

Community Life Calendar

Mon Jan 1, 2024

All day Arc Holiday- Happy New Year

Mon Jan 1, 2024

Calendar: Community Life Calendar

Created by: Debbie Densmore

Tue Jan 2, 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 Jan 5, 2024

6pm - 7pm Weather Safety/ Winter Kits

Where: 562 New London Turnpike, Norwich, CT 06360, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We will be having a guest from the UConn Extension program talk to us about how to stay warm and safe over the next few months. Each person will learn how to make your own winter kit to take home. We will be stopping for a fast food meal after the program. Cost to attend is free. Please bring at least \$20.00 for your dinner.

Sat Jan 6, 2024

12:30pm - 3pm Movies

Where: Local Theater

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are going to see one of the newest released movies of the season. Cost to attend will vary depending on what is playing when we go. We suggest at least \$15.00 for the movie. If you wish to purchase a beverage or other snack we recommend at least \$15.00 for them. We will eat our lunch at home. Sign up for this program if you wish to attend.

Tue Jan 9, 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.

Community Life Calendar

Fri Jan 12, 2024

6:30pm - 7:30pm Steak Dinner

Where: VFW Post 5446, 7 Winsor Ave, Plainfield, CT 06374, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are going to support our local VFW post in Plainfield by attending their Steak Dinner. The dinner will be served family style. Your meal will include steak, baked potato, salad, vegetable, bread n butter along with a soda. Cost to attend is \$26.00. Sign up for this program if you wish to attend.

Sat Jan 13, 2024

6pm - 8pm Vision Boards- National Vision Board Day

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

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

In honor of National Vision Board Day and a new year let's come together and set new goals for this year. We will have materials you can use to make your board. If you have items at home you would like to bring and add to your board feel free to do so. We will brown bag our dinner. Sign up for this program if you wish to attend.

Mon Jan 15, 2024

All day Arc Holiday- Presidents Day

Mon Jan 15, 2024

Calendar: Community Life Calendar

Created by: Debbie Densmore

Tue Jan 16, 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.

Wed Jan 17, 2024

6pm - 7pm Self Advocacy

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.

Community Life Calendar

Fri Jan 19, 2024

7pm - 9pm Bradley Playhouse- Don't Dress For Dinner

Where: The Bradley Playhouse, 30 Front St, Putnam, CT 06260, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We will be going to see a show at the Bradley Playhouse, which is a comedy. Cost for a ticket is approximately \$25.00. You may bring money to purchase a snack during intermission. We will eat our dinner at home. Sign up for this program if you wish to attend. **IMPORTANT: IF YOU WISH TO ATTEND THIS SHOW PLEASE SEND IN THE MONEY FOR YOUR TICKET WHEN YOU SIGN UP FOR THE PROGRAM. I WILL ONLY BE PURCHASING YOU A TICKET IF I HAVE YOUR MONEY.**

Sat Jan 20, 2024

11am - 1pm Step By Step Drawing of Martin Luther King JR

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

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

In honor of Martin Luther King Jr, who was a powerful person and motivational movement maker in our history, we will be doing a step by step drawing of him. We will have all supplies for you to do the drawing. We will brown bag our lunch. Sign up for this program if you wish to attend.

Tue Jan 23, 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.

Fri Jan 26, 2024

6:30pm - 7:30pm Adaptive Dance

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

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are having our favorite dance instructor Christine coming to show us some dance moves. Get your dancing shoes on and come have a fun night with your friends. Cost to attend will be confirmed when we call you with your pick up time. We estimate the cost to be no more than \$6:00 per person. Please remember to bring your water bottle. We will be eating our dinner at home. Sign up for this program if you wish to attend.

Sat Jan 27, 2024

10am - 10:45am Chair Yoga

Where: Jonathan Trumbull Public Library, 580 Exeter Rd, Lebanon, CT 06249, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Chair Yoga is a gentle practice in which you perform moves while you are seated. This is a great practice for those that want to improve flexibility, balance and coordination. Please bring a yoga mat or towel and your water bottle. Cost to attend is free. Sign up for this program if you wish to attend.

Community Life Calendar

Tue Jan 30, 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 Feb 2, 2024

6pm - 8pm Meet & Greet Event Planning Meeting

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

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We have many folks who are looking to meet some new people so we decided to you make you part of the process. We are getting together to plan an event where people can come together and meet some new people. The type of event and all the details will be started and future meetings will take place before the event. This is your opportunity to be part of the event. Come share your ideas for a theme, music, decorations and more. We will brown bag our dinner. Sign up for this program if you wish to attend.

Sat Feb 3, 2024

8:30am - 9:30am Ledyard Congregational Church Pancake Breakfast

Where: Ledyard Congregational Church, 722 Colonel Ledyard Hwy, Ledyard, CT 06339, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We will be attending a pancake breakfast at the Ledyard Congregational Church and all money raised will be going to the organization called Citizens Helping Animals in Need. There will be pancakes, coffee, orange juice , sausage, scrambled eggs and chipped beef. Come support your local community and enjoy a great meal. Cost to attend is \$12.00. Sign up for this event if you wish to attend.