

## Community Life Calendar

**Tue May 3, 2022**

### 6pm - 7pm Fit Five- Special Olympics

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Since we can not meet weekly in person for our Special Olympics Sports Program, let's continue our journey to be healthy until we start our practices in person. Come share your successes and challenges to eat healthy and exercise. Each week we will share material to help you be the best conditioned athlete you can be. This program will also include some type of physical movement. Sign up for this program and we will send you a link to attend.

**Fri May 6, 2022**

### 6pm - 7pm Drawing- Cinco De Mayo People

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

In honor of Cinco De Mayo we will be celebrating not with food, but with drawing. You will be given step by step instructions on how to draw and color a Boy, Girl and a sombrero. These drawing will be styled in traditional Mexican colors and clothing. You will need : 4- Pieces of plain white paper. 1- Sharpie Marker (black if you have it) Colored pencils or crayons. Join us if you would like to create 3 beautiful pieces of art. Sign up for this program and we will send you a link to attend.

**Sat May 7, 2022**

### 10am - 11am Different Types of Governments

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

What is a Government? It is the system of rules and laws used to direct a city, state or nation. Governments were created to ensure freedom and protect the people. Come learn about the different types of governments and about the USA's government style. Sign up for this program and we will send you a link to attend.

**Tue May 10, 2022**

### 6pm - 7pm Fit Five- Special Olympics

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Since we can not meet weekly in person for our Special Olympics Sports Program, let's continue our journey to be healthy until we start our practices in person. Come share your successes and challenges to eat healthy and exercise. Each week we will share material to help you be the best conditioned athlete you can be. This program will also include some type of physical movement. Sign up for this program and we will send you a link to attend.

## Community Life Calendar

Wed May 11, 2022

### 6pm - 7pm Self Advocacy Special Planning Meeting

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

The Arc Self Advocate United Group is holding a special planning meeting to increase their membership. Come to this meeting and be part of the planning process. Sign up for this program and we will send you a link to attend.

Fri May 13, 2022

### 6pm - 7pm Spring Break

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Spring is in the air, and you might be looking to get away for the day or a weekend. Let's explore a popular vacation spot that is in New England and is filled with a lot of history. This location was also used in many movies you may have seen. Join us to learn about this popular getaway and how to get there. Sign up for this program and we will send you a link to attend.

Sat May 14, 2022

### 10am - 11:30am Norman Rockwell Documentary

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Norman Rockwell was an American painter and illustrator. His art work showed our American Culture for over 50 years. Come to this program to see his work and learn the meaning behind some of his most popular art pieces. Sign up for this program and we will send you a link to attend.

Sun May 15, 2022

### 6:30am - 11am Volunteer- Hartford Marathon Foundation

**Where:** Mystic CT

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We are looking for Volunteers who want to help us with a Hartford Marathon Road Race. Please note : This is an early morning event. Sign up for this program and we will reach out to you with more details.

Tue May 17, 2022

### 5pm - 6pm Voices

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

This is a group for women only. This is a self empowerment group for women to meet, share and talk about the challenges, successes and all that make them strong. If you would like to attend this meeting, sign up and we will send you a link.

## Community Life Calendar

### 6pm - 7pm Men's group

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

This program is offered to men only. It will act as a support group for men to talk about their strengths, successes and challenges. Come to this group and support each other. Sign up and we will send you a link to attend.

**Wed May 18, 2022**

### 6pm - 7pm Self Advocacy

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Come join our Self Advocacy Group. Self advocacy teaches us how to make decisions and choices that affect our lives so we can be more independent. You will learn how to speak up for what you believe in, take responsibility for your life, learn to ask questions and how to solve problems. Sign up for this group meeting and we will send you a link to attend.

**Fri May 20, 2022**

### 6pm - 7pm American Sign Language

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

American Sign Language is a way for those who are deaf and hard of hearing to express themselves. Even if you can hear, this form of communication promotes your awareness to those who can not. We will go over some important signs for beginners and even learn a popular song using ASL. Sign up fo this fun night and we will send you a link to attend.

**Sat May 21, 2022**

### 10am - 11am Social Connections

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Social connections are the relationships you have with people around you. Having social connections with other people helps you not feel so alone and improves your mental health. Come to this program and learn how to improve your current relationships and make new ones. Sign up for this program and we will send you a link to attend.

**Tue May 24, 2022**

### 6pm - 7pm Fit Five- Special Olympics

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Since we can not meet weekly in person for our Special Olympics Sports Program, let's continue our journey to be healthy until we start our practices in person. Come share your successes and challenges to eat healthy and exercise. Each week we will share material to help you be the best conditioned athlete you can be. This program will also include some type of physical movement. Sign up for this program and we will send you a link to attend.

# Community Life Calendar

**Fri May 27, 2022**

## **6pm - 7pm National Memorial Day Parade**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We will be viewing the National Memorial Day Parade. This parade is a salute to our military and fallen heroes. You will see marching bands, floats and more from all branches of our military. This parade is very patriotic and will kick start your holiday weekend. Sign up for this program and we will send you a link to attend. Feel free to bring a snack and beverage to enjoy as you watch the parade.

**Sat May 28, 2022**

## **All day No program- Enjoy your holiday weekend!**

Sat May 28, 2022

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Mon May 30, 2022**

## **All day Happy Memorial Day**

Mon May 30, 2022

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Tue May 31, 2022**

## **6pm - 7pm Fit Five- Special Olympics**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Since we can not meet weekly in person for our Special Olympics Sports Program, let's continue our journey to be healthy until we start our practices in person. Come share your successes and challenges to eat healthy and exercise. Each week we will share material to help you be the best conditioned athlete you can be. This program will also include some type of physical movement. Sign up for this program and we will send you a link to attend.

**Fri Jun 3, 2022**

## **6pm - 7:30pm Movie Night- Frozen 2**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Bring your snack and beverage and come join your friends to watch the movie Frozen 2. Sign up and we will send you a link to attend.

# Community Life Calendar

Sat Jun 4, 2022

## 10am - 11am Poems/ Poetry Writing

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Poetry is a form of art using language. If you have always wanted to give poetry a try then come to this program. You do not need any experience with writing poems or poetry to participate. We will start with the basics of writing poems and by the end of this program you will have created a rhyming poem. Sign up for this program and we will send you a link to attend.