

Supports Program Offerings:

The Achievement Zone

Fall 2017

For Families

Annual Schedule of Services

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **FALL** | **WINTER** | **SPRING** | **SUMMER** |
| Start Date | 9/5/2017 | 1/2/2018 | 3/26/2018 | 7/9/2018 |
| End Date | 12/22/2017 | 3/23/2018 | 6/29/2018 | 8/17/2018 |

Holidays/Closings

|  |  |  |
| --- | --- | --- |
| Labor Day | 9/4/2017 | Monday |
| Columbus Day | 10/9/2017 | Monday |
| Veteran’s Day | 11/10/2017 | Friday |
| Thanksgiving | 11/23/2017 | Thursday |
| Day after Thanksgiving | 11/24/2017 | Friday |
| Christmas Day | 12/25/2017 | Monday |
| New Year’s Day | 1/1/2018 | Monday |
| Martin Luther King Jr. Day | 1/15/2018 | Monday |
| President’s Day | 2/19/2018 | Monday |
| Good Friday | 3/30/2018 | Friday |
| Memorial Day | 5/28/2018 | Monday |
| 4th of July | 7/4/2018 | Wednesday |

MONDAY – Option 1 (Red Bank & Middletown)

**Description:**

Participants will be dropped off at Arc Employment (135 Monmouth Street, Red Bank, NJ) 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 3:00pm from the Red Bank train station.

**Components:**

Community Inclusion – Theater, Dance/Movement, Creative Expressions, Travel Training

**Transportation:**

9 AM Drop Off: Arc Employment, Red Bank

135 Monmouth Street

Red Bank, NJ 07701

3 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.
* Transportation to and from the program will be the responsibility of the individual and their family. If you are using J&D for transportation, please note pick up and drop off locations will differ.

9 AM Drop Off: Arc Employment, Red Bank

135 Monmouth Street  
Red Bank, NJ  07701

3 PM Pick Up: Red Bank Train Station

175 Monmouth Street

Red Bank, NJ 07701

* \*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 demonstrate the ability to accept and follow reasonable rules and to behave 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 capable of walking up to 3 blocks.
* Participants must be able to administer their own medication and be capable of attending to their personal hygiene.

\*Final acceptance in this program offering will be determined based on assessment from The Arc staff.

*Limited to 6 participants*

MONDAY – Option 2 (The Arc of Monmouth, Tinton Falls)

**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.

**Components:**

Prevocational Training – Cooking, Planning, Finances and Money Management

**Transportation:**

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.
* Transportation to and from the program will be the responsibility of the individual and their family.
* Participants must demonstrate the ability to accept and follow reasonable rules and to behave 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.

\*Final acceptance in this program offering will be determined based on assessment from The Arc staff.

*Limited to 8 participants*

TUESDAY – Option 1 (Horticulture @ Tinton Falls Community Garden)

**Description:**

The merits of horticulture therapy are well documented and include physical, intellectual, and social benefits. Participants will learn how to plant seeds and grow herbs, vegetables, and other edible plants. In addition to learning about plants and gardening, participants will build skills in areas of coordination, problem solving, and following directions.

This program will take place at Crawford House Community Garden, which promotes community inclusion. The Community Garden will have a farm stand, where participants will sell produce and goods to community customers. Individuals will learn communication skills working with the public as well as business management skills like inventory.

In case of inclement weather, the group will stay indoors. Instruction on rainy days will cover topics like botany, reinforcing math and customer service skills, as well as the rich local history and culture preserved through the historic Crawford House.

Address: Crawford House Community Garden

750 Tinton Avenue

Tinton Falls, NJ 07724

**Components:**

Prevocational Training – Horticulture, Social Skills, Coordination, Problem Solving, Following Directions

**Transportation:**

9 AM - Drop off at Crawford House Community Garden

3 PM – Pick up at Crawford House Community Garden

**Special Considerations:**

* This activity will be outside – participants will need to dress appropriately and wear sunscreen.
* Close-toed shoes are mandatory. Extra water and a hat is recommended.
* Bring a bagged lunch. A microwave will NOT be available at the Crawford House.
* 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.
* Participants must demonstrate the ability to accept and follow reasonable rules and to behave 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.

\*Final acceptance in this program offering will be determined based on assessment from The Arc staff.

