

Community Life Calendar

Fri Oct 4, 2024

5:45pm - 7:45pm Mini Golf

Where: Great Brook Sports, 850 Gold Star Hwy, Groton, CT 06340, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are going to play a game of miniature golf. Cost to play is \$11.00. You should eat an early dinner at home. After our game we will go out for a hot beverage and treat. We suggest you bring at least \$10.00 for your purchases. Please bring a jacket as the night air can be cool. Sign up for this program if you wish to attend.

Sat Oct 5, 2024

2:30pm - 6:30pm Volunteer

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 event if you wish to give back to your community.

Sun Oct 6, 2024

All day Strides- Road Race Fundraiser

Sun Oct 6, 2024

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

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Join us for our 47th Annual Jack O'Keefe Memorial Road Race. There will be family entertainment, food and prizes at this fundraiser. You can choose to walk or run this race. Please register online at TheArcEct.org if you want to be part of this event. Transportation to this event is limited but if you need a ride please indicate so on your sign up sheet.

Tue Oct 8, 2024

7pm - 8:30pm Soccer Game

Where: Norwich Free Academy, 305 Broadway, Norwich, CT 06360, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We will be attending a soccer game at NFA. Cost to attend is free. Please eat at home as there will not be any concession stands open at this game. You may bring a snack from home if you wish. Please dress warm and bring a blanket to help keep you warm in the cool fall air. Sign up for this program if you wish to attend.

Fri Oct 11, 2024

5:30pm - 6:30pm Fall Virtual Field Trip Yellow Farmhouse Education Center

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

This a nonprofit farm that uses food and farm based education to bring people together and teach them where our food comes from. Come to this program and learn how people in our communities use local resources grown in the wild and at the farm. These foods are good for our health and our planet. Sign up for this program and we will send you a link to attend.

Community Life Calendar

Sat Oct 12, 2024

10am - 11am Yoga Class

Where: 71 Granite St, New London, CT 06320, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Let's start our day off by doing a community yoga class. Practicing yoga is good for your stress management, increases your flexibility and energy. Please bring a bottle of water, yoga mat or towel to the class. This class is being held outside so please dress appropriately. Sign up for this program if you wish to attend.

Tue Oct 15, 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 Oct 16, 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.

Fri Oct 18, 2024

5:45pm - 8:15pm Moonlit Movies

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

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are going to an outdoor movie on the Sun Patio at Mohegan Sun. Please bring a chair and blanket to wrap up in as the fall nights are cool. You should eat your dinner at home. There will be food trucks available for a snack purchase. We suggest at least \$15.00 for your purchases. Sign up for this program if you wish to attend.

Community Life Calendar

Sat Oct 19, 2024

11am - 1:30pm Preston Farms Corn Maze/ Picnic Lunch

Where: 92 Route 2 Preston CT. 06365

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are going to do a favorite fall activity which is finding our way through a corn maze. The theme of this year's Corn Maze is celebrating the 25th year of the Preston Farms Corn Maze. Cost to attend is \$12.00. We are going to brown bag our lunch. Please bring an extra beverage as you will work up a sweat as you go through the maze. Don't forget to apply your sunscreen and bug spray. This program requires you to walk on uneven terrain without assistance. Sign up for this program if you wish to attend.

Mon Oct 21, 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.

Tue Oct 22, 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 Oct 25, 2024

6pm - 8:30pm Volunteer- Preston Trunk or Treat

Where: Preston Veterans Memorial School 325 Route 165 Preston

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are looking for Volunteers who would like to decorate a van, dress in costume and pass out candy to the children at Preston Veterans Memorial School. We are asking each Volunteer to donate 2 large bags of candy. Please bring a flashlight and a chair to sit in. Sign up for this program if you wish to give back to your local community and have a fun night out with the children.

Sat Oct 26, 2024

10am - 1pm Cooking program- Pumpkin Bread

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 are going to have fun and learn how to make an easy pumpkin bread. Cost for supplies will be \$8.00. We will eat our brown bag lunch as our bread is cooking. Sign up for this program if you wish to attend.

Community Life Calendar

Tue Oct 29, 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 Nov 1, 2024

6pm - 8pm Halloween Game Night

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

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Many adults love Halloween just as much as children so let's spend the night playing some fun Halloween themed games. We will brown bag our dinner. Sign up for this program if you want to feel like a kid again.

Sat Nov 2, 2024

9am - 12pm Volunteers Needed

Where: Mystic & Noank Library, 40 Library St, Mystic, CT 06355, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are looking for Volunteers who would like to assist us with doing an outdoor fall clean up at the Mystic & Noank Library. Please dress in layers and wear yard work clothes to this program. We will have all other equipment you may need. Sign up for this program if you wish to give back to your community.