

# SPECIAL NEEDS SERVICES

PROGRAM GUIDE 2023-24



A  
COMMUNITY  
FOR  
EVERYONE



MetroWest

## A Message from the Director

Dear Participants, Families, Caregivers, and Professionals,

Welcome to our 2023-24 program guide! This year things seemed to get back to “business as usual” and all our programs ran in person! Our incredibly talented staff welcomed both veterans of our programs along with new participants as programming was in full swing. It was exciting to bring back our favorite programs while introducing some new ones. But whether a new program or a fan favorite, our programs provide a constant source of support for both our participants and their families and provide a sense of belonging and connection to our JCC community.

Our Day Habilitation program has returned to in-person participation only and is running 5 days per week. Since relocating to a larger room we have been able to grow our program and have more participants enrolled than ever before! We welcomed Chef Elena on Fridays to teach nutrition and meal preparation and it has resulted in some delicious creations and some budding chefs! We continue to offer swimming in our community pool 3 days per week and a wider community trip on Tuesdays to local restaurants and venues. Our Day Habilitation program is so popular that it is currently full and has a waiting list!

Our evening programs continued this year including Ladies Night, Guys Night, Game Night, Yoga, Get Fit and Creative Cooking. These programs offer additional enrichment and opportunities to create friendships while accessing community resources. Sunday trips continued in the wider community and participants returned to pizza parlors, movie theaters, bowling alleys, and other exciting venues.

It's been so gratifying watching our programs flourish as we all become a little more comfortable being together in person. While we were proud to stay connected virtually, there's something special about engaging with our participants in the community center. It's so evident how they flourish in the community while making connections with others and developing a feeling of belonging. As you turn the pages of this program guide, we hope that you will find inspiring programs from which to choose. Please reach out to us with any questions and we hope to see you soon!

Warmly,



## WE'RE HERE TO HELP!



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Director

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Assistant Director

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**Robin Cohen, BS**  
Program Administrator

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# IMPORTANT NOTES

- Fall program registration begins August 2023.
- Winter/Spring program registration begins December 2023.
- An intake meeting is required prior to enrollment in programs for new participants. This can be done virtually.
- To register for a program, please email our administrator at [rcohen@jccmwsupports.org](mailto:rcohen@jccmwsupports.org).
- JCC Membership is NOT required to participate in our programs.
- JCC special needs services staff includes Certified Teachers of Students with Disabilities, social workers, therapists, fitness specialists, and other professionals with extensive backgrounds in working with individuals with disabilities.

## Price Key

**M** Member Pricing  
**G** Guest Pricing

# TABLE OF CONTENTS

Participant Highlight	4
Camp Programs	6
Teen & Adult Programs	7
Day Habilitation Program	10
MetroWest ABLE	12

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### Amelia Perlstein

Chairperson, Human Rights Committee, JCC MetroWest

### Amelia Perlstein

Chairperson, Board of Trustees, JCC MetroWest

### Sharon Gordon

Chief Program Officer, JCC MetroWest

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## Fitness Hours

Monday–Thursday, 5:30am–8:30pm

Friday, 5:30am–4:00pm

Saturday–Sunday, 8:00am–4:00pm

Call 973-530-3416 for most current hours

Call 973-530-3443 or email [membership@jccmetrowest.org](mailto:membership@jccmetrowest.org)  
for general membership questions

760 Northfield Avenue, West Orange, NJ 07052  
973-530-3400

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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

## Zatashia Fleming



On a Friday afternoon, you might hear Zatashia Fleming, better known as “Zata”, belting out “The Greatest Love of All” by Whitney Houston in the Day Habilitation Karaoke session. With encouragement from staff, she engages her friends around her to sing and dance and enjoys the rounds of cheers and claps that follow at the end of her song. Zata feels engaged in the community surrounding her and finds comfort with her peers and staff who provide necessary support when needed.

Zata started attending programs at the JCC in 2011 and has participated in a variety of programming including, Day Habilitation, Ladies Night and Game Night. Zata likes to come to the JCC “to see friends and talk and have a good conversation”. Through the many social opportunities offered in the community center, Zata interacts with not only program participants, but staff and members of the JCC as well. Zata is an independent person who enjoys her time at the JCC where she “feels a part of the community and enjoys being around her friends as well as all the members of the community center.”

