



SARAH Tuxis Recreation & Leisure
Connections
433 Boston Post Rd.
Westbrook, CT 06498



Recreation & Leisure Connections



April, May, June 2024
Program Guide



PROGRAM SUPPORT POLICY

Our goal is to provide a variety of programs that can be enjoyed by everyone in a safe and fun environment. All recreation and leisure programs by SARAH Tuxis will be facilitated by staff certified in CPR, First Aid, PMT and Med Cert. We will work closely with families and responsible support staff to orient the staff and volunteers to provide a comfortable atmosphere for all involved. We strive to give people with differing abilities the best support possible and look forward to working with new participants as well as participants who have been involved with SARAH before.

VOLUNTEER INFORMATION

Volunteers are always welcome! If you are interested in volunteering with SARAH Recreation and Leisure please contact the Recreation Coordinator Brienne Vinyard at briannev@sarah-tuxis.org. We are always looking for positive personalities to assist in creating exciting opportunities.

SOCT INFORMATION

All Special Olympics questions, concerns or issues can be directed to the Local Coordinator:

Ralph Genovese
socentralshoreline@gmail.com
 (203) 239 - 7149

SARAH Recreation & Leisure Connections Registration Form

April, May, June 2024

Participant Name: _____

Address: _____

Contact Name: _____ Phone #: _____

Contact E-Mail Address: _____

Program Description	Program Date(s)	Fee
Total		\$

We no longer accept cash payment. Please be sure payment is in the form of a check or money order. Thank you

Please fill in top form completely and enclose payment by 04/01/2024

Payable to SARAH Tuxis and mail to:

Recreation & Leisure Connections

C/O Brienne Vinyard

433 Boston Post Rd. Westbrook, CT 06498

Art Expression

Time: 6:00 PM
Session IV: 4/3, 4/17, 5/1, 5/8, 5/19
Location: Adams Middle School
Cafeteria
33 Church St
Guilford, CT 06437
Cost: \$50.00 (per session)



Creatively express yourself through color, form and play. This Art Class gives you an opportunity to be creative, facilitates your artistic expression, and engages your mind through the painting process. Artists will work with acrylics on canvas during each sessions.

Outdoor Games

Time: 4:30 PM
Dates: 4/25, 5/23
Location: Bittner Park
Guilford
Cost: \$3.00 (\$6.00 per)



Outdoor games are a fun evening, summer or spring time staple! Spend your Friday night kicking up some dust, or tossing around the football; bocce, Frisbee, horseshoes, and much more to keep the games going!
Please be sure to stay hydrated by bringing something to drink, and don't forget the bug spray & sunscreen!

Sunday Fun-day

Time: 10:30 AM
Dates: 4/21, 5/5, 6/23
Time: 1:30 PM
Dates: 4/14, 5/19, 6/9
Location: SARAH Tuxis Harbor
Cost: \$30.00 (\$5.00 per)



Get together at the Harbor for activities, games and crafts; reading and baking. A Sunday Fun-day you won't want to miss.

REGISTRATION PROCEDURE

Please fill out the registration form to register for Recreation & Leisure programs. Make additional copies if needed. Each individual should have their own form. Forms need to be filled out in entirety.

Forms with full payment must be received in our office by the RSVP date on the registration form. We do not accept registrations over the phone. Registrations can be mailed, dropped off at our office. We process registrations on a first come first serve basis. Please contact Brienne Vinyard, the Recreation Coordinator at briennev@sarah-tuxis.org for special arrangements regarding support staff, transportation or program cost questions.

NEW SERVICE PARTICIPANT REGISTRATION

Anyone interested in becoming a new member can call Brienne Vinyard at (475) 355 - 0418 to schedule a time to come in, to meet, and to discuss joining SARAH Recreation & Leisure Connections.

SARAH Recreation requires a chaperone to accompany all newly registered members; in order to ensure a successful and positive experience for everyone we reserve the right to require a 1:1 chaperone to stay for all participation. All Tuxis, Seneca and Private Hire staff are required to remain with the person they are supporting at all times while at recreation. SARAH Recreation requires a Registration Packet to be completed and updated every year for participation in Recreation events. SARAH Recreation requires a 3:1 ratio for all participants. This may require support staff to remain for the events in some circumstances.

