

## COMMUNITY LIFE PROGRAM DESCRIPTIONS

**PLEASE READ CAREFULLY FOR DETAILS**

| DATE(S)            |   |
|--------------------|---|
| 1/13               | <p><b>Health and Wellness Fair</b></p> <p>Let's start the new year off with a focus on our health. We will attend a wellness fair where there will be vendors, fitness demonstrations, information on getting and staying healthy. <b>Program time is 11a-2p. We will stop for a healthy salad after the fair.</b><br/> <b>Admission to the fair is free we suggest at least \$12.00 for lunch.</b></p>   |
| 1/13               | <p><b>Yard Sale Fundraiser</b></p> <p>We will attend a fundraiser for the Windham Theatre Guild . This is a great community event to give back to the arts program. <b>Program time is 11a- 1:30p. The group will stop for lunch.</b> The event is free however <b>we ask that you bring \$20</b> to cover "shopping" which supports the fundraising and lunch.</p>   |
| 1/17,1/24,<br>1/31 | <p><b>Special Olympic Swim</b></p> <p>Practice is only for those who plan on participating in the Summer Games in June. BEING ON THE TEAM IS A COMMITMENT! Practices are to be held at the Waterford High School pool. Swimmers should come dressed and ready to swim (swimwear under clothes) and should bring a change of clothes (including undergarments) for the completion of swimming. All shampoos, soaps, brushes, towels, hair dryers, etc. are the responsibility of each swimmer. It is suggested you plan on taking a full shower at home since the facilities are tight and not able to accommodate the entire group. There are no outlets in the dressing area. <b>Program time is 6:30p- 8:30p.</b></p> |
| 1/19               | <p><b>Dinner at the VFW</b></p> <p>We will join our friends from the New London VFW (Community Partner) for a Prime Rib dinner fundraiser. <b>Tickets are \$20 but does not include beverages. Plan on bringing additional money for beverages and/or raffles that may be happening.</b><br/> <b>Program time is 6p- 8p. This program could end early.</b></p>  |
| 1/20               | <p><b>Book Reading Group</b></p> <p>We are looking for those who 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 read to these groups. Feel free to bring a book of your choice for practice. <b>Program time is 11a- 2:00p. Cost is free. We will bring a brown bag lunch to eat.</b></p>   |

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| 1/20 | <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. Program time is 11a-2p. Cost: free.</b><br/> <b>We will brown bag our lunch.</b></p>   |
| 1/21 | <p style="text-align: center;"><b>Volunteer Day</b></p> <p>We are looking for volunteers to come out in the cold to serve the community. We will be assisting the Free Store Connecticut ( Community Partner) with distributing food. <b>We will be outside the whole time so you must dress for the weather. We will be standing for the majority of the day. Program time 12p- 2:30p. Cost is free. Eat lunch at home.</b></p>  |
| 1/23 | <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. <b>Program time 6p-7:30p. Eat at home.</b></p>  |
| 1/26 | <p style="text-align: center;"><b>Fifth Floor A Cappella Music Group Fundraiser</b></p> <p>We will attend a concert that benefits local musicians. This event will also donate a portion of the proceeds to the Lebanon Music Department. <b>Program time 6:30p- 9:30p. We suggest to bring \$10 to cover admission and snacks. Eat dinner at home.</b></p>   |
| 1/26 | <p style="text-align: center;"><b>High School Basketball Game</b></p> <p>We will attend a guys basketball game at Stonington High School. They are playing against Norwich Free Academy. <b>Program time 6:30p-9:30p. We suggest you bring \$15 to cover admission and snacks. Eat at home</b> as there is a chance that only snack items are available at the game for purchasing. <b>This program could include stairs and or climbing bleachers. This program may end early.</b></p> |
| 1/27 | <p style="text-align: center;"><b>Seal Search</b></p> <p>We are going to Meigs Point Nature Center to walk along the Hammonasset shoreline to look for seals and other wildlife. Bring your binoculars and <b>dress warm. Program time is 12p-2p. Bring money for lunch. We suggest \$15.</b></p>   |
| 1/27 | <p style="text-align: center;"><b>Event Planning Training</b></p> <p>Come learn how to plan and event with your friends. You will learn how to pick out a theme, choose a venue, decide on food and develop a budget. After your training we will assist you with planning some type of event in February. <b>Program time 10a-1p. Cost: free. Bring a brown bag lunch.</b></p>   |