



Fall 2022

CONTACT RECREATION

The Arc Center
1158 Wayside Road
Tinton Falls, NJ 07712

Margie London, Recreation Manager
Phone: (732) 493-1919 ext.400
Email: recreation@arcofmonmouth.org
Website: arcofmonmouth.org/recreation

Welcome to Recreation!

The Arc of Monmouth Recreation Department offers a variety of social and recreational programs for individuals with intellectual and developmental disabilities. The programs are designed to serve various levels and are supervised by our staff and/or our wonderful volunteers. To register for programs, just complete the registration page of this Recreation Banner and email/mail the form to the Recreation Department. For new participants, please contact our office for our welcome packet!

Recreation kicked off the summer with exciting activities and trips: Cuddling with Alpacas, visiting the NY Aquarium & Coney Island Boardwalk and a karaoke luau party to name a few! Take a look and see what new and exciting things are planned for the fall season. We hope you'll join us!



PROGRAMS

Fitness with Margie

Join Margie as she leads a fitness class focusing on getting your heart pumping thru seated exercises. We will be using light weights. Bring water and a towel.

Dates: Wednesday Evenings

Session #1: September 21-November 9

Session #2: November 30-December 14
& January 4-February 1, 2023

Time: 7:00-8:00PM

Location: The Arc Center

Cost: \$65



Yoga with Kelly

Join Kelly as she leads a gentle Yoga class focusing on pose-to-pose and linking movement with breath. Kelly will offer a variety of modifications to encourage participation at every level. We will do sitting, standing and inverted postures. Come join this non-intimidating class. All levels - **BEGINNERS WELCOME**

Dates: Wednesday Evenings

Session #1: September 21-November 9

Session #2: November 30-December 14
& January 4-February 1, 2023

Time: 7:00-8:00PM

Location: The Arc Center

Cost: \$65



Book Club

Snuggle up with a coffee or tea as we read and discuss the book we have chosen to read.

Date: Tuesday Evenings

October 18– Until completion of book

Time: 5:00– 6:00PM

Location: Virtual

Cost: \$25.00



PJ Movie Night

Come join your friends as we watch a movie on the BIG screen in our pajamas. Pizza & snacks will be

served. Last minute registrations are welcome; please call at least 24 hours in advance.

Date: Friday, November 18

Time: 6:30 - 9:00 PM

Location: The Arc Center

Cost: \$25

Broadcast Club

Sharpen your singing & acting skills with Chris, our favorite drama coach!

Date: Thursday

Evenings Starting

October 20

Time: 7:00-8:30PM

Cost: \$175



Bible Stories Virtual Class

Bonnie Deroski of the United Methodist

Church of Red Bank is

offering a 4-week virtual Bible class that includes

reading, coloring and good

conversation. *

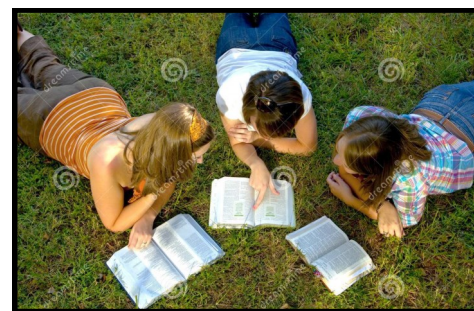
Book will be provided.

Date: Nov7-28

Time: 7:00-8:00PM

Location: virtual

Cost: Free



Let's try a little Country Music themed class...Karaoke and line dancing ! Wear your cowboy hat

Date: September 19, 2022

Time: 6:30PM

Location: The Arc Center

Cost: \$20



PROGRAMS

JOYMAKERS

Dates: Wednesdays
October 5, 2022-
May 31, 2023
(NO bowling November. 23,
December 21, 28 or for the month
of January & February)
RESUME MARCH 1-MAY 31
Time: 3:30 - 5:00 PM
Location: Bradley Beach Bowl
1212 Main Street
Bradley Beach, NJ
Cost: \$30 Registration Fee
\$225 Bowling Fee (Can be paid in
2 installments if you wish)



Beginners Bocci Program

This class will be an introduction to the game of Bocci, class will be held indoors and will run for eight weeks. If this program does well, we will then be able to compete with Special Olympics.

Dates: Monday Evenings. October 17, 24, November 7, 14, 21, 28, Dec. 5 and 12

Location: The Arc Center Time: 6:30-7:30 PM, Cost: \$65.00

KEANSBURG KEGLERS

Dates: Thursdays,
September 15, 2022-
May 11, 2023
(NO bowling November 24,
December 15, 22, 29 or April 6, 2023)
Time: 4:30 - 6:00 PM
Location: Airport Plaza
Route 36, Hazlet
Cost: \$30 Registration Fee
\$225 Bowling Fee (Can
be paid in 2 installments if you wish)



SPECIAL HAPPENINGS



A Christmas Story

Let's celebrate the Holiday Season with a trip to Algonquin Arts Theatre for A Christmas Story, the musical. Dinner will be provided at Squan Tavern.

