

SPECIAL NEEDS SERVICES PROGRAM GUIDE 2019-20



A COMMUNITY FOR EVERYONE

Message from the Director

Dear Participants, Families, Caregivers, &
Professionals,

Welcome to our 2019–20 program guide! We've shared another wonderful year here in the Special Needs Services Department and my favorite part is watching our participants become a part of the wider community here in our inclusive community center! Each individual that comes to us has their own unique personality and goals and we get to watch as those dreams become realized through our meaningful programming. Whether it's enjoying a show with members of the senior center, waving to kids in our pre-school, sharing a locker room with our fitness members, or grabbing a bite of lunch with patrons of our café, our participants find their own comfortable place in the community. Our participants are met with both acceptance and appreciation and are a fundamental part of our community center culture. It's very gratifying to watch our participants grow and flourish in this environment and develop independence within the walls of our building that they may not enjoy in the wider community.

As you turn the pages of this program guide, we hope that you will find inspiring programs from which to choose. Along with these programs, some are added throughout the year and can be found on our website and through email updates. If you would like your name added to our email list, please let us know by contacting us directly.

Warmly,



WE'RE HERE TO HELP!



Marisa P. Cohen, MA, CRC
Director

973-530-3478 / mcohen@jccmetrowest.org



Chrystal Immediato (Henion), BA
Assistant Director

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Robin Cohen, BS
Program Administrator

973-530-3422 / rcohen@jccmetrowest.org

IMPORTANT NOTES

- Fall program registration begins August 2019.
- Winter/Spring registration begins December 2019.
- An intake meeting is required prior to enrollment in programs for new participants.
- To register for a program, please call 973-530-3422 or email our administrator at rcohen@jccmetrowest.org.
- JCC Membership is not required to participate in our programs.
- JCC Special Needs staff includes Certified Teachers of Students with Disabilities, social workers, therapists, fitness specialists, and other professionals with extensive backgrounds in working with individuals with special needs.

Price Key

- M** Member Pricing
G Guest Pricing

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Amelia Perlstein

Chairperson, Human Rights Committee, JCC MetroWest

Caren Ford

Chairperson, Board of Trustees, JCC MetroWest

Stuart E. Raynor

Chief Executive Officer, JCC MetroWest

Fitness Hours

Monday–Thursday 5:30am–10:00pm

Friday 5:30am–6:00pm

Saturday–Sunday 7:00am–6:00pm

Please call 973-530-3443 or email membership@jccmetrowest.org for general membership questions

760 Northfield Avenue, West Orange, NJ 07052

973-530-3400

JCC MetroWest is a beneficiary agency of
Jewish Federation of Greater MetroWest NJ.

We strive to ensure access and meaningful participation
by all members of the community.

PARTICIPANT HIGHLIGHT

Narcissa Lopez



On any given day, you might see Narcissa Lopez swimming laps in our pool, working out in our fitness center or enjoying a snack in our café. Narci, as we affectionately call her, knows her way around the JCC and regularly interacts with both members and the staff. She explained “I love talking to my friends at the JCC when I come to swim or exercise.” Narci takes Access Link to the center 3-4 days a week to enjoy both her JCC Membership and also programming in the Special Needs Services department.

Narci has been attending programs at the JCC for 10 years and in addition to being a member and enjoying the fitness facilities, she has been a participant in our Day Habilitation, Ladies Night and Game Night programs. Narci shared that Ladies Night is her favorite program as she has developed many friendships and enjoys the fun activities they do each week. She went on to share that during her time at the JCC she has developed one special friendship, John, whom she has been dating for over a year.

Narci shared “I have overcome many challenges since starting programs at the JCC and used to have a hard time communicating appropriately. At the JCC I am improving and communicating more effectively.” Narci has made significant progress in improving her interactions with others and developing her independence both at the JCC and in the greater community. She went on to say “I’ve learned a lot coming to the JCC and I enjoy coming here each week.” We feel so fortunate to have Narci in our JCC community as she is a vibrant and energetic member. She exemplifies how our unique community center setting provides value far beyond its services; it connects individuals of all abilities by creating a warm and friendly environment where participants feel welcome and have a place they feel is their own.

