



# Recreation Newsletter Winter 2016

6550 Delilah Road, Suite 101  
 Egg Harbor Township, NJ 08234  
 609-485-0800 www.arcatlantic.org

**January, February,  
 March 2016**

**P**LEASE READ THE INFORMATION BELOW! IN ORDER TO PREVENT ERRORS AND TO KEEP FROM REGISTERING FOR TWO CLASSES ON THE SAME NIGHT OR FOR MORE THAN ONE OF THE SAME CLASS IT IS IMPORTANT THAT YOU READ THIS NEWSLETTER. PLEASE BE CAREFUL WHEN COMPLETING THE REGISTRATION FORM.

Registration will only be accepted by using the registration form inside this newsletter. You can download the newsletter and registration forms online at [www.arcatlantic.org](http://www.arcatlantic.org). Registration will not be processed unless the registration form is completed and a check and/or money order made payable to The Arc of Atlantic County is included. Cash payments must be coordinated with Allison Venezia at 609-485-0800 extension 161.

Your options for returning your registration form and money are:

**Mail to:** Recreation Registration at The Arc of Atlantic County, 6550 Delilah Road, Suite 101, Egg Harbor Township, NJ 08234.

**Bring it to:** The Arc of Atlantic County during normal business hours of 8:30 AM—4:30 PM and give it to the receptionist.

DO NOT bring a registration form to a program. DO NOT place registration forms or payments in Sue Kinsell’s Office.

If you are unable to pay for everything at the same time, please contact Sue at 609-485-0800 ext. 191 about possible payment options.

A confirmation letter will be mailed to you once your registration has been processed. This form will also serve as your receipt for payment.

**There has been some confusion over what entrance to use for The Arc Administration building for evening activities.** Parking is also an issue. Hopefully this will help: **Adult Evening Classes (with the exception of computer classes):** Please enter at the back of the building using the Adult Training Center (ATC) entrance (there is an awning over the door. Please DO NOT park by the door, curb cutout area or any place along side of the building. There are plenty of parking spaces in the back lot after 5 pm. The area by the curb is for drop offs and pick ups only. It is the only place there is a curb cut for people who use wheelchairs. If the door is locked, ring the door bell to your left. It is very loud inside the building and the staff person running the activity will answer the door and let you in. HINT: The door is usually unlocked 15 minutes before an activity begins while the staff can be in the kitchen area to see who is coming in. Once the activity starts, the door gets locked and you will have to ring the bell.

## *Special Olympic (SO) Sports*

<p>The Arc of Atlantic County is a local training program with Special Olympics New Jersey. The Arc offers training and participation in the following sports: Fall: Golf and Soccer Spring: Bowling and Basketball Summer: Track &amp; Field, Softball and Bocce</p> <p>Registration for these sports is done through the</p>	<p>registration form in the quarterly newsletter.</p> <p><b>We are currently taking registration for Summer Sports.</b></p> <p>Track &amp; Field practices will begin in March.</p> <p>Bocce practices will begin in March.</p> <p>Softball practices will begin in April with games on Saturday’s dur-</p>	<p>ing April and May.</p> <p>All three sports will be participating in the Special Olympics New Jersey Summer Games June 10 - June 12.</p> <p>In order for you to participate and compete in any of these sports you must complete a Special Olympics New Jersey 3 year Medical Form.</p>
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### *Participant Cancellations*

If you will not be able to attend a program for which you have registered, you must follow these instructions to cancel: Call Allison at 609-485-0800 ext. 161; if you don’t get her, you then call Sue at ext. 191 or Kathi at ext. 164.

**REPEATED**  
**NO CALLS/NO SHOWS**  
**MAY JEOPARDIZE**  
**YOUR PARTICIPATION**  
**IN FUTURES CLASSES**  
**AND PROGRAMS!**

# Social Events

## DANCES



### Valentine's Day Dance

**When:** Tuesday, February 9

**Time:** 7:30 PM - 9:30 PM

**Where:** Carriage House, 25 South Pitney Road, Galloway. The cross street is Collins Road.

**Cost:** \$8.00 per person to be paid in advance with this registration form.

There is a cash bar for beverages. Food is not available for purchase.

**Doors for the dance will not be opened until 7:15 PM.**

## ACTIVITIES

### GAME NIGHTS

**When:** Tuesday, January 26

Friday, February 26

Tuesday, March 22

**Time:** 6:00 PM - 8:00 PM

**Cost:** \$5.00

**Where:** The Arc Multipurpose Room  
Use the ATC Entrance

Limit of 20 participants

Come out and enjoy a night of board games, card games and socialization with friends.