Fitness is also very important to Zata and she enjoys walking the community track and engaging in other fitness activities offered in the programs. Zata feels “it’s important to stay fit” and shared that “you have to keep working at it.” Zata also shared that sometimes it’s hard to stay motivated, but that the staff at the JCC helps her to stay focused on her goals and engaged in activities of her choice.

Zata exemplifies how our program services and unique community center setting provides a valuable experience helping individuals work towards their goals while developing friendships and connection to their community.

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## GRANT ACKNOWLEDGEMENT

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JCC MetroWest’s  
Department of  
Special Needs Services thanks the

### **Healthcare Foundation of New Jersey**

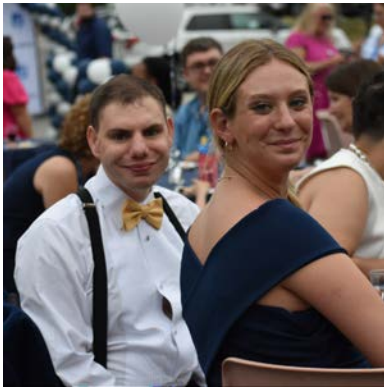
for their generous support  
of our  
Day Habilitation Program.



**THE HEALTHCARE  
FOUNDATION OF NJ**  
*founded by the Jewish community*

# Summer Sairree 2022

On July 17, JCC MetroWest welcomed back our special needs community for our first in person dance since before the pandemic! Guests enjoyed a Kosher dinner, dancing with a DJ, and fun with friends all while enjoying the beautiful summer weather outdoors. It was a very special evening where our community was able to reconnect and enjoy being together after such a long time.



A big thank you to Barbara Drench and the Madeline Drench Special Needs Endowment Fund for graciously sponsoring this wonderful event!

We can't wait to do it again this year on Sunday, June 25, from 4-6pm.

# CAMP PROGRAMS

## **Camp Deeny Riback (CDR) Camp Friends Program** Pre-K through 5th Grade

A traditional Jewish day camp experience with extra support for campers with special needs at our beautiful campus in Flanders, NJ. Swimming, sports, arts and crafts, cooking and more with lunch, snacks, and transportation included. This is an 8-week camp opportunity with a minimum commitment of 4 weeks. This program offers a 1:1 camper to staff ratio.

Monday–Friday, 9:00am–4:00pm

June 26–August 18



## **Staff Specialist Vocational Program at CDR** Ages 16+

Monday–Friday

June 26–August 18 (with additional staff training days in May and June)

This 8-week staff program hires teens and young adults to work as specialists at Camp Deeny Riback while participating in an additional vocational training program. Staff work in specialist positions with job coaching support while exploring a new vocational aspect each week such as interacting with co-workers, receiving feedback from supervisors, work culture, resume writing and interviewing skills. Staff are fully paid and involved in all staff aspects at camp.



# TEEN & ADULT PROGRAMS



## Ladies Night Ages 16+

Join us on Monday evenings for a group just for the ladies! Enjoy fitness, cooking, entertainment, arts & crafts, and other activities while making new friends and discussing issues such as dating, safety, current events and more! This program is open to all members of the community.

Mondays, 6:30–8:00pm

### FALL 2023

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

M: \$220 G: \$275

M: \$20 per session G: \$25 per session

### WINTER/SPRING 2024

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

M: \$300 G: \$375

M: \$20 per session G: \$25 per session



## Guys Night Ages 16+

Join us on Monday evenings for a group just for the guys! Enjoy cooking, special guests, fitness and other activities while discussing a variety of topics such as entertainment, sports, comics, dating and more. This program is open to all members of the community.

Mondays, 6:30–8:00pm

### FALL 2023

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

M: \$220 G: \$275

M: \$20 per session G: \$25 per session

### WINTER/SPRING 2024

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

M: \$300 G: \$375

M: \$20 per session G: \$25 per session

## Creative Cooking Ages 16+

Four weeks of cooking with chef Elana from the Well Rooted Kitchen! Learn to prepare quick, easy and nutritious meals while enjoying time socializing with friends.