GRANT ACKNOWLEDGEMENTS

JCC MetroWest’s
Department of Special Needs Services
thanks the
Healthcare Foundation of New Jersey
for their generous support of our
Day Habilitation Program.



JCC MetroWest’s
Department of Special Needs Services
thanks the
**Jewish Women’s Foundation
of New Jersey**
for their generous support of our
Ladies Night Program.



Formal Night Fundraiser



On May 19 JCC MetroWest welcomed participants, sponsors and guests to our formal fundraiser where they enjoyed dinner, dancing and fun with friends. It was a very special evening where both our JCC participants along with members of our wider community got dressed up and danced the night away! This special evening was graciously sponsored by Barbara Drench and the Madeline Drench Special Needs Endowment Fund. The funds raised keep our scholarship and private pay programs running all year long.



CHILDREN'S PROGRAMS

SUMMER CAMPS

There are many inclusive children's programs offered at JCC MetroWest which can be found at www.jccmetrowest.org.

Please let us know if there is a program your child would be interested in and we will do everything we can to provide the necessary supports to make it happen! Our goal is to make all programs at JCC MetroWest inclusive whenever possible.

Junior Sunday Ages 5–18

A Sunday afternoon filled with arts & crafts, structured games, music therapy and recreational swim. Children are provided one to one support by our highly qualified staff and volunteers.

Sundays, 12:30–3:00pm

SUMMER 2019

7/7, 8/4 (2 sessions)

M: \$90 G: \$100

FALL 2019

9/22, 10/6, 11/10, 12/8 (4 sessions)

M: \$180 G: \$200

WINTER/SPRING 2020

1/26, 2/23, 3/8, 3/29, 4/19, 5/31 (6 sessions)

M: \$270 G: \$300



Camp Deeny Riback offers inclusion opportunities through their Camp Friends program and is approved by the Department of Children & Families Division of Children's System of Care. Please let us know if you are interested in learning more about this exciting camp program.



TEEN TRAVELERS CAMP

Ages 13–21

Approved as a Provider through the Department of Children & Families Division of Children's System of Care.

This daily travel program for teens and young adults is packed with exciting day trips into the community and lots of opportunities for the development of friendships and social skills. Trip destinations include beach days on the Jersey shore, water and amusement parks, summer fairs, mini golfing and more. This program is supervised by experienced staff. 5:1 Camper to Staff ratio.

Monday–Friday, 9:00am–4:00pm

August 19–23

M: \$1000 G: \$1100

TEEN & ADULT PROGRAMS



Ladies Night Ages 16+

Do you want to make new friends while enjoying fun activities? Well, Ladies Night is just the program for you! Join us on Monday evenings for a night devoted to girl time! Experience fitness, cooking, entertainment, arts & crafts, and other activities while making new friends! This program is open to all members of the community.

Mondays, 6:00–8:00pm

FALL 2019

9/9, 9/16, 9/23, 10/7, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16
(12 sessions)

M: \$240 G: \$300

\$20 per session JCC Member/\$25 per session Guest

WINTER/SPRING 2020

1/6, 1/13, 1/27, 2/3, 2/10, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/20, 4/27,
5/4, 5/11, 5/18 (17 sessions)

M: \$340 G: \$425

\$20 per session JCC Member/\$25 per session Guest

Guys Night Ages 16+

Monday nights—just for guys! Participants enjoy discussions around current events, sports, cooking, entertainment, relationships, and other topics while making new friends! Guys also enjoy games and preparing a weekly snack. This program is open to all members of the community.

