November 2026 CL&A Activities Calendar

Voices **5:00 PM – 6:00 PM**
Wednesday, November 4, 2026

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

Men's Group **6:00 PM – 7:00 PM**
Wednesday, November 4, 2026

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

Dance Without Limits: Sports/Jersey Night **6:00 PM – 8:00 PM**
Friday, November 6, 2026
Location: 41 Society Rd, Niantic, CT 06357

Get ready to move, groove, cheer and have a blast at Dance Without Limits! Join us for a night where sports meet dance – with plenty of music and team spirit. Whether you're a sports fan, a dance lover, or just looking for a fun night out, there's something for everyone. Wear your favorite team jersey and let's boogey!

$5 Admission, $3 No Pizza. No outside food allowed please.

Pandemonium Rainforest Project **10:00 AM – 1:00 PM**
Saturday, November 7, 2026
Location: 112 Elm St, Deep River, CT 06417

Ready for an adventure without leaving Connecticut? Come explore the Pandemonium Rainforest Project. Located amidst a lush, verdant landscape, this exotic animal rescue sanctuary stands as a captivating haven, open to the public with a mission to protect and rehabilitate an array of extraordinary wildlife, such as parrots, tortoises and pythons. A knowledgeable team of dedicated guides share captivating stories about the rescued animals and the conservation efforts taking place. We'll visit their café and thrift store to explore a wide range of yummy treats, home goods, books, clothing, toys and other collectibles. All café and thrift store proceeds help fund their exotic animal rescue.

Please bring $5 for a tour of this wonderful facility. A menu for the café has been included. We suggest bringing $20 for the café or you may bring a brown-bag lunch and extra cash for treats. Don't forget to set aside extra money if you wish to shop at the thrift store.

November 2026 CL&A Activities Calendar

Fit-Five Special Olympics 5:30 PM – 6:30 PM
Wednesday, November 11, 2026

Let's continue our journey to become 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.

Movie Night and World Kindness Day 6:00 PM – 8:30 PM
Friday, November 13, 2026
Location: 125 Sachem St, Norwich, CT 06360

Roll out the wooly red carpet and join us for an unforgettable evening of mystery, movie magic, and sheepish fun! Enjoy an exciting film, delicious snacks, great company, and plenty of laughs. Tonight's PG rated movie will be *The Sheep Detectives*. *The Sheep Detectives* follows a gentle shepherd whose nightly murder-mystery readings to his sheep inspires them to become detectives when tragedy strikes. Let's find out whodunnit together.

We're also celebrating World Kindness Day. World Kindness Day is a global observance that promotes acts of compassion, empathy, and goodwill as ways to strengthen connections among people. New London Homeless Hospitality Center houses hundreds of people per year and most of them go home with few, if any, belongings. For that reason, NLHHC accepts donations of household items to help increase success in a new home. Let's be kind and help this nonprofit organization by donating new, unopened apartment essentials.

Admission for tonight is an item off the included Apartment Essentials donation list. Please bring a brown-bag dinner and your favorite movie snack.

Tellebration 11:00 AM – 2:00 PM
Saturday, November 14, 2026
Location: Groton Public Library at 52 Newtown Rd, Groton, CT 06340

Tellabration is a mammoth storytelling event - and that's no Tall Tale! It's a storytelling phenomenon, made up of storytelling happenings all over the world. Its purpose is to introduce adults, as well as children, to the pleasures of the oral art of storytelling. Carol Glynn will be telling and singing stories. Lively, entertaining, energetic and heartfelt, Carol leaps into your heart with complex characterizations, thoughtful storylines and humor that inspires rip-roaring laughter. Audiences participate in every show. For Tellabration, Carol will present "Celebrate the Constitution" as part of Groton's Celebrate America 250.

After the show we'll hang out in the library then grab some lunch at Applebee's. Admission is free to attend. We suggest bringing $30 for lunch.

November 2026 CL&A Activities Calendar

Self-Advocacy Group **5:30 PM – 7:00 PM**
Wednesday, November 18, 2026
Location: 125 Sachem St, Norwich, CT 06360

In-person self-advocacy meetings continue at The Arc's Sachem location in Norwich. These meetings are a great opportunity to connect with others, share ideas, learn new skills, and discuss topics that matter to us. Self-Advocacy is about speaking up for yourself, making informed choices, and having your voice heard. We look forward to coming together, building friendships, and supporting one another in a welcoming and positive environment. Come and enjoy a slice of pizza and drink before the meeting starts. We can't wait to see you there!

NO ESCAPE **6:00 PM – 8:00 PM**
Friday, November 20, 2026
Location: 190 West Town Street, Norwich, CT 06360

Escape the ordinary... enter the adventure! Think you have what it takes to crack the code, solve the puzzles, and escape before time runs out? Let's put our thinking caps on and get ready for an exciting escape room adventure. The clock is ticking, the challenge is waiting... Are you up for an adventure?

Admission is $30. We suggest bringing $25 for a quick bite to eat for dinner.

Friendsgiving **11:00 AM – 2:00 PM**
Saturday, November 21, 2026
Location: 125 Sachem St, Norwich, CT 06360

Who says Thanksgiving fun has to wait until the big day? Join us for a cozy, fun-stuffed Friendsgiving to celebrate friendship and all the little things we're thankful for. Enjoy some entertaining games, friendly competition, and plenty of laughs. We'll let you know what side dish or dessert to bring in when we call for pickup times during the week.

GNACC Holiday Bazaar **10:00 AM – 12:00 PM**
Saturday, November 28, 2026
Location: 10 Laura BLVD, Norwich, CT 06360

Looking for unique and one-of-a-kind gifts for your loved ones this holiday season? Come celebrate Small Business Saturday at the Greater Norwich Area Chamber of Commerce Holiday Bazaar! Find gifts that are truly special and experience the joy of shopping local at this festive event. From handcrafted jewelry to artisanal creations, there's something for everyone!

We suggest bringing money for gift buying and $25 for a quick bite to eat.

December 2026 CL&A Activities Calendar

Let There Be Light: Discovering Hanukkah 6:00 PM – 8:00 PM

Friday, December 4, 2026

Location: 125 Sachem St, Norwich, CT 06360

Let's explore the history, traditions, and meaning of this special holiday that is shared by your peers. Eric Motin will help us discover the story of Hanukkah, learn about the menorah and the lighting of the candles, and explore the food and games that bring families and communities together. All are welcome. Come learn, connect, and share in the light. Please bring a brown-bag dinner. A traditional dessert will be provided.

Hartford Marathon Foundation: Norwich 7:00 AM – 9:00 AM

Saturday, December 5, 2026

Location: Kelly Middle School at 25 Mahan Drive, Norwich, CT 06360

Volunteers needed for the Hartford Marathon Foundation's Norwich Winterfest. This will be an early morning event. Please dress comfortably for outdoor weather.