Tuesdays, 6:30–8:00pm

### SPRING 2024

3/5, 3/12, 3/19, 3/26

M: \$160 G: \$180

M: \$40 per session G: \$45 per session



## Game Night Ages 16+

Join us for an evening of games 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, 6:30–8:00pm

### FALL 2023

9/20, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6, 12/13  
(11 sessions)

M: \$220 G: \$275

M: \$20 per session G: \$25 per session

### WINTER/SPRING 2024

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

M: \$300 G: \$375

M: \$20 per session G: \$25 per session

## Get Fit Ages 16+

DDD Approved-Goods & Services

Enjoy a variety of classes such as Zumba, Indoor Cycling, and Weight Training while socializing with peers and developing friendships.

Thursdays, 7:00–8:00pm

### FALL 2023

9/21, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14  
(11 sessions)

M: \$165 G: \$220

M: \$15 per session G: \$20 per session

### WINTER/SPRING 2024

1/25, 2/1, 2/8, 2/15, 2/29, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 5/9, 5/16,  
5/23 (15 sessions)

M: \$225 G: \$300

M: \$15 per session G: \$20 per session

## All About Yoga Ages 16+

DDD Approved-Goods & Services

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

Thursdays, 6:00–7:00pm

### FALL 2023

9/21, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14  
(11 sessions)

M: \$165 G: \$220

M: \$15 per session G: \$20 per session

### WINTER/SPRING 2024

1/25, 2/1, 2/8, 2/15, 2/29, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 5/9, 5/16,  
5/23 (15 sessions)

M: \$225 G: \$300

M: \$15 per session G: \$20 per session



## Swim Station Ages 16+

DDD Approved—Goods & Services

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

Thursdays, 7:00–8:00pm

### FALL 2023

9/21, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14  
(11 sessions)

M: \$110 G: \$165

M: \$10 per session G: \$15 per session

### WINTER/SPRING 2024

1/25, 2/1, 2/8, 2/15, 2/29, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 5/9, 5/16,  
5/23 (15 sessions)

M: \$150 G: \$225

M: \$10 per session G: \$15 per session



## Summer Select Ages 16+

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

Mondays, 6:30–8:00pm

### SUMMER 2023

June 12	Game Night
June 26	Get Fit
July 10	Creative Cooking
July 17	Evening at the Pool
July 24	Sports Games
July 31	BBQ Party

M: \$150 G: \$180

M: \$25 per evening G: \$30 per evening



## 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 Turtle Back Zoo—just to name a few! Lunch and activities are included in the program fee.

Sundays, 1:00–4:00pm (may vary)

### SUMMER 2023

6/25, 7/16, 8/13 (3 trips)

### FALL 2023

9/10, 10/15, 11/12, 12/10 (4 trips)

### WINTER/SPRING 2024

1/28, 2/11, 3/17, 4/14, 5/19 (5 sessions)

M: \$60

G: \$65 per trip

## Teen/Adult Sunday Socials

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

Sundays, 1:00–3:00pm

11/19/23	Fall Festival
2/25/24	Winter Wonderland
6/9/24	Summer Soiree Fundraiser (special pricing)

\$15 Admission per dance pre-registration

\$20 Admission per dance at the door

# DAY HABILITATION PROGRAM

## Day Habilitation Program Ages 21+

Approved provider through NJ Developmental Disabilities Division (DDD) & Medicaid.

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), sports recreation, daily living skills training, community trips (supermarkets, shopping malls, and restaurants), food preparation 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.

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

For participants not enrolled in DDD:

M: \$85 per day      G: \$90 per day

### MONDAYS

#### SUMMER 2023

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

#### FALL 2023

9/11, 9/18, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18 (14 sessions)

#### WINTER/SPRING 2024

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

### TUESDAYS

#### SUMMER 2023

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

#### FALL 2023

9/5, 9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28, 12/5, 12/12, 12/19 (16 sessions)

#### WINTER/SPRING 2024

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, 4/9, 4/16, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11, 6/18, 6/25 (24 sessions)

### WEDNESDAYS

#### SUMMER 2023

7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23 (8 sessions)

#### FALL 2023

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

#### WINTER/SPRING 2024

1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/15, 3/22, 3/29, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29, 6/5, 6/26 (24 sessions)

### THURSDAYS

#### SUMMER 2023

7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24 (8 sessions)

#### FALL 2023

9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/30, 12/7, 12/14, 12/21 (15 sessions)

#### WINTER/SPRING 2024

1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 2/29, 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23, 5/30, 6/6, 6/20, 6/27 (25 sessions)