Mondays, 6:00–8:00pm

FALL 2019

9/9, 9/16, 9/23, 10/7, 10/28, 11/4, 11/11, 11/18, 11/25, 12/2, 12/9, 12/16
(12 sessions)

M: \$240 G: \$300

\$20 per session JCC Member/\$25 per session Guest

WINTER/SPRING 2020

1/6, 1/13, 1/27, 2/3, 2/10, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/20, 4/27,
5/4, 5/11, 5/18 (17 sessions)

M: \$340 G: \$425

\$20 per session JCC Member/\$25 per session Guest

Game Night Ages 16+

Join us for an evening of games and snacks with friends! Each week participants enjoy playing games (board games & card games) which focus on turn-taking, managing frustration tolerance, and developing effective communication & socialization skills. This program is open to all members of the community.

Wednesdays, 6:00–8:00pm

FALL 2019

9/11, 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11, 12/18 (13 sessions)

M: \$260 G: \$325

\$20 per session JCC Member/\$25 per session Guest

WINTER/SPRING 2020

1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/22, 4/29, 5/6, 5/13, 5/20 (18 sessions)

M: \$360 G: \$450

\$20 per session JCC Member/\$25 per session Guest



All About Yoga 2 Ages 16+

DDD Approved—Goods & Services

Grab your yoga mat and join us for breathing, stretching, relaxation, and meditation. Participants will increase body awareness as they work to improve concentration and reduce anxiety while having fun doing simple yoga poses and techniques. This program is open to all members of the community.

Thursdays, 7:00–8:00pm

FALL 2019

9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5, 12/12, 12/19 (13 sessions)

M: \$195 G: \$260

\$15 per session JCC Member/\$20 per session Guest

WINTER/SPRING 2020

1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 4/23, 4/30, 5/7, 5/14, 5/21 (18 sessions)

M: \$270 G: \$360

\$15 per session JCC Member/\$20 per session Guest



All About Yoga Ages 16+

DDD Approved—Goods & Services

Grab your yoga mat and join us for breathing, stretching, relaxation, and meditation. Participants will increase body awareness as they work to improve concentration and reduce anxiety while having fun doing simple yoga poses and techniques. This program is open to all members of the community.

Thursdays, 6:00–7:00pm

FALL 2019

9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5, 12/12, 12/19 (13 sessions)

M: \$195 G: \$260

\$15 per session JCC Member/\$20 per session Guest

WINTER/SPRING 2020

1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 4/23, 4/30, 5/7, 5/14, 5/21 (18 sessions)

M: \$270 G: \$360

\$15 per session JCC Member/\$20 per session Guest



Swim Station Ages 16+

DDD Approved—Goods & Services

Jump in and enjoy our pool! Participants are encouraged to interact with peers while swimming and enjoying recreational activities in the water. This program is open to all members of the community.

Thursdays, 7:00–8:00pm

FALL 2019

9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5, 12/12, 12/19 (13 sessions)

M: \$195 G: \$260

\$15 per session JCC Member/\$20 per session Guest

WINTER/SPRING 2020

1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/5, 3/12, 3/19, 3/26, 4/2, 4/23, 4/30, 5/7, 5/14, 5/21 (18 sessions)

M: \$270 G: \$360

\$15 per session JCC Member/\$20 per session Guest



Summer Select Ages 16+

Six weeks of summer fun! Participants will enjoy a variety of activities while socializing with friends! Choose a few sessions or join us for all six!

Mondays, 6:00–8:00pm

SUMMER 2019

June 17	Game Night
June 24	Get Fit
July 1	Creative Cooking
July 8	Evening at the Pool
July 15	Sports Games
July 22	BBQ Party

M: \$150 G: \$180

\$25 per evening JCC Member/\$30 per evening Guest



Sunday Trips Ages 16+

Spend a Sunday afternoon with friends while enjoying great activities throughout our community. Participants meet at the program venue and enjoy both lunch and activities at local restaurants, movie theaters, bowling lanes, and Chocolate Works—just to name a few! Lunch and activities are included in the program fee.

