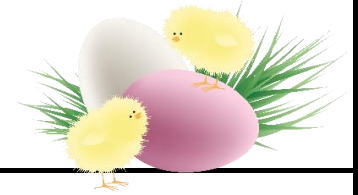




Please read for  
Important Details!

## COMMUNITY LIFE Program Descriptions



DATE(S)

4/2,4/9, 4/16 4/23,4/30	<p style="text-align: center;"><b>SO Track &amp; Field</b></p> <p>Weekly practice for the Special Olympic walkers and track and field participants. Only those that have indicated their intent to participate should sign up. <b>NO JEANS.</b> Wear comfortable clothes and sneakers. Do not forget a water bottle.</p> <p style="text-align: center;">It is suggested you use a durable duffle bag with your name on or in it to keep all your equipment together.</p> <p style="text-align: center;"><b>**Practice on 4/16 will be moved to Fontaine Field. Please note time will be 6p-7:30p. **</b></p>
4/3,4/10, 4/17,4/24	<p style="text-align: center;"><b>Computer Class</b></p> <p>Due to a generous grant from The Comcast Foundation, the Arc NLC is offering free computer training classes.</p> <p style="text-align: center;"><b>Program time is: 5:30-7pm. Cost: Free. Eat at home.</b></p>
4/4, 4/11, 4/18, 4/25	<p style="text-align: center;"><b>SO Swim Practice</b></p> <p>Weekly practice for the Special Olympic Swim Team. Only those that have indicated their intent to participate should sign up. It is suggested that you wear your suit under your clothes and bring undergarments to change into after practice. You must bring goggles, swim cap, towel, flip flops, shower gear (including hair dryer and brush) and a water bottle. It is suggested you use a durable duffle bag with your name on or in it to keep all your equipment together. <b>Arc is not responsible for lost items.</b></p>
4/6	<p style="text-align: center;"><b>Annie The Musical</b></p> <p>Wheeler Drama presents the popular comic strip musical. This event is going to be held at St. Bernard School due to construction at Wheeler School.</p> <p style="text-align: center;"><b>Program time is 6:30p-9:30p. Cost is \$10.00. Eat at home.</b></p> <p style="text-align: center;"><i>You may bring spending money for a snack if they are available. We suggest at least \$5.00.</i></p>
4/6	<p style="text-align: center;"><b>Prime Rib Dinner</b></p> <p>Our Community Partner (VFW Post 189) invited us to attend a Prime Rib Dinner fundraiser. <b>Program time is 6p-7:30p. Cost is \$20.00 and does not include a beverage -we recommend at least \$2.00 for beverage purchase. This program may end earlier.</b></p>
4/7	<p style="text-align: center;"><b>Volunteer Day</b></p> <p>We will be on hand to volunteer at Eggtopia - a community Easter egg hunt in Griswold. We will also manage a booth with activities for kids. <b>Program time is 11a to 2p.</b> After our event we will browse the tag sale that is also happening that day.</p> <p style="text-align: center;"><b>We will grab a bite to eat for lunch. We suggest \$15.00.</b></p>
4/7	<p style="text-align: center;"><b>Volunteer Day</b></p> <p>Join us in giving back to the community. We will assist with cleaning up Fort Trumbull in New London. Please dress accordingly for yard work. <b>Program time is 8:30a- 11:30a. Cost is free. Eat at home.</b></p>