Yankee Candle Village

Date: Saturday, 4/27
Time: 11:00 AM
Location: Yankee Village, Deerfield MA
Cost: \$50.00



Visit Yankee Candle Village, make your own customized jar candle, discover the candle emporium, general store and the toy shop, Santa is here all year round! Watch a candle making demonstration from the 1800's, cross the mote by way of Draw Bridge to enjoy homemade fudge, Ben & Jerry's Ice cream and popcornopolis. Bring money for shopping, food and beverage purchases.

If interested, please contact Brianne Vinyard at briannev@sarah-tuxis.org as soon as possible. Any sign-ups after April 1 may not be accepted as space is limited.

Sponsored by Travel Club

Yoga

Date: 4/10, 4/24, 5/8, 5/29, 6/12, 6/26
Time: 5:30 – 6:30 PM
Location: SARAH Tuxis Harbor
433 Boston Post Rd.
Westbrook
Cost: \$10.00 per class (\$60.00)



Release, relax, loosen up those muscles, improve flexibility, posture, and range of motion with this gentle, beginner friendly yoga class. No experience necessary. We have a yoga mat for you, just bring your willingness to relax and recharge!

Tuxis Tuners

Dates: 4/1, 4/22, 5/13, 6/3
Time: 6:00 PM
Location: SARAH Tuxis Harbor
433 Boston Post Rd.
Westbrook



The Tuxis Tuners will be meeting on the above dates to keep those vocal cords tuned for upcoming performances.

Movie Night

Date: 4/16, 5/14, 6/18
Time: 6:00 PM
Location: North Haven Movie Theater
Cost: \$15.00 (\$45.00)



Join us for Movie Night at North Haven Movie Theater! Enjoy some popcorn with great friends while watching a new box-office hit movie! Movie times may vary. Please bring money for snacks or beverages.

Music Therapy

Instructor: Elizabeth Keyes, MT-BC
Dates: Friday, 4/12, 5/10, 6/14
Time: 5:30 PM to 6:30 PM
Location: SARAH Tuxis Harbor
Cost: \$45.00 (or \$15.00 per class)



Let the music take over! Spend the evening singing and playing instruments with Elizabeth Keyes. Liz is a Board Certified member of the American Music Therapy Association. This class will surely create a fun, expressive and interactive environment where individuals can really thrive. See you there!

Saturday Bowling

Date: 4/20, 5/11, 6/22
Time: 12:00 to 2:00 PM
Location: AMF Circle Lanes—East Haven
Cost: \$10.00 (\$30.00)



Trying to PIN down what to do with your Sunday afternoon? Please bring money for a snack or beverage purchases you may wish to make.

Bowling

Dates: 4/18, 5/9, 6/27
 Time: 5:30 PM
 Location: AMF Circle Lanes – East Haven
 Cost: \$10.00 (\$30.00)



Wednesday nights are a great time to get out and go bowling with friends! Can't find your bowling ball anywhere? Bet this alley has a spare! Please bring money for snacks or beverages. See you there!

Ladies Night

Dates: 4/5, 5/3
 Time: 5:00 PM
 Location: SARAH Tuxis Harbor



Please come spend an evening at The Harbor with the Ladies for a night of food, and fun! Share in a potluck dinner, play games, or just have some good conversation with friends. Cost is free however people attending are asked to bring an item for dinner.

Guys Night

Dates: 4/19, 5/24, 6/21
 Time: 5:00 PM
 Location: SARAH Tuxis Harbor



Please come spend an evening at The Harbor with the guys. Share in a potluck dinner, play pool, ping-pong, watch a movie or just have some good conversations with friends. Cost is free but all attending are asked to bring an item for dinner.

Book Club

Dates: 4/23, 5/23
 Time: 5:30 PM
 Location: Henry Carter Hull
 10 Killingworth Turnpike, Clinton



Spend an evening with a good book, a short story, and good company when we meet at the Library for book club this spring!

Spring Fling Potluck & Bingo

Date: Friday, 4/26
 Time: 5:30 – 7:30 PM
 Location: SARAH Tuxis Harbor
 Cost: \$10.00



Get together for some springtime fun at the harbor enjoy great company, good food, bingo and prizes! Please bring your favorite dish, or bring one small item according to the first initial of your last name:

A-J: Appetizer K-R: Dessert
 S-Z: Main Course

*Please do not bring anything that may contain nuts, or nut butters. If interested, please contact Brieanne Vinyard at brieannev@sarah-tuxis.org as soon as possible. Any sign-ups after April 1, may not be accepted as space is limited.