Sundays, 1:00–4:00pm (may vary)

SUMMER 2019

6/23, 7/21, 8/18 (3 sessions)

FALL 2019

9/15, 10/27, 11/17, 12/15 (4 sessions)

WINTER/SPRING 2020

1/12, 2/2, 3/1, 3/22, 4/5, 5/3 (6 sessions)

M: \$55 G: \$60 per trip

Teen/Adult Sunday Socials

Dance the day away with a live DJ while enjoying lunch and snacks with your friends in the community.

Sundays, 1:00–3:00pm

11/3/19	Fall Festival
2/9/20	Winter Wonderland
5/17/20	Formal Fundraiser – Special Event*

\$15 Admission per dance pre-registration

\$20 Admission per dance at the door

*\$25/Ticket

DAY HABILITATION PROGRAM

Day Habilitation Program* Ages 21+

This five-day-per-week program for adults 21+ focuses on life skills activities both onsite at the JCC and in the greater community. Activities include social skills training in an interactive community center setting, swimming (both instructional and recreational), yoga, sports recreation, daily living skills training, community trips (supermarkets, shopping malls, and restaurants), cooking skills, critical thinking skills training, current events awareness and discussion, and special projects with both children and senior populations, which can include concerts, art projects, and holiday related programs.

*Approved provider through NJ Developmental Disabilities Division (DDD).

Rates will be determined by individual tiers for participants enrolled in the Medicaid Supports Program

For participants not enrolled in DDD:

M: \$80 per day G: \$85 per day

MONDAYS

SUMMER 2019

7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19 (8 sessions)

FALL 2019

9/9, 9/16, 9/23, 10/7, 10/28, 11/4, 11/11*, 11/18, 11/25, 12/2, 12/9, 12/16, 12/23, 12/30 (14 sessions)

WINTER/SPRING 2020

1/6, 1/13, 1/27, 2/3, 2/10, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 6/1, 6/8, 6/15, 6/22, 6/29 (23 sessions)

TUESDAYS

SUMMER 2019

7/2, 7/9*, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20 (8 sessions)

FALL 2019

9/3, 9/10, 9/17, 9/24, 10/8*, 10/29, 11/5, 11/12, 11/19, 11/26, 12/3, 12/10, 12/17, 12/24*, 12/31* (15 sessions)

WINTER/SPRING 2020

1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7, 4/14, 4/21, 4/28, 5/5, 5/12, 5/19*, 5/26, 6/2, 6/9, 6/16, 6/23, 6/30 (26 sessions)

WEDNESDAYS

SUMMER 2019

7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21 (8 sessions)

FALL 2019

9/4, 9/11, 9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18 (15 sessions)

WINTER/SPRING 2020

1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26, 3/4, 3/11, 3/18, 3/25, 4/1, 4/8*, 4/22, 4/29, 5/6, 5/13, 5/20, 5/27, 6/3, 6/10, 6/17, 6/24 (24 sessions)

THURSDAYS

SUMMER 2019

7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22 (7 sessions)

FALL 2019

9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 12/5, 12/12, 12/19, 12/26 (16 sessions)

WINTER/SPRING 2020

1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27, 3/5, 3/12, 3/19*, 3/26, 4/2, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25 (24 sessions)

FRIDAYS

SUMMER 2019

7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23 (7 sessions)

FALL 2019

9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/22, 12/6, 12/13, 12/20, 12/27 (16 sessions)

WINTER/SPRING 2020

1/3, 1/10, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20, 3/27, 4/3, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 6/5, 6/12, 6/19, 6/26 (23 sessions)

Additional Day Habilitation Hour

If you are enrolled in the Supports Program through the Division of Developmental Disabilities (DDD) you are eligible to remain in our Day Habilitation program for an extended hour from 2:00–3:00pm. Check with your service coordinator to see if you have enough units available in your budget!

