

## Community Life Calendar

Thu Aug 1, 2024

### 5:15pm - 6:15pm Pasta Dinner Lions Club

**Where:** Taftville, Norwich, CT, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We are going to a dinner to support the Lions Club. There will be pasta, salad, bread and a beverage included in the price. Cost to attend is \$8.00, however please bring an additional \$2.00 as a donation to the Lions Club, so you should bring a total of \$10.00. Sign up for this program if you wish to attend.

Fri Aug 2, 2024

### All day No program

Fri Aug 2, 2024

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

Sat Aug 3, 2024

### 11am - 12pm Huntington Homestead Museum/ The Edward Waldo Home

**Where:** 36 Huntington Rd, Scotland, CT 06264, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We are going to visit 2 museums. The Huntington Homestead is the birthplace of Samuel Huntington who was one of the signers of the Declaration of Independence. The other historical place we are going to visit is the Waldo House. This museum offers a glimpse into the past in CT. After our visit to the museums we will be going out to lunch and suggest that you bring at least \$25.00 for your lunch. Sign up for this program if you wish to attend.

Tue Aug 6, 2024

### 5:30pm - 6:30pm Fit Five- Special Olympics

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Since we can not meet weekly in person for our Special Olympics Sports Program , let's continue our journey to be healthy until we start our practices in person. 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.

Fri Aug 9, 2024

### 4:30pm - 7pm Bozrah Farmer's Market

**Where:** Bozrah Farmers Market, 45 Bozrah St, Bozrah, CT 06334, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Join us for a night at the Bozrah Farmers' Market. There will be plenty of fresh fruits, vegetables and crafts available from local businesses for you to support. We recommend that you bring \$30-\$40 for dinner at the food trucks and any shopping you would like to do. We ask that you please bring a chair or blanket to sit on while eating dinner. Don't forget to bring bug spray and a light jacket in case it is a cooler at night. Sign up for this program if you wish to attend.

## Community Life Calendar

Sat Aug 10, 2024

### 11am - 1pm National Thrift Shopping Day

**Where:** 22 CT-171, Woodstock, CT 06281, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Join us in celebrating National Thrift Shopping Day! We will start our morning by visiting The Arc Emporium in Woodstock where you can search for upscale used clothing, household items, and unique gifts. There is truly something for everyone. We will stop at Owen Bell Park in Killingly to enjoy a brown bag lunch as well as explore what the park has to offer. We suggest you bring \$20.00 for your personal spending at The Arc Emporium. Please bring a chair or blanket to sit on as you eat your brown bag lunch. Sign up for this program and support your peers who work at the Emporium.

Sun Aug 11, 2024

### 7am - 10am Volunteer Niantic Triathlon

**Where:** Niantic, East Lyme, CT, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We are looking for Volunteers who want to assist us with the Hartford Marathon Foundations Triathlon event. Please wear your sunscreen and bring your water bottle. Sign up for this program if you wish to volunteer.

Tue Aug 13, 2024

### 5:30pm - 6:30pm Fit Five- Special Olympics

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Since we can not meet weekly in person for our Special Olympics Sports Program, let's continue our journey to be healthy until we start our practices in person. 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.

Thu Aug 15, 2024

### 6pm - 8pm 3rd Thursday Willimantic Street Feast

**Where:** Main Street, Main St, Windham, CT 06226, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

There are bands and jugglers to entertain you as you meander through the fest. Five stages simultaneously host a wide variety of music and entertainment while over 100 local and regional crafters and vendors showcase the wealth of goods produced in Connecticut. Willimantic's diversity really shines through in the delicious authentic international cuisine. Enjoy locally produced artwork, music, and soda. We suggest you bring \$30.00 for dinner and shopping. Please bring a chair, light jacket and your bug spray. Free Parking and Free Admission to this event

## Community Life Calendar

Fri Aug 16, 2024

### 7pm - 9:30pm Ocean Beach Fireworks and Tribute Band

**Where:** Ocean Beach Park, 98 Neptune Ave, New London, CT 06320, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Join us for a fun night out at Ocean Beach for dancing and fireworks. You can eat dinner at home or you can brown bag your dinner. We ask you please bring water with you as well as a chair or blanket to sit on to enjoy the fireworks. The band this night will be Milargo Santana tribute band. Fireworks will start around 9pm. There will be a \$5.00 charge for admission this evening due to the fireworks.