4/13	<p style="text-align: center;"><b>A Night of Community Music</b></p> <p>The Lyme Public Hall Association in conjunction with the Music Now Foundation will host a night of music performed by our friends, family and neighbors in celebration of our community . <b>Program time: 7p-9p. Cost is free. Eat at home. Complementary refreshments will be served.</b></p>
4/13	<p style="text-align: center;"><b>Art Studio</b></p> <p>Please join us at TDP in New London to paint a work of art. This is a step by step painting class. You will complete a 16x 20 canvas work of art. <b>Program time : 7p-9p. Cost is \$35.00. Eat dinner at home. Please bring a snack to share with your peers.</b></p>
4/14	<p style="text-align: center;"><b>Book Reading Group</b></p> <p>Please join us if you are interested in joining a reading group. The purpose of the group is to prepare you to read (out loud) to different places in the community such as libraries, senior centers and with children. We will continue to work on developing skills needed to increase your confidence in areas to be improved. <b>Program time:10:30a-12:30p. Cost is free. Bring a brown bag lunch.</b></p>
4/14	<p style="text-align: center;"><b>Pet Bed Making</b></p> <p>Please join us in making pet beds that will be donated to local Shelters. All materials will be supplied. You will cut the material and assemble the bed for stuffing. There is no sewing involved, only knot tying and cutting skills required. <b>Program time: 10:30a-1:30p. Cost: Free. Bring a brown bag lunch.</b></p>
4/20	<p style="text-align: center;"><b>Film Festival projects</b></p> <p>Please join us in completing last minute projects for our Film Festival. <b>Program time : 6p-8:30p. Cost is free. Bring a brown bag dinner.</b> <b>This program may run a little later.</b></p>
4/21	<p style="text-align: center;"><b>Volunteer Day</b></p> <p>We will join in on another Comcast Cares Day event as they tackle many projects such as painting, cleaning, gardening, and other tasks. <b>Program time is 8:30 to 1pm. Program times are approximate and could run late or end early. Cost: Free. Lunch will be given to volunteers.</b></p>
4/22	<p style="text-align: center;"><b>Volunteer Day</b></p> <p>Join us in volunteering for Southeastern CT's 11th Annual Walk to Help End Homelessness. <b>Program time: TBD.</b> <b>Bring money to purchase your lunch- we suggest \$12.00.</b></p>
4/24	<p style="text-align: center;"><b>Voices</b></p> <p><b>A group for women only.</b> This is a self-empowerment group for women to meet, share, and talk about challenges, successes, and all that makes them strong women.</p>



4/26	<p style="text-align: center;"><b>Arc Film Festival</b></p> <p>Join us at the third annual Film Festival. This is a fundraiser that supports the Community Life and Advocacy programming. <b>Tickets are \$35</b> and need to be purchased in advance. There will be a selection of inspiring short films along with a silent auction. Hors d'oeuvres and beverages are available. Transportation is limited and <b>we are encouraging as many care providers and others to support our program by purchasing a ticket to attend or to donate to others. If you are considering purchasing a ticket to donate, please let us know!</b> <b>Program time is 5p to 8:30p.</b></p> <p>If you have any questions please contact Debbie Densmore @ 860-889-4435 extension 108 or Denise Tift @ 860-889-4435 extension 116 To purchase your tickets online visit <a href="http://TheArcNLC.org">TheArcNLC.org</a>.</p>
4/27	<p style="text-align: center;"><b>Ideas Committee</b></p> <p>Please come to this meeting if you are interested in being part of shaping this years activities. We will review last years projects that we participated in and come up with ideas for this years projects. <b>Volunteer corp members should attend.</b> <b>Program time is 11a-2p. Cost: free.</b></p> <p style="text-align: center;"><b>We will brown bag our lunch.</b></p>
4/27	<p style="text-align: center;"><b>Scavenger Hunt</b></p> <p>We will participate in the Norwich Rotary Community Corps Fundraiser. It is a Scavenger Hunt around Norwich. We will make our way around Norwich finding clues and items. This promises to be a fun team building adventure. <b>Program time is 6:30p-9:30p. Cost is \$10.00. Eat at home. This program may run later.</b></p>
4/28	<p style="text-align: center;"><b>K of C Annual Picnic</b></p> <p>Another great sponsored event! We will meet at the Senior Center in Jewett City to enjoy lunch and some dancing. <b>ADVANCE SIGN-UP is a MUST - a head count is due on 4/12 so late notice might not be accepted.</b> <b>Program time is 12p to 3p.</b></p>
4/28	<p style="text-align: center;"><b>Suicide Prevention Walk</b></p> <p>Please join us in a walk for Suicide prevention. Walk with friends and remember loved one's lost. This walk will take place at Fontaine Field in Norwich. This event is sponsored by the Norwich Youth &amp; Family Services, NFA, Norwich Tech and Norwich Prevention Council.</p> <p style="text-align: center;"><b>Program time is: 9am-11am. Cost: Free. Eat at home.</b></p>

