

July 2026 CL&A Activities Calendar

Voices

Wednesday, July 1, 2026

5:00 PM – 6:00 PM

This group is for women only. This is a self-empowerment group for women to meet, share and talk about challenges, successes and all that make them strong.

Men's Group

Wednesday, July 1, 2026

6:00 PM - 7:00 PM

This program is offered to men only. It will act as a support group for men to talk about their strengths, successes and challenges.

Fit-Five Special Olympics

Wednesday, July 8, 2026

5:30 PM - 6:30 PM

Let's continue our journey to be healthy athletes. Come share your successes and challenges. Each week we will share material to help you be the best conditioned athlete you can be.

Mohegan Park Picnic

Friday, July 10, 2026

6:00 PM – 8:00 PM

Location: 189 Mohegan Park Road, Norwich, CT 06360

Lace up your hiking boots, grab your water bottle, and let's hit the trails! We're getting together for a picnic and a stroll along the scenic trails at Mohegan Park. Bring a brown bag dinner and your sense of adventure. Don't forget to wear your sunblock and bug spray.

North Stonington Agricultural Fair

Saturday, July 11, 2026

10:00 AM – 1:00 PM

Location: 21 Wyassup Rd, North Stonington, CT 06359

Calling all animals lovers! It's time to mooove on down to the North Stonington Agricultural Fair. There will be cattle, chicken, birds, rabbits, and goats galore. Let's get our country on and watch an Ox pull, working steer show, and nail drive contest.

Admission \$12, Seniors 65+ \$6. We suggest bringing \$40 for vendors and food trucks.

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Self-Advocacy Group

Wednesday, July 15, 2026

6:00 PM – 7:00 PM

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.

Friday Night Acoustics

Friday, July 17, 2026

6:00 PM – 8:00 PM

Location: 71 E Town St, Norwich, CT 06360

Bring your lawn chairs, sit back and relax... or don't — get up and boogie with us at Friday Night Acoustics! Connecticut based singer Carrie Ashton will be on stage performing her Country and Americana tunes. You can bring a brown bag dinner and/or money for food trucks for this event. We suggest \$20 if you wish to use the food trucks. Don't forget to bring a lawn chair and sweater for the evening.

Get Fired Up

Saturday, July 18, 2026

11:00 AM - 1:30 PM

Location: 7 W Broad St, Pawcatuck, CT 06379

Looking for a creative way to relax and spend time with friends? Come discover the joy of pottery painting at Get Fired Up! Choose from a variety of ceramic pieces to decorate, including plates, bowls, mugs, tiles, piggy banks, treasure boxes, and more. Let's create a one-of-a-kind masterpiece we'll treasure for years. After we're done painting, we'll walk over to Mel's Downtown Creamery for a refreshing summer treat. Vegan ice cream is available.

We suggest bringing \$20-\$30 for pottery painting and \$10 for ice cream. Please bring a brown bag lunch with your favorite snack and drink you can enjoy while painting.

July 2026 CL&A Activities Calendar

Fit-Five Special Olympics

Wednesday, July 22, 2026

5:30 PM - 6:30 PM

Let's continue our journey to be healthy athletes. Come share your successes and challenges. Each week we will share material to help you be the best conditioned athlete you can be.

Sunflowers for Wishes

Friday, July 24, 2026

6:00 PM - 8:00 PM

Location: 473 Shetucket Turnpike, Griswold, CT 06351

Buttonwood Farm hosts their annual Sunflower Festival with Sunflowers for Wishes, a fundraiser that 100% of proceeds benefit the Make-A-Wish Foundation of Connecticut. Come and enjoy the amazing sight of towering sunflower fields and take home a beautiful bouquet to appreciate in your living room. Please bring a brown bag dinner to enjoy on the farm. We suggest bringing \$30 for flowers and ice cream.

Cat Café and Miniature Golf

Saturday, July 25, 2026

10:45 AM - 2:00 PM

Location: 242 Main St, Old Saybrook, CT 06475
154 College St, Old Saybrook, CT 06475

Looking for the purr-fect place to relax, sip your favorite drink, and spend time with adorable cats? (Who doesn't?) Let's spend some time in Old Saybrook playing with cats at All the Single Kitties Cat Café. We'll picnic in Saybrook Point and end the day with a round of miniature golf.

Please bring \$22 and a brown bag lunch. (All the Single Kitties \$15 for 25 minutes; Saybrook Point Miniature Golf \$7)

Attention Guardians

All the Single Kitties requires a waiver to be signed in person before entering their cat café. The Arc ECT can help individuals sign this waiver with your approval. **Please read all rules and regulations before deciding to sign up for this event.** Signups will be first come first served due to limited seating. This is a prepaid event. If you sign up you **MUST** pay for your ticket, even if you do not attend this event.

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Thrive 55+ Sixteen Year Celebration Dance

Friday, July 31, 2026

5:00 PM - 7:00 PM

Location: 102 Newtown Rd, Groton, CT 06340

Come and celebrate 16 years of Thrive 55+ Senior Center being an integral part of Groton's community with a Sweet Sixteen Dance. Dance Without Limits wouldn't have a homebase if it weren't for this wonderful location. Let's dance, meet new people, and most of all, have some fun! \$20 entry fee with light refreshments available.

A headcount is required for the dance. If you sign up you **MUST** pay for your ticket, even if you do not attend this event.

The Secret World of Elephants

Saturday, August 1, 2026

10:00 AM – 2:00 PM

Location: 222 Harrington Way, Worcester, MA 01604

How do elephants “hear” with their feet, use 16 powerful muscles in their trunks, or reshape entire forests just by eating and walking? Step into The Secret World of Elephants at The EcoTarium and uncover the science, stories, and surprises behind these extraordinary animals. The EcoTarium is a museum of science and nature that offers interactive exhibits, live animal habitats and nature trails.

\$14 entry fee plus \$7 for the elephant exhibit (\$21 total.) We suggest bringing an extra \$25 for lunch. This is a prepaid event. If you sign up you **MUST** pay for your ticket, even if you do not attend this event.