*Limited to 8 participants*

TUESDAY - Option 2 (The Arc of Monmouth, Tinton Falls)

**Description:**

The majority of this schedule 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, discuss and practice proper workplace etiquette, and develop employment skills.

**Components:**

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

**Transportation:**

9 AM – Drop off at The Arc of Monmouth

3 PM – Pick up at The Arc of Monmouth

**Special Considerations:**

* Transportation to and from the program will be the responsibility of the individual and their family.
* Participants must demonstrate the ability to accept and follow reasonable rules and to behave 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.

\*Final acceptance in this program offering will be determined based on assessment from The Arc staff.

*Limited to 8 participants*

TUESDAY – Option 3 (DJ Experience – Arc of Monmouth, Tinton Falls)

***DJ – Achieving the Dream***

**1:00pm – 3:00pm FOR 12 WEEKS ONLY (10 weeks of class, 2 sessions TBD at events)**

**Dates: 9/19 through 11/21**

\*\*\*This program selection is being offered thanks to a grant from Autism Speaks. Due to this funding, preference will be given to those participants with Autism Spectrum Disorder.

\*\*\*This class is only 2 hours long on Tuesday afternoons for 10 weeks during the Fall Session, and will occasionally require additional time commitments on nights and/or weekends to perform DJ skills at local events. At least 2 of the 12 sessions included in this program will be the events.

**Description:**

Learn all of the skills required to become a professional DJ in a series of hands-on workshops from professional DJ Randi. Guest speakers from Brookdale Community College will discuss business and entrepreneurial skills. Peer mentors will assist participants. Build confidence and demonstrate new skills in community events.

**Components:**

Prevocational Training – DJ Technical Training and Business Skills

**Transportation:**

1 PM - Drop off at The Arc or, alternatively, attend AM option of The Achievement Zone [option 2 with the Wandering Wagon]

3 PM – Pick up at The Arc of Monmouth

**Special Considerations:**

* Completion of this special training opportunity will require performing DJ skills live at a local community event. Specific event times are to be determined, but may require night or weekend availability.
* Transportation to and from the program, as well as to and from community-based events will be the responsibility of the individual and their family.
* Limited to 6 participants. \*\*\*Due to funding from Autism Speaks, preference will be given to those individuals with Autism Spectrum Disorder.
* Participants must demonstrate the ability to accept and follow reasonable rules and to behave 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.

\*Final acceptance in this program offering will be determined based on assessment from The Arc staff.

*Limited to 6 participants*

WEDNESDAY – Option 1 (Long Branch & Tinton Falls)

**Description:**

Participants will be dropped off at The Arc of Monmouth in Tinton Falls and will ride in a van to the Food Pantry in Long Branch to perform weekly community service. This includes tasks such as stocking shelves, helping with inventory, and interacting with other volunteers 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.

**Components:**

Prevocational Training – Community Service, Job Skill Development

**Transportation:**

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.
* Transportation to and from the program will be the responsibility of the individual and their family.
* Participants must demonstrate the ability to accept and follow reasonable rules and to behave 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.

\*Final acceptance in this program offering will be determined based on assessment from The Arc staff.

*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, which will be the responsibility of the family.

\*\*\*Additional money may be required for some activities to pay for tickets or admission fees.

**Components:**

Community Inclusion

**Detailed Schedule:**

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.
* Transportation to and from the program will be the responsibility of the individual and their family.
* Participants must demonstrate the ability to accept and follow reasonable rules and to behave 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.

\*Final acceptance in this program offering will be determined based on assessment from The Arc staff.

*Limited to 6 participants*

THURSDAY – Option 1 (Horticulture @ Allaire Community Farm)

**Description:**

The Allaire Community Farm offers opportunities to work directly with animals as well as with plants in the greenhouse and garden. Participants will learn proper care and maintenance of live farm animals in the petting zoo. Tasks may include feeding, watering, grooming, and/or cleaning stalls and facilities. Horseback riding or driving lessons may be available for those interested, at an additional cost. Participants will also learn how to plant seeds and grow herbs, vegetables, and other edible plants in the Allaire Community Farm greenhouse. Instruction will include farm and greenhouse safety procedures; tool recognition and proper use; types of plants, soils, and growing mediums; seeding, transplanting, and harvesting; weeding, tilling and fertilizing.

