



Please read for
Important Details!



Program Descriptions

DATE(S)

3/12,3/19, 3/26	<p style="text-align: center;">SO Track & Field</p> <p>Weekly practice for the Special Olympic walkers and track and field participants. We will meet at Mahan school until the weather is good for outdoors. Only those that have indicated their intent to participate should sign up. NO JEANS. Wear comfortable clothes and sneakers. Do not forget 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.</p> <p style="text-align: center;">Arc is not responsible for lost items. ** Practice time will increase in April.**</p>
3/16	<p style="text-align: center;">Fish Fry</p> <p>For those wanting to go out for a nice meal, we will be eating out while supporting our local churches. It is that time of year when many community churches host a fish dinner. We suggest you bring \$15 - prices vary depending on church and menu items available.</p> <p style="text-align: center;">Program time is 6p to 8p. This program could end early.</p>
3/17	<p style="text-align: center;">Volunteer Day</p> <p>We will head to Niantic to volunteer with the Hartford Marathon Group at their annual road race. We will be assigned to the food table and finish line areas. Program time 8:30a to 12:00p. We do not anticipate eating out but you can bring money just in case.</p> <p style="text-align: center;">**Please write your shirt size on your sign up sheet.**</p>
3/17	<p style="text-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 continue to work on developing skills needed to increase your confidence in areas to be improved upon. Program time: 10:30a- 12:30p. Cost is free. Bring a brown bag lunch.</p>
3/18	<p style="text-align: center;">Volunteer Day</p> <p>We will assist the CT Free Store with setting up and passing out food to those in the community. This event will take place in Baltic.</p> <p style="text-align: center;">Program time: 12pt to 2p. Cost is free. Eat at home.</p>
3/23	<p style="text-align: center;">Black Light Zumba</p> <p>We are going to Sayles School for a fun evening of dancing, shaking, glowing and sweating. Program time: 7p-9p. Cost is \$10.00. Eat at home.</p> <p style="text-align: center;">**Please be sure to wear exercise clothes and bring a water bottle.**</p> <p style="text-align: center;">To make this event even more fun be sure to wear something white or neon so we will be glowing.</p> <p style="text-align: center;">There will be raffle prizes and door prizes.</p>
3/23	<p style="text-align: center;">Escape room</p> <p>We will work on team building skills by playing a hybrid scavenger hunt game to escape the room. Program time and pricing will be determined after sign ups have been received. Cost is dependent on how many folks attend.</p>
3/24	<p style="text-align: center;">Bench Painting</p> <p>We will paint our Buddy Bench that is being donated to the Film Festival Auction today with the Norwich Bully Busters.</p> <p style="text-align: center;">Program time: 10:00a- 12:30p. Brown bag your lunch. Cost is free.</p> <p style="text-align: center;">Please make sure that you wear old clothing and shoes.</p>
3/24	<p style="text-align: center;">Velvet Mill</p> <p>We will be going to the Velvet Mill in Stonington Borough. We will explore the Winter Farmers Market, artisan shops and Vintage flea market. This event is organized by the Eastern Connecticut Chamber of Commerce. Program time 10:30a- 1:00p. Bring money for lunch and to support the local vendors with your purchases. We Suggest at least \$20.00</p>

3/27	<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. Eat at home. Program time: 6p-7:30p.</p>
3/30	<p style="text-align: center;">Night out at the Mall</p> <p>We will go out to browse the stores and grab a bite to eat at the food court. You will have time to get any last minute holiday preparations you may need. Program time: 6:30p- 8:30p. Bring money for dinner and for any shopping purchases. We Suggest at least \$20.00</p>