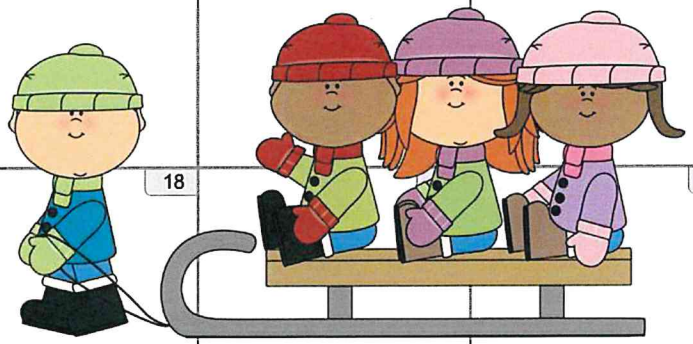
CL&A Schedule

Jan 2026 (Eastern Time - New York

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1 New Year's Day-No	2 New Year's Holiday	3 NCAA Women's
4	5	6	7 5pm - Voices @ 125 6pm - Men's group @	8	9 6pm - Setting New Goals	10 Movies
11	12	13	14 5:30pm - Fit Five- Special	15	16 6pm - Olde Mistick Village	17 10am - Get Fried Up @ 7
18	20	21	22	23 6pm - Jigsaw Puzzle	24 Men's BasketBall @	
25	26	27	28 5:30pm - Fit Five- Special	29	30 6pm - New Years Sparkle	31 9am - Groton Bowling



The Arc.
Eastern Connecticut

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During evenings and weekends please call 860-334-7497.