class
11:30 – 12:30 PM	Lunch on Brookdale campus	11:30 – 12:30 PM	Lunch on Brookdale campus
12:30 – 1:30 PM	Class	12:30 – 1:00 PM	Travel from Brookdale campus to The Arc
1:30 – 2:30 PM	Gym	1:00 – 3:00 PM	Prevocational activity at The Arc
2:30 – 3:00 PM	Pick up from Brookdale Student Life Center	3:00 PM	Pick up from The Arc

Special Considerations:

- Great Expectations involves using the fitness track and gym equipment on Brookdale Community College's campus as well as course tuition to pay for the Introduction to College class. **If in the Supports Program, the cost of tuition will need to be paid privately as it is not approved under Goods and Services. The \$50 gym fee is allowable under Goods and Services, for those in the Interim Program, the gym fee of \$50 should be paid for through your budget. There is no fee for the tuition while in the Interim Program.**
- For the gym, participants should bring a change of clothes, gym shoes, and a water bottle. Gym membership applications must be on file to use gym equipment. You will be given this to complete at a later date.
- Transportation to and from the program will be the responsibility of the individual and their family. **If you are planning to use another transportation vendor, please make sure to confirm all parties understand drop off and pick up will be at two separate locations.**

Each group is limited to 6 participants, for a total of 24 participants each Friday.