



Please read for Important Details!

Community Life Program Descriptions

DATE(S)	
2/1,2/8, 2/15, 2/22,	<p align="center">SO Swim Practice</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. Arc is not responsible for lost items.</p>
2/2	<p align="center">History of America</p> <p>Waterford Drama presents this hysterical comedy that sums up 600 years of American History. Program time is 6:30pm-8:30pm. Eat dinner at home. Admission is \$15.00. Bring money to purchase a snack if you wish. This activity could include stairs/climbing bleachers.</p>
2/2	<p align="center">Faculty Showcase Concert</p> <p>Connecticut College is hosting a faculty music concert. Program time is: 7:00pm- 9:00pm. Program time could run later. This program could include stairs/ bleacher climbing. Admission is \$10.00. Eat at home. You may bring money for snack.</p>
2/3	<p align="center">Book Reading Group</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 evaluate your reading skills and work on developing skills needed to increase your confidence in areas to these groups. Feel free to bring a book from home for practice. Program time is : 11:00am-1:30pm. This is a free activity. We will bring a brown bag lunch to eat.</p>
2/4	<p align="center">Connecticut Historical Society</p> <p>Will visit the Museum which has information on the people of CT and time periods from all around the state. Program time is: 11:00am-2:00pm. Cost is free for the museum. Bring money to eat lunch out - we suggest \$15. This program involves lots of walking and could include stairs.</p>
2/9	<p align="center">Arm Your Voice</p> <p>We will attend a monthly poetry series and open mic night event sponsored by the Hygienic XXXIX. Program time is 6:30pm- 9:00pm. Cost is a \$5.00 donation. Eat at home. Bring money for a snack. PLEASE NOTE THAT THESE PERFORMANCES ARE NOT CENSORED.</p>
2/9	<p align="center">BLACK WOLVES</p> <p>We will attend a Lacrosse game at Mohegan Sun Area. Program time is: 7:00pm- 9:30pm. This program could end earlier. Cost is \$20 per ticket. Included in the price of the ticket is a hot dog, soda and popcorn. THIS IS A PREPAID EVENT AND MONEY NEEDS TO BE TURNED IN WHEN YOU SIGN UP. This program involves stairs, heights and bleacher climbing.</p>
2/10	<p align="center">Fire & Ice Festival</p> <p>With Valentines Day just around the corner what better way to have a "date day". We will travel to Putnam to attend their annual Fire and Ice Festival. Activities include Ice carving demonstrations, competitions and a variety of other displays. We will stroll downtown to take in all the sights and to have lunch out. We suggest \$20 and additional spending money in case you find that perfect valentine gift. We will be primarily outdoors so dress for the weather. This activity will include lots of walking. Program time 11am to 2pm. This program could run late.</p>



2/10	<p style="text-align: center;">Chocolate Festival</p> <p>Willimantic is the location of this yummy festival. There are special themed chocolate events planned at the various downtown businesses and venues around Willimantic. We will eat lunch out. We suggest \$20 and additional spending money in case you find that perfect valentine gift. This activity is indoors and outdoors. This activity will include lots of walking. Program time is 11a to 2p.</p>
2/16	<p style="text-align: center;">Scared Heart Fish Fry</p> <p>We will support our local church by attending their annual fish fry. Program time is 6:00pm-7:30pm. Cost is 15.00. This program will be limited to the first 15 people to sign up. This program could end early.</p>
2/17	<p style="text-align: center;">Zumba Class</p> <p>Please join us if you would like to try out a fitness Zumba Class. Program time is 9:00am- 10:30pm. Cost is \$4.00. Please wear exercise/active ware with sneakers. Bring a bottle of water.</p>
2/17	<p style="text-align: center;">Versailles Church Breakfast</p> <p>Our friends at the Versailles United Methodist church has invited us to attend their fundraiser breakfast. Program time is 9:00am-10:00am. Cost is \$8.00.</p>
2/18	<p style="text-align: center;">Volunteer Day</p> <p>Seeking volunteers who want to assist the CT Free Store in setting up and passing out food to those in the community. This event will take place at Washington Park in Groton. Program time 12:30-2:30. Cost free. You must dress for the outdoor weather as this program is outside.</p>
2/20	<p style="text-align: center;">Voices</p> <p>A group for women only. This is a self-empowerment group for women to meet, share, and talk about challenges, successes, and all that makes them strong women. Eat at home. Please note the group will not be meeting at the Arc this month. We will meet at The Center for Healing Therapies in Waterford.</p>
2/23	<p style="text-align: center;">Veterans Luncheon Preparations</p> <p>We are hosting a luncheon for the Veterans on 2/24. We need assistance with prepping food, beverages and crafts. Cost is free. We will brown bag our dinner.</p>
	<p style="text-align: center;">Volunteer Day</p> <p>Volunteers are needed to help set up and clean up for the Veterans Luncheon. We will also need to serve, decorate, and be on hand to assist as needed. Program time is 10:00am-2:00pm.</p>
2/24	<p style="text-align: center;">Veterans Luncheon</p> <p>Please join us for lunch at the VFW Post 189 in New London. We are hosting this event to show our love and appreciation for those that served our county. Program time is 11:00am-1:00pm. Cost \$10.00.</p>