Community Life Calendar

Tue Aug 1, 2023

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 Aug 4, 2023

6pm - 8pm  Cruise Night- Norwich First Friday
Where: Downtown Norwich CT
Calendar: Community Life Calendar
Created by: Debbie Densmore
Description:
We are attending a car Cruise Night and the Art Galleries in Downtown Norwich. Please plan on bringing money to eat your dinner out. It is suggested that you bring at least $25.00 for dinner and any additional money for other purchases that you may want along the way. PLEASE NOTE THAT THIS PROGRAM INVOLVES A LOT OF WALKING. Sign up for this program if you wish to attend.

Sat Aug 5, 2023

9am - 10am  Pancake Breakfast- Ledyard Congregational Church
Where: 722 Colonel Ledyard Hwy, Ledyard, CT 06339, USA
Calendar: Community Life Calendar
Created by: Debbie Densmore
Description:
We are attending a pancake breakfast at the Ledyard Congregational Church. Come to this program and support your local community. Cost for breakfast will be a $10.00 donation to the church. Sign up for this program if you wish to attend.

Tue Aug 8, 2023

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.

Fri Aug 11, 2023

6pm - 7pm  Yoga
Where: 125 Sachem St, Norwich, CT 06360, USA
Calendar: Community Life Calendar
Created by: Debbie Densmore
Description:
We will be hosting a Yoga class to improve your overall health. Yoga sharpens your mind, helps with pain, eases stress along with many other benefits. You will leave this class feeling very relaxed. Please dress in clothing that will allow for easy movement and bring your water bottle. If you have your own Yoga mat feel free to bring it to this class. Cost to attend is free. Sign up for this program if you wish to attend.
Community Life Calendar

Sat Aug 12, 2023

10:30am - 12:30pm  Fort Trumbull State Park
Where: Fort Trumbull, 80 Walbach St, New London, CT 06320, USA
Calendar: Community Life Calendar
Created by: Debbie Densmore
Description:
Fort Trumbull is located in New London, CT. The first Fort was built to protect the New London Harbor from British attack. Come learn about the history of this historic park and enjoy the beautiful sites on the Thames River. Cost to attend is $6.00. Please bring your brown bag lunch, beverages, sunscreen and chair to sit in while you eat your lunch. Sign up for this program if you wish to attend. Please note this program involves a lot of walking on uneven terrain.

Sun Aug 13, 2023

6:30am - 10:30am  Volunteers- Niantic Bay Triathlon
Where: McCook's Beach, East Lyme, CT 06357, USA
Calendar: Community Life Calendar
Created by: Debbie Densmore
Description:
We are looking for Volunteers who want to assist us with the Niantic Bay Triathlon Race being held in Niantic. This is an early morning event. Do not forget to wear your volunteer shirt and apply sunscreen. Sign up for this program if you wish to volunteer.

Tue Aug 15, 2023

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.

Wed Aug 16, 2023

6pm - 7pm  Self Advocacy
Where: AmericInn by Wyndham, Griswold, 375 Voluntown Rd, Griswold, CT 06351, USA
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. PLEASE NOTE THAT WE WILL BE MEETING IN PERSON. Transportation will be limited so please plan on arranging your own transportation for this meeting. Sign up for this program if you will be attending.
Community Life Calendar

Fri Aug 18, 2023

**6:30pm - 9pm  Mohegan Sun Party On The Patio**

Where: Mohegan Sun, 1 Mohegan Sun Blvd, Uncasville, CT 06382, USA  
Calendar: Community Life Calendar  
Created by: Debbie Densmore  
Description:  
We are going to Party on the Patio at Mohegan Sun. There will be music, food and games to enjoy. Cost to get in is free. If you wish to purchase your dinner there we suggest at least $25.00 for food and drink. YOU MUST STAY HYDRATED SO PLAN ON PURCHASING AT LEAST ONE DRINK. We suggest $8.00 a beverage. Please make sure you apply bug spray/sunscreen. Sign up for this program if you wish to attend.

Sat Aug 19, 2023

**11am - 1:30pm  RiverFront Dragon Boat /Asian Festival**

Where: Mortensen Riverfront Plaza, 300 Columbus Blvd, Hartford, CT 06103, USA  
Calendar: Community Life Calendar  
Created by: Debbie Densmore  
Description:  
We are going to Hartford to watch the Riverfront Dragon Boat Races on the CT River. There is also an Asian Festival that will be taking place at the same time. Come learn about Asian and Pacific Island cultures with traditional music, dance and hands on arts activities. This program requires a lot of walking so please wear comfortable shoes for walking. Cost to attend is free. You will need to bring money for lunch and beverages. We suggest at least $30.00. Please remember to apply your sunscreen. Sign up for this program if you wish to attend.

Tue Aug 22, 2023

**5pm - 6pm  Voices**

Where: 125 Sachem St, Norwich, CT 06360, USA  
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 program sign up.

Fri Aug 25, 2023

**5:30pm - 6:30pm  National Connecticut Day**

Where: Zoom  
Calendar: Community Life Calendar  
Created by: Debbie Densmore  
Description:  
In honor of National Connecticut Day held in August we will we are having a Zoom program to tell you about important and interesting facts about Connecticut that you may not know. Sign up for this program if you wish to attend.

Sat Aug 26, 2023

**11:15am - 12:15pm  International Dance Fitness Mashup**

Where: 774 Long Hill Rd, Groton, CT 06340, USA  
Calendar: Community Life Calendar  
Created by: Debbie Densmore  
Description:  
The international Dance Studio in Groton is hosting a fundraiser for the the Arc. Come to this program and dance with your friends for a great cause. Please wear athletic wear for dancing along with some sneakers. Do not forget your water bottle. Cost to attend is $10.00. Sign up for this dance class if you wish to attend.
Community Life Calendar

Tue Aug 29, 2023

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 Sep 1, 2023

6:45pm - 8:45pm  Miniature Golf/ Ice Cream

Where: Nature's Art Village, 1650 Hartford-New London Turnpike, Oakdale, CT 06370, USA
Calendar: Community Life Calendar
Created by: Debbie Densmore
Description:
We are going to play an 18- hole round of Mini Golf. Cost to play is $14.00. After our game you may purchase a beverage or ice cream and suggest you bring at least $8.00 for those purchases. Please bring a beverage to drink as you play the game. We will eat our dinner at home. Sign up for this program if you wish to attend.

Sat Sep 2, 2023

10:30am - 1pm  Renaissance Faire

Where: 122 Mack Rd, Lebanon, CT 06249, USA
Calendar: Community Life Calendar
Created by: Debbie Densmore
Description:
We are going to the Connecticut Renaissance Faire to enjoy a day of fun. There will be Knights jousting, birds of prey, comedy and other shows throughout the day. Cost to attend is $15.00. Please bring additional money for personal purchases, food and beverages. We suggest at least $25.00. If you do not plan on eating at the Faire please bring some money for your beverages as we need to stay hydrated. Do not forge to apply your sunscreen. Sign up for this program if you wish to attend.