

## Community Life Calendar

Tue Apr 1, 2025

### All day No program Staff Development

Tue Apr 1, 2025

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

Fri Apr 4, 2025

### 5:30pm - 7pm Fish Fry

**Where:** 1650 CT-12, Gales Ferry, CT 06335, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We are going to Our Lady of Lourdes Church Hall for their annual Lenten Fish Fry. This is the menu choices: Clam Chowder or Tomato soup Baked or Fried Fish French fries or Sweet Potatoes fries Homemade Coleslaw Two Clam Fritters A brownie for dessert Cost to attend is \$20.00 we would like to tip our Waitress and Waiters so please bring \$3.00 in the exact change for the tip.

Sat Apr 5, 2025

### 2:30pm - 6:30pm Volunteers Wanted

**Where:** New London CT

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We are looking for Volunteers who want to assist us with feeding those that are less fortunate. Our group preps food, sorts clothing and organizes the tables. Sign up for this program if you wish to give back to your community.

Tue Apr 8, 2025

### 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 athletes. 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 Apr 11, 2025

### 6:30pm - 8:30pm Arcade Night

**Where:** Mohegan Sun, 1 Mohegan Sun Blvd, Uncasville, CT 06382, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We will be going to Cyber Quest to play some games. Come compete with your friends and have some laughs. It is suggested that you bring at least \$25.00 to play the games. We will eat our dinner at home however you should bring additional money if you wish to purchase a snack or beverage while we are there. Sign up for this program if you wish to attend.

## Community Life Calendar

Sat Apr 12, 2025

### 11:30am - 1:30pm Spring Fest

**Where:** 722 Colonel Ledyard Hwy, Ledyard, CT 06339, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We are attending Ledyard's Spring Fest. There will be food trucks, music, petting zoo, a Jeep show along with crafters. Cost to get into the event is free. Please bring money for your lunch and other purchases you may want. We suggest at least \$35.00. Sign up for this program if you wish to attend.

Tue Apr 15, 2025

### 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 Apr 16, 2025

### 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.

Fri Apr 18, 2025

### 6pm - 8pm Volunteer Appreciation Night

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

In honor of National Volunteer Week we would like to host a dinner and awards for all those that have volunteered with us and gave back to their communities. Come dressed in your Arc Volunteer Shirt so we can get a group photo. Cost to attend is free. Sign up for this program if you have volunteered with us.

Sat Apr 19, 2025

### 10:30am - 12:30pm Connecticut River Museum

**Where:** Main Street, Main St, Essex, CT, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We are going to the CT River Museum which is a museum that has protected the history of the CT River and its people. Cost to get into the museum is \$15.00. If you have an EBT card your cost is \$3.00 to get into the museum. After we attend the museum we find a place to eat our brown bag lunch and take a short walk. Sign up for this program if you wish to attend.

## Community Life Calendar

Tue Apr 22, 2025

### 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 Apr 25, 2025

### 6pm - 8pm Dance Without Limits

**Where:** 41 Society Rd, Niantic, CT 06357, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Come have a fun night with all your friends at the Dance Without Limits Program. The theme of this months dance is Superheroes so feel free to dress in this theme. There will be pizza and beverages available at the dance. Cost to attend is \$5.00. Sign up for this program if you wish to attend.

Sat Apr 26, 2025

### 8:15am - 10:45am Volunteers Wanted- Putnam Beautification

**Where:** Rotary Park, Putnam River Trail, Putnam, CT 06260, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

In honor of Earth Day we will be collecting trash along the streets in Putnam with other community members. This is a great way for you take pride in caring for your towns. This program involves a lot of walking. There will be drinks and possibly a hot dog available at the end of our shift. Don't forget to wear your Volunteer shirt, bring water and apply sunscreen. Sign up for this program if you wish to volunteer.

Tue Apr 29, 2025

### 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 athletes. 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 May 2, 2025

### 6pm - 8pm Film Festival /Basket Donation

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

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

In honor of this years Film Festival Fundraiser we thought it would be fun for those who have not attended one of these events in the past to come to a viewing of past films shown at the Film Festivals. Cost to attend is \$15.00 which will be used for this year's basket raffle donation to the film festival. We will brown bag our dinner. Sign up for this program and watch some heart warming films. This years Film Festival is being held on May 8th at the Loos Center for the Arts in Woodstock CT. If you wish to attend this years Film Festival Fundraiser for our program please reach out to [dtift@thearcct.org](mailto:dtift@thearcct.org). for tickets.

## Community Life Calendar

Sat May 3, 2025

### 1pm - 2:30pm World Youth Celebration- Norwich Bully Busters

**Where:** 101 Broadway St Norwich CT- City Hall Parking Deck

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We are attending a celebration that is hosted by our local youth program the Norwich Bully Busters. There will be games, music, giveaways and performances. We will eat our lunch at home. There may be snacks available at the event. We are asking all that attend to bring \$10.00 to give as a donation to the Bully Busters Program as this group does wonderful work in our community with our youth. Sign up for this program if you wish to attend. Don't forget to apply sunscreen.

Tue May 6, 2025

### All day No program

Tue May 6, 2025

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

Thu May 8, 2025

### 5:30pm - 8pm Film Festival

**Where:** Loos Center for the Arts, 150 CT-169, Woodstock, CT 06281, USA

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Come to this fun event and support our fundraiser. You can reach out to [dtift@thearcct.org](mailto:dtift@thearcct.org) to purchase your tickets. If you need assistance with this you can reach out to the CL&A staff and we can assist you. Sign up for this program if you wish to attend.

Fri May 9, 2025

### All day No Program

Fri May 9, 2025

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

Sat May 10, 2025

### 10am - 12pm Save The Beach- Tag Sale

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

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

We are attending an event that is hosted by a group of people who have an interest in making the beach better and protecting the beach for future use. The tag sale is expected to be a mile long. We suggest that you bring at least \$25.00 for your purchases. You will eat your lunch at home. We are asking each person that attends to bring \$3.00 (exact change) to cover the costs if needed for entrance into the park. Sign up for this program if you wish to attend. Don't forget to apply sunscreen.