

Debbie Densmore

Fri Jun 1, 2018

6pm - 8pm Zumba For Beginners

Where: Washington Park, Groton, CT 06340, USA

Description:

This is a class to teach us some of the basic Zumba moves at a slower pace. Cost is \$6.00. Eat at home. Bring a large bottle of water and a healthy snack to share. Dress in athlete attire.

7pm - 8pm Intergenerational Drum Circle

Where: Niantic Community Church Child Center, 170 Pennsylvania Ave, Niantic, CT 06357, USA

Description:

Come try something new. We will join the community for a music workshop on drumming. All drumming materials will be provided. This program is limited in numbers. Cost is: Free. Eat at home.

Sat Jun 2, 2018

All day Volunteer

Sat Jun 2, 2018 - Sun Jun 3, 2018

Where: Ashland Street, Ashland St, Griswold, CT 06351, USA

Description:

We will be volunteering at Griswold's annual Youthtopia event. This event is an end of the year celebration for the children in Griswold. We will host a few games for the kids to play. Cost is: Free. Bring money for lunch as there will be vendors available. We recommend at least \$15.00. You may also brown bag your lunch. TBD.

10am - 12pm Nature Walk

Where: 65R Scotch Cap Rd, Quaker Hill, CT 06375, USA

Description:

We will be joining the CT Forest & Parks Association for a nature walk. This walk is 1.5 miles long and will take place in Quaker Hill. Along the way we will identify some trees and plants. Cost is: Free. Dress for outdoor weather with sturdy footwear. Please bring water to drink on the walk. Remember to apply bug spray as well as sunscreen before arriving.

Mon Jun 4, 2018

6pm - 7:30pm Track & Field Practice

Where: 20 Old Canterbury Turnpike, Norwich, CT 06360, USA

Description:

Weekly practice for Special Olympic walkers, track and field participants. Only those that indicated their intent to participate should sign up. NO JEANS. Wear comfortable clothes and sneakers. Do not forget a water bottle. Last practice of the year.

Tue Jun 5, 2018

6:30pm - 8:30pm Swim Practice

Description:

Special Olympic swim practice. This will be the last practice of the year and before the State games.

Thu Jun 7, 2018

3pm - 5pm Bowling

Where: 188 W Town St, Norwich, CT 06360, USA

Description:

Weekly Bowling program. No transportation is provided to this program. Program is limited in numbers and attendees must be in The Arc's database.

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Fri Jun 8, 2018

10am - 10:30am Special Olympic State Games

Where: Southern Connecticut State University, 501 Crescent St, New Haven, CT 06515, USA

Description: Leaving for Southern University in New Haven for Special Olympic's state games.

Sat Jun 9, 2018

All day Special Olympic State Games

Sat Jun 9, 2018 - Sun Jun 10, 2018

Where: Southern Connecticut State University, 501 Crescent St, New Haven, CT 06515, USA

Sun Jun 10, 2018

All day Special Olympic State Games

Sun Jun 10, 2018 - Mon Jun 11, 2018

Description: Returning home from the Special Olympic's State games.

Mon Jun 11, 2018

All day No program

Mon Jun 11, 2018 - Tue Jun 12, 2018

Tue Jun 12, 2018

All day No program

Tue Jun 12, 2018 - Wed Jun 13, 2018

Wed Jun 13, 2018

All day No program

Wed Jun 13, 2018 - Thu Jun 14, 2018

Thu Jun 14, 2018

All day NO BOWLING

Thu Jun 14, 2018 - Fri Jun 15, 2018

Fri Jun 15, 2018

All day No program

Fri Jun 15, 2018 - Sat Jun 16, 2018

Sat Jun 16, 2018

11am - 2pm Book Reading group

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

Description:

Please attend if you are interested in joining a reading group. The purpose of the group is to prepare you for reading (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. Cost is: Free. Brown bag your lunch.

11am - 2pm Ideas Committee

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

Description:

We are meeting to discuss and plan our upcoming events. Come to share your ideas and help with the planning of future programs. Cost is: Free. Brown bag your lunch.