### EHT ELKS BINGO

**When:** Wednesday, January 27

Wednesday, February 24

Wednesday, March 30

**Time:** 7PM - 9 PM

**Where:** Egg Harbor Township Elks Lodge, 1815 Mays Landing Road (Rt. 559), EHT

**Cost:** \$3.00



## TRIPS

### Adventure Aquarium

**When:** Saturday February 20

**Time:** 9:00 AM—5:00 PM

**Cost:** \$90.00

Whether you're a first-time visitor or a returning guest, you can count on new hands-on activities, new animals and exhibits and new moments of magic. Check out KidZone, an enchanting playground "under the sea," and experience seven different touch exhibits to get up close and personal with sharks, stingrays and more. Adventure Aquarium is the only aquarium in the world where you can see hippos nose-to-nose, and the only aquarium in the country to feature a Great Hammerhead Shark – among the largest and rarest of sharks!

Cost includes transportation from The Arc office to Adventure Aquarium and back, chaperones, and admission into the aquarium.

This trip is a lottery drawing. You must indicate on your registration form that you want to be entered into the drawing for a spot on this trip. Do not send payment for this trip. If selected you will then pay for the trip.



## Membership Matters!

The Arc is the world's largest community based organization of and for people with intellectual and developmental disabilities. With a strong network of members and affiliated chapters, The Arc is able to improve systems of supports and services; connect families; inspire communities; and influence public policy.

Membership begins in your own backyard! The Arc of Atlantic County has been active in your community since 1961, and currently supports 700 local individuals and families who are dealing with the challenges of permanent intellectual and developmental disabilities.

Your membership contribution supports advocacy at the national level and helps to provide quality direct services to individuals and families right here in Atlantic County. As a member, you ensure that your neighbors with disabilities have the supports they need to grow, develop and live in the community.

**Please go to our website to learn more and sign up to become a member :** [www.arcatlantic.org](http://www.arcatlantic.org)



**January**

**Scratch Art Ceramics**

You will have the choice of using this cool and fun technique to create a one of a kind mug, bowl or plate.

**Date:** Tues., January 5

**Time:** 6:30 to 8pm

**Cost:** \$20.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

*Class limit - 30*

**Instructor:** Meredith

**Line Dancing**

Have fun and get fit while dancing to your favorite pop and country line dances. **You must sign up for all three classes.**

**Date:** Wed., January 6, 13 & 20

**Time:** 6:30 to 7:30pm

**Cost:** \$15.00 for all three classes

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

*Class limit—20*

**Instructor:** Brenda

**Mixed Media**

You will enjoy tapping into your creativity and forming a wonderful piece of winter art. Using paint, stickers and other materials.

**Date:** Tues., January 12

**Time:** 6:30 to 8PM

**Cost:** \$12.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

*Class limit—15*

**Instructor:** Katherine



**January (continued)**

**Music Therapy**

Learn how popular songs are formed and then get ready to sing, dance and have a good time

**Date:** Thurs., January 14

**Time:** 6:30 to 8pm

**Cost:** \$5.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

*Class limit—20*

**Instructor:** Dylan Gano

**Computer Basics**

Learn about your computer and its basic functions from turning it on, to windows and command. We will focus on the basic terms and language used in the computer world.

**Date:** Tue., January 19

**Time:** 6:30 to 8pm

**Cost:** \$8.00

**Location:** Arc Computer lab.

*Use training entrance.*

*Class limit—8*

**Instructor:** Lynn Lippert



**Cooking - Tailgating Party**

Learn how to make some simple party snacks for the big game.

**Date:** Thurs., January 21

**Time:** 6:30 to 8pm

**Cost:** \$15.00

**Location:** Arc ATC Kitchen

*Use the ATC entrance*

*Class limit—15*

**Instructor:** Sue McCarthy

**February**

**Valentine's Ceramic**

You can paint a decoration for the house or paint something for that special someone.

**Date:** Wed., February 3

**Time:** 6:30 to 8pm

**Cost:** \$20.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

*Class limit—30*

**Instructor:** Meredith

**Zumba**

It's back! We'll have so much fun dancing during this hour, you won't even realize you were exercising. **You must sign up for all four classes.**

**Date:** Thur. February 4, 11, 18, 25

**Time:** 6:30 to 7:30pm

**Cost:** \$20.00 for all four classes

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

*Class limit—30*

**Instructor:** Michelle

**Valentine's Day Cooking with Sue**

In this class we will cook a meal that will be ideal for the holiday. Whether you want to entertain or add another delicious recipe to your collection—you'll love this class.

**Date:** Wed., February 10

**Time:** 6:30 to 8pm

**Cost:** \$15.00

**Location:** Arc ATC Kitchen

*Use ATC entrance.*

*Class limit—15*

**Instructor:** Sue McCarthy



**February (Continued)**

**Mixed Media**

You will enjoy tapping into your creativity and forming a wonderful piece of art. Using paint, stickers and other materials.

