

# Community Life Calendar

**Fri Apr 2, 2021**

## **6pm - 7pm Game Night**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Who wants to have some laughs and hang out with their friends on a Friday night?

If you do, then come to this program and play a game with us. You are sure to have some laughs with your friends or even laugh at yourself. If you would like to attend sign up and we will send you a link to attend.

**Sat Apr 3, 2021**

## **10am - 11am How to Make Friends**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

People come in and out of our lives all the time. You interact with people at work and in social situations but are these people really your friends? Come to this program and learn how to know if these people are your friends and what a healthy friendship looks like. Sign up for this program and we will send you a link to attend.

**Tue Apr 6, 2021**

## **6pm - 7pm Healthy Habits**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Since we can not meet weekly in person for our Special Olympic Sports programs let's continue our journey to be healthy until we start our practices in person. Come share your successes and challenges to eat healthy and exercise. Each week we will share material to help you be the best conditioned athlete you can be. This program will also include some type of physical movement. Sign up for this program and we will send you a link to attend.

**Fri Apr 9, 2021**

## **6pm - 7pm Jelly Beans/ How They are Made**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Tis the season for Jelly Beans! Have you ever thought about how Jelly Beans are made? Come to this program and see how this favorite candy is made. We will also tour the Jelly Belly Factory and see things that were made from this candy. Sign up for this program and we will send you a link to attend.

**Sat Apr 10, 2021**

## **10am - 11am Book Reading**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Do you like to read or listen to people reading, then this is the program for you.

Come to this program and read a short book to your friends or listen to your friends who like to read. Pick a book of your choosing (one that would not take longer than 10 minutes to read) and join us. Sign up for this program and we will send you a link to attend.

# Community Life Calendar

**Mon Apr 12, 2021**

## **6pm - 7pm Men's group**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

This program is 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 Apr 13, 2021**

## **6pm - 7pm Healthy Habits**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Since we can not meet weekly in person for our Special Olympic Sports programs let's continue our journey to be healthy until we start our practices in person. Come share your successes and challenges to eat healthy and exercise. Each week we will share material to help you be the best conditioned athlete you can be. This program will also include some type of physical movement. Sign up for this program and we will send you a link to attend.

**Fri Apr 16, 2021**

## **6pm - 7pm Titanic**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

What do you know about the ship Titanic? Most of us have heard about this ship through a movie but don't know the role it played in history. Come to this program and we will share some facts with you about the ship, passengers and how it ended up at the bottom of the ocean. Sign up for this program and we will send you a link to attend.

**Sat Apr 17, 2021**

## **10am - 11am Bird Feeder**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Spring is in the air and so are the birds. Let's do a fun craft to feed our backyard friends. We will make a bird feeder that you can hang in your yard for the birds to enjoy. Supplies needed for this craft are: 4- empty toilet paper rolls, string, hole punch, twigs, plate, paper towels (to wipe your hands) 1-jar creamy peanut butter, rubber spatula and about 3 pounds bird seed. Sign up for this program and we will send you a link to attend.

# Community Life Calendar

**Tue Apr 20, 2021**

## **6pm - 7pm Healthy Habits**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Since we can not meet weekly in person for our Special Olympic Sports programs let's continue our journey to be healthy until we start our practices in person. Come share your successes and challenges to eat healthy and exercise. Each week we will share material to help you be the best conditioned athlete you can be. This program will also include some type of physical movement. Sign up for this program and we will send you a link to attend.

**Wed Apr 21, 2021**

## **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.

**Thu Apr 22, 2021**

## **6:15pm - 7:15pm 5th Annual Film Festival**

**Where:** Pre Paid event

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Please join us for our 5th annual Film Festival for a night of short films and entertainment. This years Film Festival will be held Virtually and tickets are \$25.00. All proceeds from this event will help The Arc Eastern CT continue their mission to support and advocate for people with intellectual and developmental disabilities. If you wish to attend this event send your check to The Arc Eastern CT, 125 Sachem St., Norwich, CT 06360. ATTN: Denise Tift. After we receive your check a link will be sent for you to access the event. We hope to see you all there for a fun night.

**Fri Apr 23, 2021**

## **6pm - 7pm Earth Day**

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Earth Day is an annual event celebrated around the world on April 22nd . The purpose of Earth Day is to bring awareness to saving our environment. Most of us put our cardboard and paper in a bin to recycle it but there is much more you can do to help change your environment. Come to this very information program and learn about some of the small things you can do other than recycle. Sign up for this program and we will send you a link to attend.

# Community Life Calendar

Sat Apr 24, 2021

## 10am - 11am Internet Safety

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

The internet, Facebook, Twitter, Instagram and other social media sites are great fun to research information, play games and socialize with others. You must know how to protect your information and yourself from others when using these sites. Most of these sites are harmless however there are people out there that might try to get your personal information or reach out to you for other reasons to benefit themselves. Come to this program and we will review some basic internet safety things that you may want to try to keep yourself and information safe. Sign up for this program and we will send you a link to attend.

Mon Apr 26, 2021

## 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 to attend.

Tue Apr 27, 2021

## 6pm - 7pm Healthy Habits

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Since we can not meet weekly in person for our Special Olympic Sports programs let's continue our journey to be healthy until we start our practices in person. Come share your successes and challenges to eat healthy and exercise. Each week we will share material to help you be the best conditioned athlete you can be. This program will also include some type of physical movement. Sign up for this program and we will send you a link to attend.

Fri Apr 30, 2021

## 6pm - 7:30pm Disney's Dream Musical

**Where:** Zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

Tonight we will gather to watch a Broadway style musical about the power of dreams and love of family. If you enjoy musicals then come spend the night with your friends. Feel free to bring your snack and drink. Find a comfortable chair and enjoy the show. Sign up and we will send you a link to attend.

## Community Life Calendar

Sat May 1, 2021

### 10am - 11am Laughter Yoga

**Where:** zoom

**Calendar:** Community Life Calendar

**Created by:** Debbie Densmore

**Description:**

This year World Laughter Day is on May 2nd. In honor of this day let's try something new. Most of us have heard of yoga but have you heard of Laughter Yoga? Laughter Yoga combines breathing techniques and laughter to decrease the negative effects of stress on your body. You do not need to bring anything special to attend this program except for your water bottle. Sign up for this program and we will send you a link to attend.