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Tue Jun 19, 2018

6pm - 7:30pm Special Olympic Softball Practice

Where: 75 Mohegan Rd, Norwich, CT 06360, USA

Description:

Come prepared to play. Wear proper attire (No Jeans)and bring your equipment and water bottle. This is a commitment. We have competition on Sept 8th or 9th. The date for time time trail has not yet been set. Only sign up if you can make weekly practices and competition date.

6pm - 8pm The Arc Annual Membership Meeting

Where: Lake Side Pavilion Mohegan Park Norwich

Description:

Another year to review and recognize all our hard work. RSVP required to Denise Tift at 860-889-4435 X 116. No transportation is available for this activity.

Thu Jun 21, 2018

3pm - 5pm Bowling

Where: 188 W Town St, Norwich, CT 06360, USA

Description:

Weekly Bowling program. No transportation is provided to this program. Program is limited in numbers and attendees must be in The Arc's database.

Fri Jun 22, 2018

6:30pm - 9pm Meet & Greet

Where: TBD

Description:

We will gather to meet up with old friends and meet new friends who have joined our program. Cost is: \$10.00 which will include dinner, beverage, and dessert. For a dietary note we are doing a pasta bar.

Sat Jun 23, 2018

8:30am - 3:30pm CT People First Conference

Where: 100 Capital Blvd, Rocky Hill, CT 06067, USA

Description:

All Shooting Stars and Sparks self advocates are encouraged to attend this statewide self advocacy conference. Highlights are motivational speakers, workshops, vendor tables, breakfast and lunch. Cost is: \$30.00 if you sign up by June 12th. If you sign up after June 12 cost will be \$35.00. Please send in your payment with your sign up sheet.

9:30am - 12:30pm City Wide Yard Sale

Where: Groton, CT, USA

Description:

Join us as we travel around Groton for their city wide yard sale day. We will stop along the way for lunch. Cost is: We suggest at least \$20.00 for your purchases and lunch.

Tue Jun 26, 2018

6pm - 7:30pm Special Olympic Softball Practice

Where: 75 Mohegan Rd, Norwich, CT 06360, USA

Description:

Come prepared to play. Wear proper attire (No Jeans)and bring your equipment and water bottle. This is a commitment. We have competition on Sept 8th or 9th. The date for time time trail has not yet been set. Only sign up if you can make weekly practices and competition date.

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6pm - 7:30pm Voices

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

Description:

A group for women only. this is a self-empowerment group for women to meet, here, and talk about challenges, successes and all that makes them strong women. We are having a guest at this meeting that we be showing us yoga moves. Please come dressed for yoga. Don't forget a water bottle.

Thu Jun 28, 2018

3pm - 5pm Bowling

Where: 188 W Town St, Norwich, CT 06360, USA

Description:

Weekly Bowling program. No transportation is provided to this program. Program is limited in numbers and attendees must be in The Arc's database.

Fri Jun 29, 2018

6:30pm - 9pm Concert In The Park

Where: Washington Park, Groton, CT 06340, USA

Description:

We will be going to Washington Park in Groton for a concert. Put your dancing shoes on and enjoy a popular summer time event. Cost is: Free. Bring a chair and brown bag dinner. Don't forget your bug spray and dress for night time weather.

7pm - 9:30pm Mystic River Outdoor Movie

Where: Cottrell Street, Cottrell St, Mystic, CT 06355, USA

Description:

We will join our neighbors in an outdoor evening activity to be held in Mystic CT. We will participate in the pre- movie events and activities that will be available leading up to the showing of the movie Wonder. Cost is: Free. Please bring a chair or blanket for the movie viewing. Brown bag your dinner. Dress appropriate for night time weather and don't forget your bug spray.

Sat Jun 30, 2018

4pm - 5pm Volunteer Day- Rose Arts Festival

Where: Broadway, Norwich, CT 06360, USA

Description:

We will be assisting with the Rose Arts Festival in Norwich. Time frames are TBD. Cost is: Free. Bring money for lunch as there will be many vendors to choose from. After we volunteer we will stick around to enjoy some of the other events that are taking place at the festival.