Address: 2840 Allaire Road

Wall Twp., NJ 07719

**Components:**

Prevocational Training – horticulture, Community Inclusion - Social Skills, Working with Animals

**Transportation:**

9 AM – Drop off at Allaire Community Farm

3 PM – Pick up at Allaire Community Farm

**Special Considerations:**

* **Allaire Community Farm requires a $25/Week activity fee.** This will amount to $525 for the year, which will be taken from your DDD budget as a “Goods & Service”. Horseback riding or driving lessons will also be an additional fee - $35/session.
* This activity will be outside – participants will need to dress appropriately and wear sunscreen. Only close-toed shoes should be worn. A hat and extra water are recommended.
* Participants will need to bring a bagged lunch. A microwave will NOT be available.
* 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 *- please see Tuesday’s horticulture activity*.
* 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.
* Participants must demonstrate the ability to accept and follow reasonable rules and to behave 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.

\*Final acceptance in this program offering will be determined based on assessment from The Arc staff.

*Limited to 6 participants*

THURSDAY – Option 2 (A Day of the Arts, Tinton Falls & Middletown)

**Description:**

Drop off will be at The Arc of Monmouth in Tinton Falls, where participants will start their day with culinary arts. Students will learn proper food handling procedures, using kitchen tools, and culinary techniques. After lunch, 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.

**Components:**

Prevocational Training – Cooking/Life Skills, Design

**Transportation:**

9 AM – Drop off at The Arc of Monmouth

2:30 PM – Optional pick up at Middletown Arts Center

3 PM – Pick up for remainder of group at The Arc of Monmouth

**Special Considerations:**

* Transportation to and from the program will be the responsibility of the individual and their family.
* Participants must demonstrate the ability to accept and follow reasonable rules and to behave 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.

\*Final acceptance in this program offering will be determined based on assessment from The Arc staff.

*Limited to 8 participants*

FRIDAY – Great Expectations (Tinton Falls & Lincroft)

**Description:**

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 2 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 2 hours of a prevocational activity in The Arc’s main building in Tinton Falls. The remainder of the day will be spent on Brookdale’s campus, including a 1-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.

**Components:**

Prevocational Training, Community Inclusion – Fitness and Integration into Brookdale Campus

**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. **The gym will cost $50 per semester and the class will cost $332 per semester.** Both of these fees will be arranged by your Support Coordinator and will be taken from your DDD budget as “Goods and Services”.
* For the gym, participants should bring a change of clothes,gym shoes and a water bottle.
* 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.
* The Arc of Monmouth will no longer be utilizing the Western Monmouth drop off location, which was previously available to Great Expectations participants.
* Participants must demonstrate the ability to accept and follow reasonable rules and to behave 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.

\*Final acceptance in this program offering will be determined based on assessment from The Arc staff.

*Each group is limited to 12 participants, for a total of 24 participants each Friday.*

Please fill out the form below. The Achievement Zone staff will collect interest, develop waitlists, and approve applicants for participation in desired activities. Slots will be filled upon approval by staff in a first-come, first-served basis. Once slots are filled, the remaining individuals will be added to a waitlist, which will also be devised on a first-come, first-served manner.

A detailed application and intake form will be sent to you for completion, along with photo release and consent forms.

Individual’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_/\_\_\_/\_\_\_\_\_\_

Please select all activities you are interested in:

\_\_\_ Monday, Option 1 (Creative Expression and Travel Training, Red Bank & Middletown)

\_\_\_ Monday, Option 2 (Cooking and Prevocational Training, Tinton Falls)

\_\_\_ Tuesday, Option 1 (Horticulture @ Crawford House Community Garden, Tinton Falls)

\_\_\_ Tuesday, Option 2 (Wandering Wagon and Job Club, Tinton Falls)

\_\_\_ Tuesday, Option 3 (DJ – Achieving the Dream, Tinton Falls)

\_\_\_ Wednesday, Option 1 (Food Pantry and Job Club, Long Branch & Tinton Falls)

\_\_\_ Wednesday, Option 2 (Community Outings, Tinton Falls & Local Community Trips)

\_\_\_ Thursday, Option 1 (Horticulture @ Allaire Community Farm, Wall)

\_\_\_ Thursday, Option 2 (A Day of the Arts, Tinton Falls & Middletown)

\_\_\_ Friday, Great Expectations Group 1 – Starts at The Arc of Monmouth, then to Brookdale

\_\_\_ Friday, Great Expectations Group 2 – Starts at Brookdale, then to The Arc of Monmouth