

January 2026

 [Calendar, CL&A Schedule](#)

Thursday, January 1, 2026

New Year's Day-No program

Thu 1/1/2026 (All day)

Friday, January 2, 2026

New Year's Holiday (observed) No Program

Fri 1/2/2026 (All day)

Saturday, January 3, 2026

NCAA Women's Basketball

Sat 1/3/2026 (All day)

Location: Peoples Bank Arena, 1 Civic Center Plaza, Hartford, CT 06103, USA

We will be headed to Peoples Bank Arena to watch the UConn women play basketball, game starts at 12:00 noon

Wednesday, January 7, 2026

Voices

Wed 1/7/2026 5:00 PM - 6:00 PM 

Location: 125 Sachem St, Norwich, CT 06360, USA

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.

Men's group

Wed 1/7/2026 6:00 PM - 7:00 PM 

Location: Zoom

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.

Friday, January 9, 2026

 **Setting New Goals for 2026-Vision Board**

Fri 1/9/2026 6:00 PM - 8:00 PM

Location: 125 Sachem St, Norwich, CT 06360, USA

Vision board craft project, come spend the evening with your peers setting new goal for 2026, we will supply needed items to complete your vision board, start to think of things you would like to accomplish, or do for the new year, we will brown bag our dinner, cost for this program is 7.00

Saturday, January 10, 2026

Movies

Sat 1/10/2026 (All day)

Everyone has been asking for a movie day, so with the holidays behind us let's take this Saturday to relax after all the Holiday chaos, to enjoy a movie with our peers, as it gets closer, we will check what's playing and available times

Wednesday, January 14, 2026

Fit Five- Special Olympics

Wed 1/14/2026 5:30 PM - 6:30 PM ↗

Location: Zoom

Since we can not meet weekly in person for our Special Olympics Sports Program. Let's continue our journey to be healthy athletes. 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.

Friday, January 16, 2026

■ Olde Mistick Village

Fri 1/16/2026 6:00 PM - 8:30 PM

Location: 27 Coogan Blvd, Mystic, CT 06355, USA

We will go to Olde Mistick Village for the Holiday Light Spectacular; this event will be the largest holiday lights display in southern New England, Olde Mistick Village will be decorated with beautiful holiday lights throughout its entire campus of 40 shops and restaurants, we will grab a bite to eat we suggest 40.00

Saturday, January 17, 2026

■ Get Fried Up

Sat 1/17/2026 10:00 AM - 12:30 PM

Location: 7 W Broad St, Pawcatuck, CT 06379, USA

Let's get together to paint our own pottery, prices are all-inclusive and include the cost of the piece, paints, glazing, and firing, pieces range from \$1-\$85 plus tax, we will brown bag our lunch, I would suggest at least 30.00 to purchase your piece

Friday, January 23, 2026

■ Jigsaw Puzzle Competition

Fri 1/23/2026 6:00 PM - 8:30 PM

Location: 125 Sachem St, Norwich, CT 06360, USA

Come relaxed with your friends after a long week, we will get into groups and see who can beat the other teams in completing the jigsaw puzzle in the least amount of time, we will brown bag our dinner, prizes will be given to the team that finishes first

Saturday, January 24, 2026

Men's BasketBall

Sat 1/24/2026 (All day)

Location: PeoplesBank Arena, 1 Civic Center Plaza, Hartford, CT 06103, USA

We will be attending the UConn Huskies Men's Basketball Game, they will play the Villanova Wildcats at the PeoplesBank in Hartford, the game starts at 12:30pm, tickets are limited

Wednesday, January 28, 2026

Fit Five- Special Olympics

Wed 1/28/2026 5:30 PM - 6:30 PM ↗

Location: Zoom

Since we can not meet weekly in person for our Special Olympics Sports Program. Let's continue our journey to be healthy athletes. 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.

Friday, January 30, 2026

■ New Years Sparkle

Fri 1/30/2026 6:00 PM - 8:00 PM

Location: 102 Newtown Rd, Groton, CT 06340, USA

We will attend the Dance Without Limits, 5.00 to attend and includes entrance, pizza, cookie and water, 3.00 for guests not eating

Saturday, January 31, 2026

■ Groton Bowling Center

Sat 1/31/2026 9:00 AM - 11:00 AM

Location: 27 Kings Hwy, Groton, CT 06340, USA

Let's start the day with a fun and relaxed game of morning bowling with our peers, it is around 6.00 per game, and 5.00 for shoes, feel free to bring your own bowling shoes and ball, you will eat lunch when you return home, we suggest 20.00 for a drink and snack

February 2026

■ [Calendar, CL&A Schedule](#)

Friday, February 6, 2026

■ **Craft Night**

Fri 2/6/2026 6:00 PM - 8:00 PM

Location: 125 Sachem St, Norwich, CT 06360, USA

We will do another Art drawing follow along with Jul's, come relax with some of your peers after a long week and unwind with some art, we will brown bag our dinner, this program is an easy follow along step by step and help if needed, see you there!

Saturday, February 7, 2026

■ **Pancake Breakfast**

Sat 2/7/2026 8:00 AM - 9:30 AM

Location: 722 Colonel Ledyard Hwy, Ledyard, CT 06339, USA

We will attend the Ledyard Congregational Church for their pancake breakfast, the cost for this is 10.00, come support a local church in our community
