

Community Life Calendar

Fri Oct 2, 2020

6pm - 7pm Line Dancing

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Let's spend Friday night together and have fun dancing. We will learn how to do some popular line dances such as the Electric Slide, Cupid Shuffle and Boot Scoot Boogie. You should come to this program wearing comfortable clothing that you can move in. You will also need a little floor space for moving as we dance the night away. If you wish to join the fun then sign up for this program and we will send you a link to attend.

Sat Oct 3, 2020

10am - 11am Everything Apple

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Apple picking is a great fall activity however, we never know what to do with all those apples once we get home. This program is here to help. We will share several apple recipes with you to try. If you don't have the apples yet, no worries, you can print off the recipes that we will be sharing with you. Sign up for this program and we will send you a link to attend.

Sun Oct 4, 2020

All day The 43rd Annual Jack O'Keefe Strides Road Race

Sun Oct 4, 2020

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

The Jack O'Keefe Strides Road Race is our annual fundraising event that will take place this year from October 4th thru October 11th. This event will take place virtually. If you would like to join us for this event please visit www.thearcct.org for registration information and race rules. Thank you in advance for supporting this important event.

Tue Oct 6, 2020

6pm - 7pm Healthy Habits

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Our group has completed the SO Fit Five 8 week challenge and they have requested that we continue with weekly meetings to support one another with staying fit. Since we can not meet weekly in person for our Fall SO Sports programs let's continue our journey to be as healthy as we can once our SO programs begin in person. Come share your successes and challenges. Each week we will share material to help you be the best conditioned athlete you can be. Sign up for this program and we will send you a link to attend.

Community Life Calendar

Fri Oct 9, 2020

6pm - 7pm Disney's Aladdin- Musical Spectacular

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Join us for an evening of fun watching Disney's Aladdin Musical Spectacular. Get your snack out and sit in your comfy chair to enjoy this show with your friends. If you would like to see this show, sign up and we will send you a link to attend.

Sat Oct 10, 2020

10am - 11am Leaf Craft

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Autumn is calling and the leaves are falling. There are many great crafts you can make for little or no money using leaves. If you need some ideas on crafts, Pinterest is a great resource. Now that you have your ideas, go seek out those perfect leaves to create your craft. Come to this program and show everyone your artistic abilities using the leaves. Sign up for this program and we will send you a link to attend.

Mon Oct 12, 2020

6pm - 7pm Men's group

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

This is a new program that will be offered to men only. It will act as a support group for men to talk about their strengths, successes and challenges. Come to this group and support each other. Sign up and we will send you a link to attend.

Tue Oct 13, 2020

6pm - 7pm Healthy Habits

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Our group has completed the SO Fit Five 8 week challenge and they have requested that we continue with weekly meetings to support one another with staying fit. Since we can not meet weekly in person for our Fall SO Sports programs let's continue our journey to be as healthy as we can once our SO programs begin in person. Come share your successes and challenges. Each week we will share material to help you be the best conditioned athlete you can be. Sign up for this program and we will send you a link to attend.

Fri Oct 16, 2020

6pm - 7pm Well Being During Covid 19

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

As this challenging time continues for all of us, it is sometimes difficult to keep our emotional well being in check. Come to this program and we will share information with you on how to navigate, adjust and manage the emotions we are feeling. Sign up and we will send you a link to attend.

Community Life Calendar

Sat Oct 17, 2020

10am - 11am Inventions

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

If you have every wondered how things came to be by accident or intentional this is the program for you. You will learn about how things came to be like cotton candy, dippin' dots, potato chips and more. Sign up for this program and we will send you a link to attend.

Tue Oct 20, 2020

6pm - 7pm Healthy Habits

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Our group has completed the SO Fit Five 8 week challenge and they have requested that we continue with weekly meetings to support one another with staying fit. Since we can not meet weekly in person for our Fall SO Sports programs let's continue our journey to be as healthy as we can once our SO programs begin in person. Come share your successes and challenges. Each week we will share material to help you be the best conditioned athlete you can be. Sign up for this program and we will send you a link to attend.

Wed Oct 21, 2020

6pm - 7pm Self Advocacy

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Come join our Self Advocacy group. Self advocacy teaches us how to make decisions and choices that affect our lives so we can be more independent. You will learn how to speak up for what you believe in, take responsibility for your life, learn to ask questions and how to solve problems. If you would like to attend sign up and we will send you a link.

Fri Oct 23, 2020

6pm - 7pm American Sign Lanuage

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Let's learn something new! Come to this program and we will introduce you to the first steps in learning how to do sign language. We will continue this program monthly if there is interest in learning this skill. Sign up if you would like to attend and we will send you a link.

Sat Oct 24, 2020

10am - 11am Journaling

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

This program is back by popular demand. As you know journaling has many great benefits. It is a great way to express concerns, get your feelings out, set goals, gain clarity and feel calmer. Come to this program and we will show you different types of journaling and discuss more of the benefits this activity has to offer you. You will need to have a pen, paper or notebook. If you want to join us sign up and we will send you a link.

Community Life Calendar

Tue Oct 27, 2020

6pm - 7pm Healthy Habits

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Our group has completed the SO Fit Five 8 week challenge and they have requested that we continue with weekly meetings to support one another with staying fit. Since we can not meet weekly in person for our Fall SO Sports programs let's continue our journey to be as healthy as we can once our SO programs begin in person. Come share your successes and challenges. Each week we will share material to help you be the best conditioned athlete you can be. Sign up for this program and we will send you a link to attend.

6pm - 7pm Voices

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

This is a group for women only. This is a self empowerment group for women to meet, share and talk about the challenges, successes and all that make them strong. If you would like to attend this meeting sign up and we will send you a link.

Fri Oct 30, 2020

6pm - 7pm Halloween Light Projection Show

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

Since we won't be going to Lake Compounce this year (a fall favorite) let's still spend Friday night together and watch some great Halloween Light Projection shows. To make things even more fun, we encourage you to join us in your Halloween Costume. We can't wait to see what everyone will be this year. Sign up for this program and we will send you a link to attend.

Sat Oct 31, 2020

10am - 11am Virtual Amusement Rides

Where: Zoom

Calendar: Community Life Calendar

Created by: Debbie Densmore

Description:

We are all missing going to the Amusement Parks this year, however we can still enjoy an amusement ride virtually. We will be along for a ride on Disney's Splash Mountain, Imagination and Frozen Happily Ever After. Sign up for this program and we will send you a link to attend.