



*Please read for  
Important Details!*

# Community Life Program Descriptions

DATE(S)

<p>5/2, 5/09, 5/16, 5/23, 5/30</p>	<p style="text-align: center;"><b>SO Swim Practice</b></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. <i>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.</i></p>
<p>5/4</p>	<p style="text-align: center;"><b>World Youth Day</b></p> <p>We will join the Norwich Bully Busters for their 10th Annual World Youth Day. There will be games, food and music. This event is an opportunity for you to showcase any art work, crafts or other talents you may have. If you would like to display your talents please let us know so we can provide a table for you. <i>Everyone that attends should bring a pot luck item to share. We won't have access to power so please bring items that don't require reheating. Your pot luck contribution should be place in disposable containers.</i> Please indicate on your sign up sheet what you will be bringing. <b>Cost is: free. You may bring spending money, we recommend at least \$10.00. Program time is 6p-9p.</b> <b>We will be outside so please dress for the weather. Bring your chair.</b></p>
<p>5/4</p>	<p style="text-align: center;"><b>High School Play</b></p> <p>Saint Bernard's High School will present the play Seven Brides for Seven Brothers. <b>Tickets are \$7. You may bring money for snack we recommend at least \$3.00. Eat at home. Program time is 6:30p to 9:30p.</b> <b>These times are approximate and program could end earlier or run later.</b></p>
<p>5/5</p>	<p style="text-align: center;"><b>Volunteer Day</b></p> <p>We will be volunteering at the Walk With Me Road Race in Mystic CT. Proceeds from the event benefit Easter seals and Veterans. <b>This is an early event. Program time is 7a- 10:30a. Cost is Free. Eat at home.</b></p>
<p>5/5</p>	<p style="text-align: center;"><b>Volunteer Day</b></p> <p>We will join local civic groups in cleaning up Norwich. <b>Please come dressed to do outside work. Program time is 9a-2p.</b> <b>At the end of the event there will be a community picnic. Cost is: Free.</b></p>
<p>5/7, 5/14, 5/21</p>	<p style="text-align: center;"><b>SO Track &amp; Field</b></p> <p>Weekly practice for the Special Olympic walkers and track and field participants. Only those that have indicated their intent to participate should sign up. <b>NO JEANS.</b> Wear comfortable clothes and sneakers. <b>Do not forget a water bottle.</b> Practice will be at Kelly Middle School track. <i>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.</i></p>
<p>5/11</p>	<p style="text-align: center;"><b>Situational Awareness Class</b></p> <p>We will be going to Best Defense Martial Arts in Norwich for a class that empowers you to be more confident and aware in your surroundings. We will learn how to recognize potential safety issues and learn how to be more observant.. All participant's in our Voices program are encouraged to attend. <b>Program time is : 6p-7:30p. We will eat at home. Cost is free.</b></p>

5/11	<p style="text-align: center;"><b>Zumba Class</b></p> <p>We have attended two previous community Zumba classes which proved to be a little changeling due to us not knowing the basic steps. This is a class that will teach us these steps at a slower pace. <b>Program time is 6p-8p. Cost is: \$6.00. Everyone is asked to bring a healthy snack to share. Please come dressed in athlete clothing and don't forget you water bottles.</b></p>
5/12	<p style="text-align: center;"><b>Special Olympic Time Trials</b></p> <p>All swimmers and track &amp; field participants will compete in the time trials in Weston, CT. <b>You MUST attend this regional or you will not be able to attend the Summer Games in June.</b> Team members will be required to be dropped off and picked up at either the Norwich or Groton Arc. This will be an all day event. <b>Lunch will be provided and there will be concessions sold.</b> Come dressed in your uniforms - swimmers should pack clothes to travel home in. We will be leaving around 6am so getting a good nights sleep is suggested. <b>Bring your chairs and be sure to pack sun screen.</b></p>
5/18	<p style="text-align: center;"><b>Spring Dance Showcase</b></p> <p>Join us in attending a spring dance showcase being hosted by Norwich Free Academy. <b>Program time: 7p-9:30p. Cost is \$5.00. You may bring money for a snack, we recommend at least \$3.00. We will eat at home. This program may run later or end earlier.</b></p>
5/18	<p style="text-align: center;"><b>Stars and Constellations</b></p> <p>We are attending a program at Mystic Seaport to learn more about the stars and constellations. <b>Program time is 6:30p-7:45p. We will eat at home. Cost will be between \$10-\$12. Exact cost will be based on numbers that sign up.</b></p>
5/19	<p style="text-align: center;"><b>Chelsea Groton Picnic</b></p> <p>Our Community Partner Chelsea Groton Bank is hosting their annual picnic. <b>You must sign up to attend this event and complete a Release form for each person attending. Program time: 11:30p-2:30p. Cost is free:</b></p>
5/20	<p style="text-align: center;"><b>Volunteer Day</b></p> <p>We will volunteer with the Hartford Marathon Group for the annual Mystic Road Race for the Mystic Chamber. <b>Program time is 6am-10:30am. Eat at home.</b> Dress for the weather. We will be on our feet for the majority of the day so proper foot attire is a must.</p>
5/25	<p style="text-align: center;"><b>Craft Night</b></p> <p>We will be painting rocks to be distributed to our community partners garden's as a spring project. <b>Cost \$5.00 to cover supplies. Program time is 6p-9p. We will brown bag our dinner.</b></p>
5/25	<p style="text-align: center;"><b>Dance With The Illusions Band</b></p> <p>We will be going to the East Lyme Senior Center for a Community Dance (not to be confused with the regular East Lyme Dances). <b>Program time: 6:30p-9:30p. Cost is \$10.00. Light snacks will be provided.</b></p>
5/29	<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 - 7p.</b></p>