

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

2019 Fall Session:
Tuesday, Sept. 3 —Friday, Dec. 20
Closed on 10/14, 11/28, and 11/29

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 SPRING 2019 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 (Prevocational Training)** Take inventory, shop for groceries, practice money management and financial literacy skills.

TUESDAY

- 1. Gardening & Drama (Community Inclusion)** Enjoy some fresh air while learning how to care for plants and harvest produce. 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 & Technology (Prevocational Training)** Wandering Wagon emphasizes social interaction, money management, sales, maintaining and stocking inventory, and customer service. Technology class will practice using Microsoft Office tools like Word or PowerPoint and learning about internet safety and research.

WEDNESDAY

- 1. 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.
- 2. 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.
- 3. 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.

THURSDAY

- 1. Movies & Drama with Travel Training (Community Inclusion)** Express your opinion as a film critic watching a movie and discussing content. Board the train toward Red Bank and participate in a theater class at the Count Basie. Return to Middletown by train. 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. Allaire Farm (Community Inclusion)** Work directly with animals and learn about plants in the greenhouses and gardens. Horseback riding and driving lessons are available. Additional fees may be incurred, as charged by Allaire Community Farm. *Drop off and pick up at Allaire Community Farm, 1923 Baileys Corner Road, Wall Twp, NJ 07719.
- 3. 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 9/13 and runs to 12/20 with no class on 11/29.**

NOTE: You can sign up for the whole academic year at Brookdale if you are interested. The winter semester at Brookdale runs from 1/24 to 5/8 with no class on 3/21 or 4/10

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