

August 2026 Community Life Program

Mon	Tue	Wed	Thu	Fri
3) Morning Meeting-9:00-10:00 <u>10:00-12:00</u> Group 1: Walking group On Campus group: Cardio Class /Meditation for the Mind Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1: Healthy Shopping Group 2: Walking Group On campus group: -Trivia /Karaoke	4) Morning Meeting-9:00-10:00 <u>10:00-12:00</u> Group 1: Healthy Cooking Group 2: Friends of Edgewood Park On campus group: 10:00-11:00: Lets learn about Elections 11:00-12:00: Members choice Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1: Off campus Walk On Campus: Jeopardy Lunch will be provided: bring your own lunch if preferred.	5) Morning Meeting 9:00-10:00 <u>10:00-12:00</u> Group 1: Book Bank Group 2: Elm City Members choice: History of New Ha-ven Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1- Downtown Evening soup Kitchen. Group 2: Off Campus Walk On-campus group-Practicing with Money and Adaptive Cardio	6) Morning Meeting-9:00-10:00 Group 1 : Book Pick up: Read to Grow On campus Group: Member's Choice Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1: Lets keep ASD Clean On Campus: Arts and Crafts	7) Morning Meeting-9:00-10:00 <u>10:00-12:00</u> Group 1: JCC Group 2: Off Campus Walk On Campus group: -Indoor Cardio -Board games/ coloring Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1: Walk at Silver Sands On campus group: Members choice
10) Morning Meeting-9:00-10:00 <u>10:00-12:00</u> Speaker: Carson Music Presenta-tion. Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1: Healthy Shopping Group 2: Walking Group On campus group: -Trivia /Karaoke	11) Morning Meeting-9:00-10:00 <u>10:00-12:00</u> Group 1: Healthy Cooking Group 2: Friends of Edgewood Park On campus group: Movie Group Lunch 12:00-1:00 <u>1:00-3:00</u> Bowling at Amity Bowl Lunch will be provided: bring your own lunch if preferred.	12) Morning Meeting 9:00-10:00 <u>10:00-12:00</u> Group 1: Book Bank Group 2: Elm City On Campus: Cardio/ Karaoke Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1- Downtown Evening soup Kitchen. Group 2: Library Group On-campus group-Practicing with Money and Adaptive Cardio	13) Morning Meeting-9:00-10:00 Group 1 : Off Campus Walk On campus Group: Let's Travel Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1: Lets keep ASD Clean On Campus: Arts and Crafts	14) Morning Meeting-9:00-10:00 <u>10:00-12:00</u> Group 1: JCC Group 2: Off campus walk On Campus group: -Indoor Cardio -Board games/ coloring Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1: Hamden Trail On campus group: Members choice
17) Morning Meeting-9:00-10:00 <u>10:00-12:00</u> Group 1: Walking group On Campus group: Cardio Class /Meditation for the Mind Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1: Healthy Shopping Group 2: Visit a Thrift Shop On campus group:	18) Morning Meeting-9:00-10:00 <u>10:00-12:00</u> Group 1: Healthy Cooking Group 2: Friends of Edgewood Park On campus group: 10:00-11:00: VR and Video Games Lunch 12:00-1:00 <u>1:00-3:00</u> Show and Tell Lunch will be provided: bring your own lunch if preferred.	19) Morning Meeting 9:00-10:00 <u>10:00-12:00</u> Group 1: Book Bank Group 2: Elm City On Campus: Members choice Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1- Downtown Evening soup Kitchen. Group 2: Library Group On-campus group-Practicing with Money and Adaptive Cardio	20) Morning Meeting-9:00-10:00 Group 1 : Lets keep ASD clean Group 2: Off Campus Walk On campus Group: Bingo Lunch 12:00-1:00 <u>1:00-3:00</u> On Campus: Arts and Crafts	21) Morning Meeting-9:00-10:00 <u>10:00-12:00</u> Group 1: JCC Group 2: Off campus walk On Campus group: -Indoor Cardio -Board games/ coloring Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1: Walking Group On campus group: Baking Group

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24) Morning Meeting-9:00-10:00 <u>10:00-12:00</u> Group 1:Walking group On Campus group: Cardio Class /Meditation for the Mind Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1: Healthy Shopping Group 2: Video Games On campus group: -Trivia /Karaoke	25) Morning Meeting-9:00-10:00 <u>10:00-12:00</u> Group 1: Healthy Cooking Group 2: Friends of Edgewood Park On campus group: Members Choice Lunch 12:00-1:00 <u>1:00-3:00</u> Ansonia Nature Center Lunch will be provided: bring your own lunch if preferred.	26) Morning Meeting 9:00-10:00 <u>10:00-12:00</u> Group 1: Book Bank Group 2: Elm City On Campus: Woman’s Equality Day lesson Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1- Downtown Evening soup Kitchen. Group 2: Library Group On-campus group-Practicing with Money and Adaptive Cardio	27) Morning Meeting-9:00-10:00 Group 1 : Lets keep ASD clean Group 2: Off Campus Walk On campus Group: Personal Hygiene Lesson Lunch 12:00-1:00 <u>1:00-3:00</u> On Campus: 1:00-2:00:Arts and Crafts 2:00 3:00: Afternoon of Awesome– Bring Canned goods if you wish to Donate to the food drive.	28) Full Day Trip To: Harkness Memorial Park : Bring a cold Lunch Half Day Activities- Am: Walk Westville Pm: On-Campus Movie Group
31) Morning Meeting-9:00-10:00 <u>10:00-12:00</u> Group 1:Walking group On Campus group: Cardio Class /Meditation for the Mind Lunch 12:00-1:00 <u>1:00-3:00</u> Group 1: Healthy Shopping Group 2: West Rock Park On campus group: -Trivia /Karaoke				