

September 2026 CL&A Activities Calendar

Ledyard Farmers Market

Wednesday, September 2, 2026

5:00 PM – 7:00 PM

Location: 718 Colonel Ledyard Hwy, Ledyard, CT 06339

Ledyard Farmers Market brings together local farmers, artisans, food trucks, and musicians for one of Southeastern Connecticut's most popular weekly community gatherings. Come and browse an impressive selection of locally grown produce, farm-fresh products, baked goods, specialty foods, coffee, wine, beef, mushrooms, pastries, donuts, bagels, ice cream, sauces, and more.

Check out their rotating food trucks serving everything from pizza and lobster rolls to Ethiopian cuisine, Mexican food, fried chicken, burgers, and pasta dishes. Live music and entertainment add to the festive atmosphere each week. We suggest \$40 for dinner and vendors or bring a brown-bag dinner and extra cash for tasty treats.

Chelsea Groton Picnic

Saturday, September 5, 2026

11:30 AM – 2:00 PM

Location: 301 Great Neck Rd, Waterford, CT 06385

Chelsea-Groton Bank is hosting their annual picnic for our group. Join us for good food, great games, and time to visit with your friends. Bring a chair, and as always, dress for the weather and wear your sunscreen.

Voices

Wednesday, September 9, 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, September 9, 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.

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Small Group Night

Friday, September 11, 2026

5:00 PM – 7:00 PM

Need a break after the long week? Who doesn't. Come join us for small group night where the food is good, the conversation is easy, and the laughs are guaranteed. Let's chat, relax and spend some time with great friends. Come hungry and bring your best dinner table story.

We suggest bringing \$25 for dinner.

People First of Connecticut Conference

"Nothing About Us, Without Us"

Saturday, September 12, 2026

8:15 AM – 3:00 PM

Location: DoubleTree by Hilton Hotel

42 Century Dr, Bristol, CT 06010

Come join self-advocates from all over Connecticut. There will be speakers and breakout sessions, where you can learn about things that are important to you, such as supported decision making, assistive technology, and legislative advocacy. Continental breakfast, buffet lunch, and afternoon snack will be provided. Admission is \$20.50. We hope to see you there.

This will be an early morning all day event. We will be arriving in Bristol for breakfast at 8:15am. The conference begins at 9am.

Self-Advocacy Group at Bayonet Street

Wednesday, September 16, 2026

5:30 PM – 7:00 PM

Location: 433 Bayonet St, New London, CT 06320

In-person self-advocacy meetings continue in the Bayonet Street Apartments Community Room. 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.

September and 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!

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Varsity Football NFA vs Darien

Friday, September 18, 2026

5:30 PM – 9:00 PM

Location:

Come out and support Norwich Free Academy as they take the field for an exciting night of varsity football. Let's cheer for our NFA Wildcats as they take on The Darien Blue Wave. We suggest bringing \$20 for the concession stand or a brown-bag dinner and extra cash for treats. September gets chilly at night. Remember to bring a sweater or a blanket.

Garlic Festival

Saturday, September 19, 2026

11:00 AM – 2:00 PM

Location: 27 Coogan Blvd, Mystic, CT 06355

Let's follow our nose to the ultimate garlic celebration at Olde Mystick Village! Come feast on bold flavors, discover delicious garlic creations, shop local vendors, enjoy live entertainment, and soak up the festival fun. Don't miss out on this stinkin' good event. It'll be un-bulb-a-lievable!

Admission is free. We suggest bringing \$30 or a brown-bag lunch with extra cash for treats and vendors. Don't forget to dress for the weather.

Fit-Five Special Olympics

Wednesday, September 23, 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.

Sides Without Limits

Friday, September 25, 2026

5:00 PM – 7:00 PM

Location: 102 Newtown Rd, Groton, CT 06340

Come join Groton Parks & Recreation and Thrive 55+ for a delicious and fun-filled evening supporting Dance Without Limits. Sides Without Limits brings together local police, fire, EMS, and surrounding businesses to "cook for a cause." Each participating agency or business brings its own side dish to complement hamburgers and hot dogs. Enjoy some pizza and side samples, cast your vote for your favorite dish, then hit the dance floor.

Admission is \$15 per person.

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Butterfly Sendoff

Saturday, September 26, 2026

11:00 AM – 2:00 PM

Location: 380 New London Rd, Salem, CT 06420

Join us for Burnett's Country Farm's annual Butterfly Sendoff. Let's celebrate the incredible migration journey of monarch butterflies with a day full of fun for the whole family. We'll enjoy fresh eats from local food trucks, participate in tons of fun activities, and shop handmade creations from young creatives at the Kids Market. The butterfly sendoff will happen promptly at 1:30pm.

Free admission. We suggest bringing \$25 for food trucks or a brown-bag lunch and extra cash for vendors. Don't forget to bring a sweater or a light jacket.

October 2026 CL&A Activities Calendar

Terry Brodeur Breast Cancer Walk

11:30 AM – 4:30 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.