**Date:** Tues., February 16

**Time:** 6:30 to 8PM

**Cost:** \$12.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—15

**Instructor:** Katherine

**Computer Basic Web**

**Browsing**

Learn the difference between web browsers and how to safely surf the internet. How to manage windows, identify dangerous websites, avoid virus infections and learn the terms associated with browsing. Basic email functions will be discussed.

**Date:** Wed., February 17

**Time:** 6:30 to 8pm

**Cost:** \$8.00

**Location:** Arc Computer lab.

*Use training entrance.*

Class limit—8

**Instructor:** Lynn Lippert



**Cooking - Soups**

You will learn how to make soups from scratch.

**Date:** Tues., February 23

**Time:** 6:30 to 8pm

**Cost:** \$12.00

**Location:** Arc ATC Kitchen

*Use the ATC entrance*

Class limit—15

**Instructor:** Meredith

**March**

**Wet Clay**

You will build a project using wet clay. This is a great class for tactile learning and following directions.

**Date:** Wed., March 2

**Time:** 6:30 to 8pm

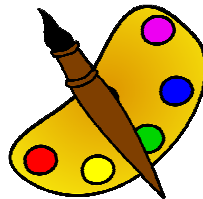
**Cost:** \$20.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit - 30

**Instructor:** Meredith



**Easter Ceramic**

You will be painting a centerpiece or serving plate for the holiday.

**Date:** Tues., March 8

**Time:** 6:30 to 8pm

**Cost:** \$20.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—30

**Instructor:** Meredith

**St. Patrick's Day Cooking with Sue**

In this class we will cook a meal that will be ideal for the holiday. Whether you want to entertain or add another delicious recipe to your collection—you'll love this class.

**Date:** Wed., March 9

**Time:** 6:30 to 8pm

**Cost:** \$15.00

**Location:** Arc ATC Kitchen

*Use ATC entrance.*

Class limit—15

**Instructor:** Sue McCarthy

**March (Continued)**



**Music Therapy**

Learn how popular songs are formed and then get ready to sing, dance and have a good time

**Date:** Thurs., March 10

**Time:** 6:30 to 8pm

**Cost:** \$5.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—20

**Instructor:** Dylan Gano

**Mixed Media**

You will enjoy tapping into your creativity and forming a wonderful piece of art. Using paint, stickers and other materials.

**Date:** Tues., March 15

**Time:** 6:30 to 8PM

**Cost:** \$12.00

**Location:** Arc Multipurpose Rm.

*Use the ATC entrance*

Class limit—15

**Instructor:** Katherine

**Cooking - Easter Appetizers**

As Easter approaches, learn to make some easy and fun appetizers.

**Date:** Wed., March 23

**Time:** 6:30 to 8pm

**Cost:** \$12.00

**Location:** Arc ATC Kitchen

*Use ATC entrance.*

Class limit—15

**Instructor:** Meredith





Address Service Requested

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Pleasantville  
NJ 08232

6550 Delilah Road, Suite 101  
Egg Harbor Township, NJ 08234  
www.arcatlantic.org

General Questions:  
Phone: 609-485-0800 extension  
191 - Sue  
Fax: 609-407-6282  
Email: skinsell@arcatlantic.org

**You can now download the  
Recreation News Letter and  
Registration Form OnLine  
at www.arcatlantic.org**

Do you enjoy helping your community? Do you like doing service projects with friends? Then **Aktion Club** is for you. For more information or if you have any questions about **Aktion Club**, please call **Renee** at 609-485-0800 extension 180.

**The Wonder Workers Self Advocacy Group** will meet the first Wednesday of the month. The meetings are held from 6 PM- 7:00 PM at The Arc offices. If you are using Access Link, please tell them the Main Entrance. If you have any questions about self advocacy please call **Shereen Macdonald** at 609-485-0800 extension 169.

**Adult Evening Class Info.**

**Volunteer Instructors** are always needed. If you have a **skill, hobby or activity** that you would like to teach or share, we would like to hear from you. **Call Sue Kinsell at ext 191 or Kathi Lentz at ext 164 for more information.**

**PARTICIPANT  
CANCELLATIONS FOR AEC**

If you are unable to attend a class please use the following guidelines to cancel. Call **Allison Venezia** at 609-485-0800 extension 161. If you do not reach her, call Sue Kinsell at 609-485-0800 ext 191 or Kathi Lentz (ext 164) **Repeated NO CALLS/NO SHOWS may jeopardize your participation in future classes and programs.**

**Weather Related**

**Cancellations Of Programs**

In the event of a program being cancelled, each participant will receive a phone call from The Arc at least 1 1/2 hours prior to the start of the program.

If you do not receive a phone call, the program will occur as scheduled.

**Friday Night  
Teen Group**

Are you between the ages of 13-25 and looking to do fun things with people your own age? The Friday Night Teen Program is held twice a month year round. For more information on this group please call **Lori** at 609-485-0800 extension 177.