



Program Offerings:  
The Achievement Zone  
***SPRING 2018***

**Start: April 2, 2018**

**Deadline to Register: 2/21/2018**

## The Achievement Zone (TAZ) Spring 2018 Schedule

<b>Monday – Thursday Spring Session</b>	
Start Date	4/2/2018
End Date	6/28/2018

<b>Great Expectations Winter/Spring 5 Weeks remaining</b>	
Started	1/19/2018
End Date	5/4/2018

### Holidays/Closing

Memorial Day	5/28/2018	Monday
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<b>Friday – After Great Expectations</b>	
Start Date	5/11/2018
End Date	6/29/2018

**\*There will be no programs the week of 3/26/18 - 3/30/18**

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 – Cooking & Calculating

**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 – Creative Career & 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.

There will be two groups alternating their time in the afternoon in both horticulture and Job Club. The horticulture session will be spent at the Community Gardens in Tinton Falls; the participants will learn all about gardening, from seeding to harvesting. This can potentially create a hobby or employment outcome. In the Job Club session, the participants will be exploring various career options such as horticulture and concession sales and then discuss and practice proper workplace etiquette, developing additional employment skills.

#### **Units to Preauthorize in SDR:**

20 Units Prevocational Training

4 Units Respite

20 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

### **Special Considerations:**

- Transportation to and from the program will be the responsibility of the individual and their family.
- This activity will require moderate activity levels. Participants will need to be capable of walking on uneven terrain, bending and squatting, and working outdoors.
- The garden activity will be outside – participants will need to dress appropriately and wear sunscreen.
- Closed-toe shoes are mandatory. Extra water and a hat are recommended.

*Limited to 16 participants 2 groups*

## WEDNESDAY Option 1 – Community Service & Technology

### **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 Technology class. Individuals will receive basic computer instruction on researching, computer vocabulary, internet safety & Power Point.

#### **Units to Preauthorize in SDR:**

20 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:**

- Closed -toe 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)

*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 – Option 1 (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:**

20 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:**

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

*(Limited to 8 participants)*



## THURSDAY – Option 2 (Horticulture @ Allaire Community Farm)

**Overview:** The Allaire Community Farm offers opportunities to work directly with animals as well as with plants in the greenhouse and garden. Horseback riding or cart driving lessons may be available for those interested, at an additional cost.

### **Units to Preauthorize in SDR:**

24 Units Prevocational Training  
4 Units Respite  
\$25/week as a Goods & Service

*\*(optional additional \$35/week Goods & Service for horseback riding/cart driving lessons)*

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

**\*Private pay for Horseback riding lessons**

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

9 AM – Drop off at Allaire Community Farm

3 PM – Pick up at Allaire Community Farm

Address: 2840 Allaire Road  
Wall Twp., NJ 07719

### **Special Considerations:**

- **Allaire Community Farm requires a \$25/Week activity fee** as a “Goods & Service”.
- Horseback riding or cart driving lessons will be an additional fee - \$35/session, which will also be billed as Goods & Service directly by Allaire Farm.
- This activity will be outside – participants will need to dress appropriately and wear sunscreen. Only closed-toe shoes should be worn. A hat and extra water are recommended.
- Allaire Community Farm has live animals in their petting zoo. The group will be interacting with the animals. If a participant has a fear of animals or severe allergies to animals, you may want to consider a different program offering.
- This activity will require moderate activity levels. Participants will need to be capable of walking on uneven terrain, bending and squatting, and working outdoors.
- Transportation to and from the program will be the responsibility of the individual and their family.

*Limited to 8 participants*

## FRIDAY – Helping Hands & Healthy Heart

Dates: May 11<sup>th</sup> – June 29<sup>th</sup>

**Description:** Drop off will be at The Arc of Monmouth in Tinton Falls. Once everyone arrives, the group will embark on a community service outing. The group will extend their **Helping Hands**, unpacking canned goods and stocking shelves, shredding paper, emptying waste baskets and interacting with staff and patrons at the Jewish Family & Children's Service Food Pantry.

The afternoon session will be the **Healthy Heart** portion of our day at the Glad Tidings Assembly of God church in Tinton Falls. This class is a combination of low impact & high energy music, dance & exercise with a healthy eating lesson. *(Bring a lunch)*

*(This is an integrated class, open to the public)*

### **Units to Preauthorize in SDR:**

18 Units Community Inclusion

4 Units Respite

17 Miles Transportation

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

### **Components:**

Community Inclusion – Community Service, Fitness & Health

**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:**

- Closed-toe shoes are required to participate in the **Helping Hands** portion of the day the community service activity.
- 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.
- Sneakers, sweats & water bottles are needed for the **Healthy Heart** portion of the day. (Changing areas available)