

Community Life Calendar

Fri Mar 1, 2019

6:30pm - 9:30pm Chitty Chitty Bang Bang

Where: St Bernard School, 1593 Norwich-New London Turnpike, Uncasville, CT 06382, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We will attend St Bernard's Spring Play. This is a eat a home program. Cost to attend is \$7.00. If you wish to purchase snacks we recommend you bring at least \$5.00.

7pm - 10pm Bohemian Rhapsody

Where: The Garde Arts Center, Inc., 325 State St, New London, CT 06320, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

This is a film on how the rock 'n roll band Queen come to be. THIS IS A PREPAID EVENT. COST TO ATTEND IS \$12.00. You may bring money to purchase snacks we suggest at least \$5.00. YOU MUST SEND IN YOUR MONEY FOR THE TICKET WITH YOUR SIGN UP SHEET. WE CAN NOT CALL PEOPLE TO REMIND THEM THE MONEY IS DUE. MAKE CHECKS PAYABLE TO THE ARC NLC. PLEASE NOTE NAME OF PROGRAM IN MEMO AREA OF CHECK.

Sat Mar 2, 2019

11am - 2pm Hope Lives Here Winter Walkathon & Music Festival

Where: Norwich Free Academy, 305 Broadway, Norwich, CT 06360, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We will participate in a walkathon that is being held at NFA. Our group will walk laps around the NFA track and for every lap that you complete you will get a stamp. Collect enough stamps and earn tickets so you can enter into free prize drawings. There will be hot cocoa, music and local talent. This program benefits Norwich Human Services, Reliance Health, Safe Futures, St Vincent Depaul Soup Kitchen, Thames River Family Program, TVCCA and YETI (homeless teens). Cost to attend is \$10.00. We will stop for quick lunch. We suggest at least \$10.00. Please dress for the weather as this is an outdoor event.

5pm - 8pm Miss Amazing

Where:

Little Theatre of Manchester at Cheney Hall, 177 Hartford Rd, Manchester, CT 06040, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We will be traveling to Hartford to support and watch the Miss Amazing Pagent. CT Miss Amazing is a community of people that invests in the strenghts of girls and women with disabilites. Join us to celebrate the amazing abilites of each participant and watch them on stage. Cost to attend is \$15.00. This is an eat at home program. We will be supporting 2 Arc participants performing in the event. Please bring at least \$5.00 for snack purchases.

Community Life Calendar

Wed Mar 6, 2019

7pm - 8:30pm Swim Practice

Where: Waterford High School, 20 Rope Ferry Rd, Waterford, CT 06385, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Weekly practice for the Special Olympic Swim Team. Only those who 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 and water shoes. Don't forget your water bottle. The Arc is not responsible for lost items.

Thu Mar 7, 2019

3pm - 5pm Bowling

Where: 188 W Town St, Norwich, CT 06360

Calendar: Community Life Calendar

Created by: skadey@arcnlc.net

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 Mar 8, 2019

6:30pm - 8pm Drumming Circle

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

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We will be joining our community neighbors again at the Niantic Community Church for a relaxing evening of drumming. This activity is very popular. All drumming materials are provided. Cost to attend is free. This is an eat at home event.

6:30pm - 10pm East Lyme Dance

Where: East Lyme Community Center, 41 Society Rd, Niantic, CT 06357, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are going to the East Lyme Community Center to dance with our neighbors. The ever popular band The Illusions will be playing some great dance music. Cost to attend is \$10.00. There will be light snacks available through out the night. If you need more to eat then snacks please eat dinner at home before attending. This is not the the East Lyme dance that folks are used to attending for People with IDD this is a community dance open to the public.

Sat Mar 9, 2019

10:30am - 3:30pm Windham Swim Meet

Where: Windham High School, 355 High St, Willimantic, CT 06226, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

This event is for our SO Swim team. Please bring at least \$10.00 for lunch. Participants will be dropped off and picked up at the Norwich Arc. Remember your pool supplies.

Community Life Calendar

1:30pm - 3:30pm Noises OFF- Play

Where: Montville High School, 800 Old Colchester Rd, Oakdale, CT 06370, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are going to Montville High School to watch their production of the play Noises OFF. Cost to attend is \$15.00. This is an eat at home program. You may bring \$5.00 to purchase a snack if available. This program supports the Montville Drama Club.

Tue Mar 12, 2019

6pm - 7:30pm Track & Field Meeting

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

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Please plan on attending this meeting if you are interested in joining our Track & Field Team this year. Cost to attend is free. This is an eat at home program. We will have light snacks and beverages.

Wed Mar 13, 2019

7pm - 8:30pm Swim Practice

Where: Waterford High School, 20 Rope Ferry Rd, Waterford, CT 06385, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Weekly practice for the Special Olympic Swim Team. Only those who 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 and water shoes. Don't forget your water bottle. The Arc is not responsible for lost items.

Thu Mar 14, 2019

3pm - 5pm Bowling

Where: 188 W Town St, Norwich, CT 06360

Calendar: Community Life Calendar

Created by: skadey@arcnlc.net

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 Mar 15, 2019

6pm - 7pm Fish Fry

Where: Sacred Heart School, 56 Sacred Heart Dr, Groton, CT 06340, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We will support local and attend Sacred Heart's annual Lenten Fish Fry. This event is hosted by The Knights of Columbus. Enjoy giving back to the community while you enjoy a great meal. Cost to attend is \$15.00.