Date: December 10, 2022

Location: drop off/ pick up at The Arc Center

Time: 1:00PM-5:30PM

Cost: \$80, includes show ticket, transportation, chaperones and dinner.

\$50, for show only

SPECIAL EVENTS

No Limits Café Lunch & Tour

Get a behind the scenes look at how a chef and sous chef prepare and organize meals . You might see one of your peers working there and then enjoy a nice lunch with your friends. This event has been rescheduled from its original date of Saturday July 30.

If you have provided payment you are already registered for the new date.

Everyone else interested in joining us, please register

Date: September 17, 2022

Location: Meet at No Limits Café, 418 Rt 35, Red Bank

Time: 11:30-2:00 PM

Cost: \$50



Barbecue Party

Sponsored by The Knights of Columbus, join us for a Barbecue Party! All you have to do is come hungry and enjoy the wonderful food and company!

Date: September 16, 2022

Time: 6:00-8:00 PM

Location: Wolcott Park, Eatontown

Cost: Free **** But must register to attend.



Broadcast Club Variety Show

Come and support your friends as they perform a variety of acts, musical performances, comedy skits, dancing and much more..

Date: Friday September 30, 2022

Location: Middletown Arts Center, 36 Church Street

Time: 7:30-9:00 PM

Cost: \$10 per ticket & a suggested donation will help to provide the Broadcast Club and Recreation Department offerings to continue to offer rich rewarding programs, events and trips.



KARAOKE HALLOWEEN PARTY AT THE ARC CENTER

You are invited to Spooktacular Halloween party!

Come party with your spooktacular group of friends and enjoy showing your costumes.

DJ and snacks will be provided.

Date: Friday October 28, 2022

Location: The Arc Center

Time: 7:30-9:30PM

Cost: \$20



The Addams Family

The creepy and the kooky, mysterious, spooky family comes to life in this musical comedy. It's going to be a deliciously wacky night of music, chills and thrills!! See you there!

Date: Friday October 21st

Time: TBA

Location: The Middletown Arts Center

Cost: TBA

Grounds of Sculpture

We will be visiting the Grounds of Sculpture which happens to be a museum, sculpture garden and arboretum where art and nature are always at play. This is a premier cultural destination so make sure you bring your camera!

Date: Saturday October 8, 2022

Location: Drop /Pick up at The Arc Center

Time: TBA

Cost: \$ 65

** Bring a bagged lunch



Step Up for The Arc 5K/Walk

Date: Saturday, November 5, 2022

Time: 8:30AM

Place: Joe Palaia Park, Ocean, NJ

More information on our website: <https://arcofmonmouth.org/news-and-events/events/walk.html>



Liberty Science Center

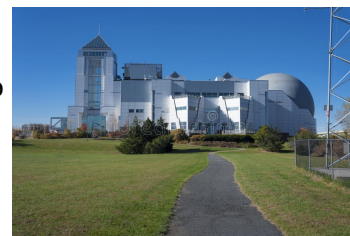
We are so excited to be taking a trip to Liberty Science Center. This place has it all, a planetarium, exhibits, 3D films, fascinating creatures and much much more! Do not miss out on this exciting adventure!

Date: Saturday November 12, 2022

Location: Drop off/Pick up at The Arc Center

Time: TBA

Cost: \$ 70, includes transportation, chaperones and admission to 3D films and all exhibits and planetarium.



Recreation Registration Information

Registration

Please indicate on the Registration Page the programs and special events that you are interested in attending. **DO NOT SEND IN ANY MONEY AT THIS TIME!** We will notify you and indicate which programs you are confirmed for and which ones you are on the waiting list for. The Recreation staff has final approval for participation in all events. Please do not pay online via credit card until you have received confirmation.

Cancellation

If fewer than the minimum participants register for a program, it may be cancelled. A program reimbursement or credit will be issued. Refunds are not guaranteed for any program. If the individual cancels for a program, he or she must give at least three days notice for a refund for a ticketed event, and 24 hours notice for a non-ticketed event. Please note that in the event of a cancellation, we may not be able to refund your money.

Inclement Weather

In the event of poor or questionable weather, call our office for updated information an hour and a half prior to the scheduled time of the event. Our phone number is (732) 493-1919 ext. 400. When the program is cancelled, a message will be left on the machine. If the agency is closed due to bad weather, all programs during that time will also be cancelled.

Transportation

Limited transportation is available for some of the special events for those individuals who have no other means of transportation. There is a small fee when transportation services are utilized.

Financial Assistance

If financial assistance is needed in order to participate in a program, special event, or vacations, please call the Recreation Dept. We will set up a payment plan if one is needed. Full sponsorships are also available. If you need financial assistance, please contact the recreation office. We will send you a sponsorship application to complete and return.

