

October 2026 CL&A Activities Calendar

Terri Brodeur Breast Cancer Walk

11:30 AM – 4:40 PM

Saturday, October 3, 2026

Location: 301 Great Neck Rd, Waterford, CT 06385

Volunteers needed to help staff the food table for the Terry Brodeur Breast Cancer Walk.

Strides

7:00 AM – 12:00 PM

Sunday, October 4, 2026

Location: 301 Great Neck Rd, Waterford, CT 06385

Volunteers needed for the Strides Annual Road Race.

Voices

5:00 PM – 6:00 PM

Wednesday, October 7, 2026

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

6:00 PM – 7:00 PM

Wednesday, October 7, 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.

Left-Center-Right Challenge

6:00 PM – 8:00 PM

Friday, October 9, 2026

Location: 85 Norman Rd, Norwich, CT 06360

Join us for a night of laughs, luck, and a little friendly competition with our friends at Chase Manor as we play the dice game Left-Center-Right. Roll the dice, Pass it LEFT, Pass it CENTER, Pass it RIGHT, and try not to lose it all. Who will be the last player standing? Come roll the dice and find out!

Please bring nine items in place of chips for admission. These can range from nine Dollar Store items to coins, fidgets, trinkets, or individually wrapped pieces of candy. Please eat dinner before pick-up. There will be dessert offered during the night.

October 2026 CL&A Activities Calendar

Fall Harvest Festival

10:00 AM – 1:00 PM

Saturday, October 10, 2026

Location: 403 Orchard Hill Rd, Pomfret Center, CT 06259

It's officially fall, so grab your flannels and head out for a day of harvest-season fun! Come pick the perfect apple and pluck a pumpkin from the pumpkin patch at Lapsley Orchard's Fall Harvest Festival. It will cost \$2 per pound for pick-your-own apples. You can even bring your own bag. For the pumpkin patch it's .59¢ per pound for Jack-O-Lantern pumpkins and .89¢ per pound for fancy pumpkins. (We suggest bringing \$10 if you are picking apples and \$20 if you are picking pumpkins.)

There will be live music, candy apples, hot apple cider doughnuts, cider slushies, and food cooked by the Pomfret Lions Club. We suggest bringing \$20 or a brown-bag lunch and extra money for tasty autumn treats.

Fit-Five Special Olympics

5:30 PM – 6:30 PM

Wednesday, October 14, 2026

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.

Candy Apple Craft Night

6:00 PM – 8:30 PM

Friday, October 16, 2026

Location: 125 Sachem St, Norwich, CT 06360

Get ready for a sweet night of creativity – no sticky fingers required! Join us as we transform foam apples into adorable candy apple-inspired decorations. Pick your colors, add your favorite decorations, get creative and make it uniquely yours. Let's create a candy apple you can enjoy all season long. Please bring a brown-bag dinner and \$15 for your hand-made treats.

Mills, Rails, & The River 'Walktober' Tour

10:00 AM – 1:00 PM

Saturday, October 17, 2026

Location: 55 Bridge St, Willimantic, CT 06226

Let's learn about the history of mills on the Willimantic River and the railroads that served them. We'll take a guided 1 ½ hour walk through downtown Willimantic and then visit the Connecticut Eastern Railroad Museum. Please bring \$10 for museum admission and \$3 for an open-car train ride along a section of the original Air Line Railroad Route (if still available.)

There is a picnic area across the tracks where we will have lunch. Please bring a brown-bag lunch, water, comfortable walking shoes, and a sweater or jacket. This is an outdoor event where we will be walking continuously for an hour and a half. There may not be areas available to sit and rest.

October 2026 CL&A Activities Calendar

Self-Advocacy Group

5:30 PM – 7:00 PM

Wednesday, October 21, 2026

Location: 125 Sachem St, Norwich, CT 06360

In-person self-advocacy meetings move to 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. Remember, October is Bring A Friend incentive month. If you bring a friend, you *both* get a \$5 gift card. Come and enjoy a slice of pizza and drink before the meeting starts. We can't wait to see you there!

Coco Film Concert

7:00 PM – 9:00 PM

Friday, October 23, 2026

Location: 2152 Hillside Rd, Storrs, CT 06268 Jorgensen North Parking Garage

Join Jorgensen Center for the Performing Arts for Disney's *Coco in Concert, Live to Film*; the story of Miguel, a young boy who dreams of being an accomplished musician, despite his family's baffling generations-old ban on music. When Miguel finds himself on an extraordinary journey in the stunning and colorful Land of the Dead, he learns about the strength of family bonds, finding yourself, and the power of music. Come and enjoy this Oscar-winning film with its vibrant musical score by Grammy-winning composer Michael Giacchino performed live in concert!

Admission is \$35 for the show. Please bring extra money for concessions, we suggest \$15. Pre-purchased tickets are limited and are first-come-first-served. If you request a ticket and are unable to attend you are still required to pay. Please eat dinner before pick-up, as this is a late-night event.

Pumpkin Painting

12:00 PM – 3:00 PM

Saturday, October 24, 2026

Location: Pachaug State Forest: Chapman Field off Cutoff Rd, Voluntown, CT 06384

This highly enjoyable event happens yearly at Chapman Field. There are plenty of pumpkins and lots of space to release your creativity. Everybody gets complimentary pumpkins and all the paint and brushes they need for one or more masterpieces. The crisp, fall weather adds to the inspiration and, before you know it, bright pumpkins fill the tables and giant rocks. It is an impressive display. Everybody gets to keep their work and take it home to their porch or yard.

Please bring \$10 for this event. Lunch will be provided by the host Friends of Pachaug State Forest. Don't forget to dress for the weather as we will be painting outside.

October 2026 CL&A Activities Calendar

Flashlight Corn Maze

6:00 PM – 8:00 PM

Friday, October 30, 2026

Location: 92 Route 2, Preston, CT 06365

Spooky nights are here at Preston Farm! Join us tonight for their popular Flashlight Corn Maze. This year's theme is "America 250 'Ears' of Freedom." Bring your own flashlight and take on the challenge of finding the 16 stamping stations at night, with only your flashlight and the moonlight to guide your way. When you're done, enjoy some live music and a bonfire to end your night.

Admission is \$13. We suggest bringing \$30 for food trucks or a brown-bag dinner and spending money for treats. Remember to bring a sweater or jacket for the event.

Scarecrows Along Main and W.D. Stevens Museum

10:00 AM – 1:00 PM

Saturday, October 31, 2026

Location: 211 Main St, Wethersfield, CT 06109

Happy Halloween everyone! Over 100 handmade scarecrows will be displayed along Main Street in historic Old Wethersfield. Let's take a stroll and see what spooky and fantastical creations we can find. We'll also stop by the Webb Deane Stevens museum along the way. This museum promotes the understanding of colonial life and its enduring influence in the Connecticut River Valley with their *Remember the Ladies: Women of the Revolution* exhibit.

Museum admission is \$20. Please bring \$20 for a quick lunch. As always, remember to dress for the weather and wear comfortable shoes. Please note that this program involves a lot of walking. There may not be areas available to sit and rest.

November 2026 CL&A Activities Calendar

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.

October 2026 CL&A Activities Calendar

November 2026 CL&A Activities Continued

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.