

THE ACHIEVEMENT ZONE

ABOUT THE PROGRAM:

Young adults enrolled in The Achievement Zone (TAZ) are challenged and prepared to pursue their goals. TAZ offers a robust and well-balanced curriculum of prevocational training and community inclusion activities, such as job clubs, community service, creative arts and day trips.

**Drop off and pick up are at The Arc Center,
unless otherwise specified.**



SCHEDULE: Monday through Friday
9:00 AM to 3:00 PM

2020 Winter Session:
Thurs. January 2—Fri. June 26, 2020
Closed on 1/20, 2/17, 4/10, 4/13, 5/25

REQUIREMENTS FOR THE ACHIEVEMENT ZONE:

- 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 depending on activity.
- Final acceptance into a program offering will be determined based on assessment by The Arc of Monmouth staff.



EXPLORE



ENRICH



ENGAGE

TAZ WINTER 2020 PROGRAM OFFERINGS

MONDAY

- 1. Creative Expressions (Community Inclusion)** Enjoy a day creating original works of art in a variety of media, and participating in an interactive theater workshop. *Drop off and pick up at Middletown Arts Center, 36 Church St, Middletown 07748.
- 2. Inventory, Money Management & Technology (Prevocational Training)** Take inventory, shop for groceries, practice money management and financial literacy skills like counting in multiples and balancing a check book. Technology class will practice using Microsoft Office tools, internet safety, and online research.

TUESDAY

- 1. Gardening & Drama (Community Inclusion)** Learn how to care for indoor plants at Crawford House. The group will also enjoy a multimedia creative arts class featuring drama, drumming, and other expressive activities at the Count Basie Theater. *Drop off and pick up at Crawford House, 750 Tinton Ave, Tinton Falls.
- 2. Wandering Wagon & Job Club (Prevocational Training)** Wandering Wagon emphasizes social interaction, money management, sales, maintaining and stocking inventory, and customer service. Job Club participants will discuss career options and practice workplace etiquette.
- 3. Book Club & Therapeutic Martial Arts (Community Inclusion)** Practice literary skills by reading and discussing text in fun community settings like coffee shops or book stores. Travel to Middletown Arts Center for a new offering of Martial Arts. Learn stretching exercises, isolation and technique drills, and use therapy bands to release tension. *Drop off and pick up at Monmouth Mall Bus Stop (Outside Entrance #6).

WEDNESDAY

- 1. Community Service and Job Club (Prevocational Training)** Volunteer experiences will rotate between a nursing home, soup kitchen, and the food pantry. Job Club will focus on employment skills, such as communication and problem-solving techniques.
- 2. Community Visits (Community Inclusion)** Trips will differ each week to create a variety of enriching experiences and learning opportunities. We take advantage of many seasonal local activities. *Drop off and pick up at Panera Bread, 1050 Broad Street, Shrewsbury 07702.

THURSDAY

- 1. Drama & Dance with Travel Training (Community Inclusion)** Dance class at Middletown Arts Center and drama class at the Count Basie theater. Ride the train between Red Bank and Middletown. For a discounted rate, participants will need a NJ transit reduced fare card and money for the train. *Drop off and pick up at Middletown Arts Center.
- 2. Respite** Participants are encouraged to socialize, build friendships, and maximize independence in a variety of activities, such as: arts and crafts, music, cooking, fitness, or games.

FRIDAY

- 1. Let's Do Lunch (Prevocational Training)** Participants learn the ins and outs of the catering industry. Each week, the group will plan a menu, take inventory and shop for ingredients, and practice culinary techniques preparing the meals. Staff from The Arc Center and program participants can purchase their lunches.
- 2. Community College Connection/Yoga/Nutrition (Community Inclusion)** Brookdale Community College will offer a 60 minute class, followed by lunch on campus. The afternoon component includes yoga and nutrition. **Brookdale starts 1/23 and runs to 5/8 with no class on 3/20 or 4/10.**
- 3. Historic New Jersey (Community Inclusion) 5/15—6/26 ONLY** Visit the many historic sites in Monmouth County, such as Twin Lights, Fort Hancock, Allaire State Park and the Church of the Presidents.

For details and service units, please visit www.arcofmonmouth.org/TAZ