Sat Aug 17, 2024

### 11:30am - 1:30pm Hike

**Where:** Bluff Point State Park, 55 Depot Rd, Groton, CT 06340, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Join us for some exercise and take in some beautiful views. We will be exploring some of the trails and seek out the wildlife in the area. Please wear good sole shoes, apply bug spray and bring your water bottle. You will be having your brown bag lunch when you arrive before the hike. Don't forget your chair to sit on in case the tables are full. Sign up for this program if you wish to attend.

Wed Aug 21, 2024

### 6pm - 7pm Self Advocacy- No meeting this month

**Where:** ZOOM

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Come join our Self Advocacy Group. Self Advocacy teaches us how to make decisions and choices that affect our lives so we can be more independent. 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. Sign up for this program and we will send you a link to attend.

Fri Aug 23, 2024

### 6pm - 8pm Drum Circle Harkness

**Where:** 301 Great Neck Rd, Waterford, CT 06385, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

This program is back by popular demand as the group who attended the last program had a great time and want to do it again. This will be the last one of this year. We will be joining Infinity Music Therapy for a program on music drumming around a campfire. Please bring a chair and brown bag dinner to enjoy after the music program. Sign up for this program if you wish to attend. Remember to bring a light jacket or sweatshirt as it may be cooler by the water.

Sat Aug 24, 2024

### 11am - 1pm Celebrate International Bowling Day with us

**Where:** Groton Bowling Center, 27 Kings Hwy, Groton, CT 06340, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Please join us for a morning of bowling followed by lunch at the bowling alley. The cost is \$6.00 per game and the shoe rental fee is \$2.00. We suggest you bring \$30.00 to pay for bowling and lunch. If you have your own shoes or bowling ball you are welcome to bring them with you.

## Community Life Calendar

Mon Aug 26, 2024

### 5pm - 6pm Voices

**Where:** 125 Sachem St, Norwich, CT 06360, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

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.

Tue Aug 27, 2024

### 6pm - 7pm Men's group

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

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.

Wed Aug 28, 2024

### 6pm - 8:30pm Wild 'n Wacky Wednesday at the Waterford Speedbowl

**Where:** New London-Waterford Speedbowl, 1080 Hartford Turnpike, Waterford, CT 06385, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Join us for a night at the Waterford Speedbowl for Wild 'n Wacky Wednesday with the American Modifieds. This event will cost \$12.00 for general admission. We will be doing brown bag dinner this evening. Please be sure to bring plenty of water. Bring a light jacket incase it is cool in the evening as well as your bug spray. You may bring some spending money for ice cream.

Fri Aug 30, 2024

### 6pm - 8pm Patriotic Craft Night

**Where:** The Arc Eastern Connecticut, 52 Sacred Heart Dr Building 2, Groton, CT 06340, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We will be doing a patriotic craft for you to take home. Cost for supplies will be \$10.00. Please bring a brown bag dinner. Sign up for this program if you wish to attend.

Sat Aug 31, 2024

### 9am - 11am Volunteer

**Where:** Norwich

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We are looking for Volunteers who wish to clean up the streets in Norwich in Partnership with Reliance Health. This is a great way for you to give back to your community. Please wear clothing that you do not care if it gets dirty or stained. Bring a pair of work gloves if you have them and comfortable shoes for walking. Don't forget some water and your sunscreen. Sign up for this program if you wish to volunteer.

## Community Life Calendar

Mon Sep 2, 2024

### All day Arc Holiday

Mon Sep 2, 2024

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

Tue Sep 3, 2024

### 5:30pm - 6:30pm Fit Five- Special Olympics

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

#### Description:

Since we can not meet weekly in person for our Special Olympics Sports Program , let's continue our journey to be healthy until we start our practices in person. 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.

Fri Sep 6, 2024

### All day No program

Fri Sep 6, 2024

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

Sat Sep 7, 2024

### 6:15am - 6:15pm People First Conference

**Where:** Southern University Adanti Student Center 3rd floor

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

#### Description:

We will be attending the People First Conference in New Haven. People First is an advocacy group for people with disabilities. This will be a long day so please keep your medication times in mind if you will be attending. Everyone that attends needs to be dropped off and picked up either at The Arc in Groton or at The Arc in Norwich. Drop off time for The Arc in Norwich will be 6:15 am and the Groton Arc drop of time will be 6:45- 7:00 am. We will have a light breakfast when we arrive, lunch and snacks at the event. There will be breakout rooms with meetings for you to attend. From 3:00- 4:30 pm we will attend a dance. At 4:30pm we will head back dropping off at the Groton Arc at 5:30pm and the Norwich Arc at 6:00pm. Cost for registration is \$25.00. Sign up for this program if you wish to meet other advocates and have a fun day. Payment for program should be sent in with your sign up sheet.