Community Life Calendar

Sat Mar 16, 2019

7:30am - 11:30am Volunteer- Learn's Disability Summit

Where: Mohegan Sun Casino, Montville, CT 06382, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We will be volunteering at Learn's Disability Summit at Mohegan Sun. This event involves lots of walking, lifting and carrying. Cost to attend is free. Please bring at least \$15.00 for lunch. Don't forget to wear your volunteer shirt. This is an early morning event.

8am - 10:30am Volunteer

Where: Main Street, Main St, East Lyme, CT, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are volunteering for the Hartford Marathon Group at their O'Niantic 5k road race. This is an outdoor activity so please dress warm. There is a lot of walking involved. Please eat your breakfast at home.

11am - 1pm Disability Summit

Where: Mohegan Sun Casino, Montville, CT 06382, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We will be attending Learn's Disability Summit. There will be over 70 agencies involved. The event features local and statewide resources for families of children with disabilities from birth to age 21. We will eat our lunch at the casino. Cost is free to attend. Please bring at least \$20.00 for your lunch. This program is limited in numbers due to 2 volunteer projects that are running this day.

Wed Mar 20, 2019

4pm - 7pm Volunteer

Where: Norwich Free Academy, 305 Broadway, Norwich, CT 06360, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are assisting NFA with their annual fundrasier Empty Bowls. NFA students make pottery bowls which folks then fill with soup. Volunteers are needed to serve beverages and clean tables after people eat. Please remember to wear your volunteer shirt.

7pm - 8:30pm Swim Practice

Where: Waterford High School, 20 Rope Ferry Rd, Waterford, CT 06385, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Weekly practice for the Special Olympic Swim Team. Only those who 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 and water shoes. Don't forget your water bottle. The Arc is not responsible for lost items.

Community Life Calendar

Thu Mar 21, 2019

3pm - 5pm Bowling

Where: 188 W Town St, Norwich, CT 06360

Calendar: Community Life Calendar

Created by: skadey@arcnlc.net

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.

5:30pm - 7pm Shooting Stars Self Advocacy

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

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Come to monthly meetings that are held on the third Thursday of the month. Discuss, share and learn about issues affecting people with IDD. We will order pizza to eat at these meetings. Please bring \$5.00 if you wish to eat.

Fri Mar 22, 2019

6pm - 8:30pm Meet & Greet

Where:

Gardner Lake Volunteer Fire Company, Inc, 429 Old Colchester Rd, Salem, CT 06420, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Join us for a Meet & Greet. The purpose of this event is to introduce new folks who will be joining our CL&A program. We will have food, games and music. Cost to attend is \$12.00. Menu is TBD.

Sat Mar 23, 2019

9:30am - 1:30pm Volunteer

Where: The American Velvet Mill, 22 Bayview Ave, Stonington, CT 06378, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are looking for a few volunteers who want to man a table to advertise our Film Festival and sell some of our famous Arc Cookies. The cost to attend is free. You may bring money to purchase your lunch (we suggest at least \$10.00) or you may brown bag a lunch. Please be sure to wear your volunteer shirt.

11am - 1:30pm Velvet Mill

Where: The American Velvet Mill, 22 Bayview Ave, Stonington, CT 06378, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We will spend time at the Mill browsing local artist, farmers markets and local vendors. This program involves lots of walking. Cost to attend is free. You should bring at least \$20.00 for shopping and lunch.

Community Life Calendar

Tue Mar 26, 2019

6pm - 7:30pm Voices

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

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

A group for women only. This a self- empowerment group for women to meet, share and talk about challenges, suceses and all that make them strong women. Cost to attend is free.

Wed Mar 27, 2019

7pm - 8:30pm Swim Practice

Where: Waterford High School, 20 Rope Ferry Rd, Waterford, CT 06385, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Weekly practice for the Special Olympic Swim Team. Only those who 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 and water shoes. Don't forget your water bottle. The Arc is not responsible for lost items.

Thu Mar 28, 2019

3pm - 5pm Bowling

Where: 188 W Town St, Norwich, CT 06360

Calendar: Community Life Calendar

Created by: skadey@arcnlc.net

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 Mar 29, 2019

All day NO PROGRAM

Fri Mar 29, 2019

Calendar: Community Life Calendar

Created by: Debbie Densmore

Sat Mar 30, 2019

10:30am - 1pm Ballard Institute Museum of Puppetry

Where: Ballard Institute and Museum of Puppetry, 1 Royce Cir, Storrs, CT 06268, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are going to the Ballard Institute & Museum of Puppetry to watch a performance called Go Home Tiny Monster. This performance will be empowering and inspirational. Cost to attend is \$12.00. We will stop for lunch after the show. It is suggested that you bring at least \$15.00 for lunch.

Community Life Calendar

1:30pm - 4pm Zumbathon

Where: Montville High School, 800 Old Colchester Rd, Oakdale, CT 06370, USA

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are attending a Zumbathon Party Fundraiser. This event is to support a person who is battling Pancreatic Cancer. There will be great music, raffles and giveaways. Cost to attend is \$20.00. This is an eat at home event. Come dressed in light weight clothing and shoes for dancing. Don't forget your water as you will need to stay hydrated.

Sun Mar 31, 2019

12:30pm - 2:30pm Volunteer- CT Free Store

Where: Babe Blancette Field 1 Main ST Baltic

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We will assist the CT Free Store in passing out food to the community. You must dress warm for this event as it is outdoors. This is an eat at home event.