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 records are kept up-to-date in order to provide you with the best possible service.

COVID-19 Protocols

To maintain the wellbeing of our served individuals we have established certain protocols: Daily COVID-19 health questionnaire and temperature monitoring; Social distancing, hand washing or hand sanitizer; Outdoor gatherings attended by fully vaccinated and non-vaccinated participants will be required to wear a mask. (Proactive response procedures for COVID-19 symptoms and/or exposure. Anyone exhibiting signs/symptoms of COVID-19, will be sent home to quarantine per CDC guidelines.

Recreation Office Hours:

The Recreation Department office hours are 9:00 AM—4:30 PM; Monday through Friday.
The office phone number is (732) 493-1919 Ext. 400

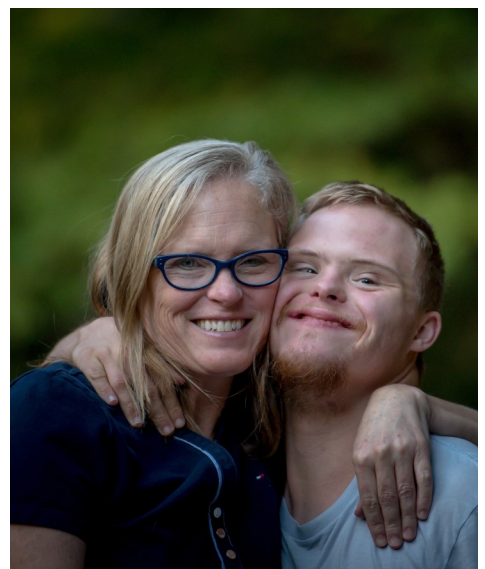
Why should I join The Arc of Monmouth or renew my membership annually?

Member Benefits:

- Newsletters & Communication from The Arc of the US, The Arc of NJ and The Arc of Monmouth
- Reduced Rates for Recreation Programs and Activities
- Chance to Support The Arc and Spread Awareness
- Discounted registration to annual national events, like the National Convention
- Active Online Community
- Access to Resources

Membership Options:

- \$25 Regular Member
- \$35 Supporting Member
- \$50 Patron
- \$100 Benefactor
- \$200 President's Council
- \$500 Arc Angel



Fall 2022 Registration Page

Participant's Name: _____

Address: _____ Town/Zip: _____

Home Phone: _____ Participant Cell Phone: _____

Email Address: _____ Parent Cell Phone _____

Parent/Sponsor Name: _____

☐ I am a Member of The Arc of Monmouth

☐ I am Not a Member

☐ I am Not a Member, but would like to become a member.

Programs

☐ Book Club (Virtual) (10/18)

☐ Broadcast Club with Chris (10/20)

☐ Yoga with Kelly Session 1: ☐ 9/21—11/9 Session 2: 11/30—2/1

☐ Fitness with Margie Session 1: ☐ 9/21—11/9 Session 2: 11/30—2/1

☐ Knights of Columbus Barbecue (9/16)

☐ Bible Studies (11/7-11/28)

☐ Christmas Story (12/10) ☐ Show Only ☐ Show and Dinner

☐ Addams Family (10/21)

☐ Liberty Science Center (11/12)

☐ Pajama Movie Night (11/18)

☐ Country music/ Line Dancing Class (9/19)

Bowling

☐ Joymakers (Wednesdays) (10/5) ☐ Keansburg Keglers (Thursdays) (9/15)

☐ Bocci (10/17)

Special Events

☐ No Limits Café (9/17)

☐ Halloween Party (10/28)

☐ Broadcast show (9/30) # tickets _____

☐ Grounds of Sculpture (10/8)



Recreation Program

Margie London
Recreation Manager
Email: mlondon@arcofmonmouth.org

Direct Office Line: (732) 493-1919 ext. 400
Email: Recreation@arcofmonmouth.org

Office Hours

9:00 AM—4:30 PM
Monday through Friday



IN CASE OF INCLEMENT WEATHER

Call the Recreation Direct Line
at (732) 493-1919 ext. 400 for cancellations

CREDIT CARD PAYMENTS

Please do not make a payment until you have
received written confirmation of being registered
for each event.

Volunteers Wanted!

The Recreation Department is based on volunteers helping out with our programs and special events. Without volunteers, we would not be able to have as many programs to offer to our participants. Many volunteer opportunities are available. We are always looking for new faces to come help out! If you or anyone you know is interested in making a difference in someone else's life, we have wonderful and rewarding opportunities waiting!

If you are interested in volunteering, please contact the Recreation Dept. (732) 493-1919 ext. 400 or email hr@arcofmonmouth.org, and complete the online form at arcofmonmouth.org/volunteer.html