March 2026

CL&A, Calendar

Wednesday, March 4, 2026

Voices

Wed 3/4/2026 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 maker them strong

Men's Group

Wed 3/4/2026 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, success and challenges, come to this support group and support each other

Friday, March 6, 2026

Supper Club

Fri 3/6/2026 (All day)

Location: 125 Sachem St (125 Sachem St, Norwich, Connecticut, 06360, United States)

Come join us for supper club, we will be doing a pot luck, please bring a dinner dish to share with your peers, staff will provide dessert and drinks, come and unwind enjoying dinner and good conversation

Saturday, March 7, 2026

Lyman Allyn Art Museum

Sat 3/7/2026 10:00 AM - 12:30 PM

Location: 625 Williams Street, New London

We will be going to the Lyman Allyn Art Museum to see the exhibit Facades of New London: Photographs by G. Roger Clements, this exhibition reflects Clements' interest in local architecture and history, with photographs that capture New London's striking buildings and spaces, first Saturday of the month is free, we will brown bag our lunch

Friday, March 13, 2026

Fish Fry

Fri 3/13/2026 5:30 PM - 6:30 PM

Location: 50 Sacred Heart Dr, Groton, Connecticut, 06340

Celebrate Meatless Friday with a tasty fish fry at Sacred Heart Church. Savor freshly fried fish, homemade sides, and fellowship with our community as we share a meal and honor this meaningful tradition. The cost for this meal is $20.

Saturday, March 14, 2026

HMF O'Niantic 5K

Sat 3/14/2026 9:00 AM - 11:00 AM

Volunteers needed to assist with the food table at the HMF

Wednesday, March 18, 2026

Self Advocacy
Wed 3/18/2026 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

Thursday, March 19, 2026

Movie Night at The Lead
Thu 3/19/2026 5:30 PM - 7:00 PM

Come join us for a free movie night and watch Disney's Brave. There will be free pizza and popcorn. Bring your favorite drink.

Saturday, March 21, 2026

Farmer & Maker Market
Sat 3/21/2026 10:00 AM - 12:00 PM

Location: 105 Putnam Rd, Central Village, CT 06332

Come join us with your peers to attend a local farmers market to celebrate agriculture, creativity and community. There will be local farmers and artists with their products. Items may include arts and crafts, baked goods, candles, fruits and vegetables, jewelry, and more. We suggest $40 for your shopping needs. Eat lunch upon your return.

Wednesday, March 25, 2026

Fit-Five-Special Olympics
Wed 3/25/2026 5:30 PM - 6:30 PM

Friday, March 27, 2026

Dance Without Limits
Fri 3/27/2026 6:00 PM - 8:00 PM

Location: 102 Newtown Rd, Groton, CT, 06340

Come and build friendships and create lasting memories at Dance Without Limits. Participate in a positive social activity and contribute to a lively and respectful atmosphere. Come dress in St. Patrick's day attire if you so choose.

$5 entry fee includes pizza, cookie and water. $3 for guests not eating. There will be NO OUTSIDE FOOD ALLOWED.

Saturday, March 28, 2026

The Mill Museum
Sat 3/28/2026 10:00 AM - 12:30 PM

Location: 411 Main St, Willimantic, CT, 06226

Ever wonder how your clothes and dresses are made? Come on a tour to learn the history behind Willimantic's textile mills. There's a new exhibit at The Mill Museum on Women's Garments of the 19th Century. Let's check it out. Please bring $40 for the price of admission and lunch following.