### FRIDAYS

#### SUMMER 2023

7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25 (8 sessions)

#### FALL 2023

9/8, 9/22, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 12/15, 12/22 (13 sessions)

#### WINTER/SPRING 2024

1/5, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23, 3/1, 3/8, 3/15, 3/22, 3/29, 4/5, 4/12, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14, 6/21, 6/28 (25 sessions)

## Day Habilitation Closure Dates

### July 2023-June 2024

July 3-4, 2023

August 28-September 1, 2023

September 4, 2023

September 15, 2023

September 25, 2023

September 29, 2023

November 23-24, 2023

December 25, 2023-January 1, 2024

January 12, 2024

January 15, 2024

February 19, 2024

April 22-24, 2024

April 29-30, 2024

May 27, 2024

June 12-13, 2024

June 19, 2024

# Day Habilitation Program

## Sample Weekly Schedule / 9:00am–2:00pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00–10:00am Meet and Greet OR Leisure Activity	9:00–10:00am Meet and Greet OR Leisure Activity	9:00–10:00am Meet and Greet OR Leisure Activity	9:00–10:00am Meet and Greet OR Leisure Activity	9:00–10:00am Meet and Greet OR Leisure Activity
10:00–11:00am Gym & Track OR Leisure Activity	10:00–11:00am Gym & Track OR Leisure Activity	10:00–11:00am Gym & Track OR Leisure Activity	10:00–11:00am Gym & Track OR Leisure Activity	10:00–11:00am JCC Volunteering OR Leisure Activity
11:00am–12:00pm Supervised Lunch, Social Recreation OR Leisure Activity	11:00am–12:00pm Wider Community Trip, Travel Activities & Supervised Lunch	11:00am–12:00pm Supervised Lunch, Social Recreation OR Leisure Activity	11:00am–12:00pm Supervised Lunch, Social Recreation OR Leisure Activity	11:00am–12:00pm Cooking & Nutrition OR Leisure Activity
12:00–1:00pm Recreational Swim OR Leisure Activity	12:00–1:00pm Social Recreation OR Leisure Activity	12:00–1:00pm Recreational Swim OR Leisure Activity	12:00–1:00pm Instructional Swim OR Leisure Activity	12:00–1:00pm Supervised Lunch, Social Recreation OR Leisure Activity
1:00–2:00pm Money Matters, JCC Volunteering OR Leisure Activity	1:00–2:00pm Karaoke, JCC Volunteering, OR Leisure Activity	1:00–2:00pm Community Resources, JCC Volunteering, OR Leisure Activity	1:00–2:00pm Independent Living, JCC Volunteering, OR Leisure Activity	1:00–2:00pm Gym & Track OR Leisure Activity

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

Scheduled activities are subject to change due to unforeseen circumstances.

Schedules are changed periodically due to feedback from participants, staff, and the annual survey.



For more information on the program information noted below, contact Rebecca Wanatick, Director, Disability Inclusion and Belonging at (973) 929-3129, [rwanatick@jfedgmw.org](mailto:rwanatick@jfedgmw.org) or visit [www.jfedgmw.org/disability](http://www.jfedgmw.org/disability).

### **Parent, Caregiver & Sibling Support Groups**

Find support and guidance as well as services and resources available in the community, network with other parents & caregivers and learn how to better advocate. Our siblings also need support and learn that they are not alone in their experience. Groups take place in collaboration with both JFS MetroWest and JFS of Central NJ.

### **Greater MetroWest Madrichim Teen Advocate Training Program**

During this 5-session course, teens will receive training to engage with and support children with disabilities in inclusive settings like religious school and recreational programs. Teens will participate in workshops and have the ongoing support of a community professional throughout the year.

### **Mental Health Awareness**

Greater MetroWest ABLE has been dedicated to raising awareness and eliminating stigma surrounding mental illness. As a vigilant advocate for our Jewish community, ABLE stands on the front lines advocating for a day when no individual or family will struggle alone. Local, Jewish and National resources to support teens/young adults, parents and youth professionals/educators are available [HERE](#).

### **Creating an Inclusive Jewish Community**

Greater MetroWest ABLE is available to work with professionals and lay leadership at synagogues, schools, camps and recreational programs to help make their organizations meet the needs of all members of our Jewish community.

**Connecting Individuals with Disabilities, their Families and the Jewish Community**