Below are dates that our program WILL NOT offer the 2:00–3:00 hour:

July 9, 2019

October 8, 2019

November 11, 2019

December 24, 2019

December 31, 2019

March 19, 2020

April 8, 2020

May 19, 2020

Day Habilitation Program

Weekly Schedule / 9:00am–3:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00–10:00am Meet and Greet with Current Events Discussion OR Leisure Activity	9:00–10:00am Meet and Greet with Current Events Discussion OR Leisure Activity	9:00–10:00am Meet and Greet with Current Events Discussion OR Leisure Activity	9:00–10:15am Meet and Greet with Current Events Discussion OR Leisure Activity	9:00–10:00am Meet and Greet with Current Events Discussion OR Leisure Activity
10:00–11:00am Yoga OR Leisure Activity	10:00–11:00am Participant Led Exercise OR Leisure Activity	10:00–11:15am Music OR Leisure Activity	10:15–11:00am Walk the Community Track OR Basketball in the Gym	10:00–10:30am Weekend Report OR Leisure Activity
11:00am–12:00pm Recreational Swim OR Social Games	11:00am–12:30pm Lunch & Activity in the Community	11:15am–12:00pm Organized Sports OR Social Games	11:00am–12:30pm Lunch & Activity in the Community	10:30–11:30am Instructional Swim OR Social Games
12:00–1:00pm Lunch at the JCC Café OR Bring Your Own Lunch & daily living activities	12:30–1:30pm Instructional Swim OR Social Games	12:00–1:15pm Lunch at the JCC Café OR Bring Your Own Lunch & daily living activities Social Games and/or Leisure Activity	12:30–1:00pm Social Games OR Leisure Activity	11:30am–1:00pm Choice of Lunch Prep, Nutrition Talk, Leisure Activity & Lunch
1:00–2:00pm Social Games OR Leisure Activity	1:30–2:00pm Social Games OR Leisure Activity	1:15–2:00pm Indoor Cycling OR Word Games or Leisure Activity	1:00–2:00pm Movement Class OR Leisure Activity	1:00–2:00pm Music OR Leisure Activity
2:00–3:00pm Snack Prep, Music OR Leisure Activity	2:00–3:00pm Snack Prep, Gym Games OR Leisure Activity	2:00–3:00pm Snack Prep, Music OR Leisure Activity	2:00–3:00pm Snack Prep, Gym Games OR Leisure Activity	2:00–3:00pm Snack Prep, Social Games OR Leisure Activity

Alternative choices are available for all activities with the exception of community-based trips.

Activities focused on various goals are available with staff supervision should participants choose not to engage in the scheduled activity.

Scheduled activities are subject to change due to unforeseen circumstances.

For more information on the program information noted below, contact Rebecca Wanatick, Manager of Community Inclusion and Program Services: (973) 929-3129 or rwanatick@jfedgmw.org or visit www.GreaterMetroWestABLE.org

Mom's Support Group Find support and guidance as well as services and resources available in the community, network with other moms and learn how to better advocate. Group typically occurs on the second Wednesday of each month 7:30-9:00pm, JCC MetroWest.

Sibling Support Network Siblings of children with disabilities join together for discussion, activities and games, engaging them to learn more about themselves and each other. Participants will have the opportunity to discuss the challenges, feelings and joys of being a sibling with peers, build coping skills, make friends and have fun! Dates and times TBD.

MetroWest Madrichim Teen Advocate Training Program During this 3 week course, teens will receive training to engage with and support children with disabilities in inclusive settings like religious school and recreational programs. Teens will have the ongoing support of a community professional throughout the year. Classes take place from 2-4pm, Sept. 8 & 22, Oct. 13, JCC MetroWest.

Learn to Babysit for Children with Disabilities During this 5 week course, teens will receive training by professionals in the field through workshops, videos, hands on experiences, meetings and will receive certification in CPR and First Aid. Teens will then have the opportunity to be connected with families in the community who are seeking short term childcare for their families. **JCC of Central NJ**– November-December 2019 **JCC MetroWest** – February - March 2020

Mental Health Awareness Training Greater MetroWest ABLE provides training for both teens and adults through a variety of workshops. The Mental Health First Aid 8-hour certification course and Breaking the Silence – A Teen Mental Health Awareness Workshop will be offered throughout the community during the year. Dates and locations TBD.

Connecting Families with Disabilities and the Jewish Community