Cooking Class

Monday's 4/15, 5/6, 6/24
 Thursday's 4/18, 5/9, 6/27
 Time: 5:30 PM
 Location: SARAH Tuxis Harbor
 Cost: \$60.00 or (\$20.00 per class)



Join us at the Harbor café to learn some new recipes, some old favorites and some good company. Please choose either Monday, OR Thursday. After we cook, we feast!

Travel Club Meetings

Dates: 4/4, 5/2, 6/6
 Time: 5:00 PM
 Location: SARAH Tuxis Harbor
 433 Boston Post Rd.
 Westbrook



Join the travel club to chat about current events and plan upcoming trips, and activities. Help plan the 2024 program guide and calendar, learn about upcoming fundraising and volunteer opportunities.

Pizza Potluck & Bingo

Date: Friday, 5/17
Time: 5:30 – 7:30 PM
Location: Tuxis Harbor
Cost: \$10.00



Get together for some Pizza and fun at the harbor enjoy great company, good food, bingo and prizes! Do you have a favorite sports team? Show them some support and wear your favorite sports jersey, or hat. Please bring your favorite Pizza, or Salad; or bring an item according to the first initial of your last name:

A-J: Pizza K-R: Dessert

S-Z: Salad

*Please do not bring anything that may contain nuts, or nut butters. If interested, please contact Brienne Vinyard at briennev@sarah-tuxis.org as soon as possible. Any sign-ups after April 1, may not be accepted as space is limited.

Tuxis Times

Date: 5/16
Time: 5:00 PM
Location: SARAH Tuxis Harbor



Spread good news and help people stay in the know with a newsletter from our community. We need your help! Help the committee capture photos at activities and events, collect quotes, recipes, and good news to share with people in our community.

DIY Craft

Date: 4/29, 5/20, 6/3, 6/17
Time: 5:00 PM
Location: SARAH Tuxis Harbor
433 Boston Post Rd.
Westbrook
Cost: \$8.00 per (\$32.00)



Do it yourself projects and crafts are a fun way to gift and to decorate. Get together with friends and put your creative mind to work! See you there.

Spring Formal

Date: Thursday, June 13
Time: 6:00 PM
Location: Woodwinds
29 School Ground Rd.
Branford
Cost: \$60.00



Dance the night away at the Spring Formal at Woodwinds in Branford. Make the evening memorable for a lifetime in the photo booth, enjoy dinner and great company. Formal attire suggested. See you there! If interested, please contact Brienne Vinyard at briennev@sarah-tuxis.org as soon as possible. Any sign-ups after April 1, may not be accepted as space is limited.

Zumba

Dates: 4/9, 4/30, 5/7, 5/21, 6/4, 6/25
Time: 6:00 PM
Location: Guilford Community Center
Cost: \$ 10 . 00 (\$ 60 .00)



Zumba is a dance fitness program that incorporates Latin and world rhythms, with dance inspired exercises in a fun, high energy class. The goal of Zumba is to get moving and have fun! No dance experience is necessary! Come join the party!

Friends & Motivation (FAM)

Dates: 4/11, 5/30, 6/20
Time: 5:00 PM
Location: SARAH Tuxis Harbor
433 Boston Post Road
Westbrook CT, 06498



Support one another to talk about healthy lifestyle choices, meal planning and provide support to friends to stay motivated, feel empowered to keep up the good work!

Family Dinner

Date: 5/22
Time: 5:00 PM
Location: 901 Boston Post Rd,
Guilford, CT 06437



Enjoy a socially distanced family dinner at The Place with a family member, friend or staff for an evening full of good company! Please bring money for your meal and a big appetite! Please, include a head count of who will be joining you to be able to make a reservation; registration is required.

Karaoke Night

Date: 4/2, 5/7, 6/25
Time: 4:30 PM
Location: SARAH Tuxis Harbor
433 Boston Post Rd.
Westbrook
Cost: \$1.00 (\$3.00)



Warm up those vocal cords! Join us at The Harbor and sing your heart out to all of your favorite songs. You can sing a solo or duet alongside great friends. Hope to see you there!

Farmers Market

Date: 6/20
Time: 5:00 PM
Location: Guilford Fair Grounds



Enjoy exploring the Guilford Farmers Market support sustainability, and local vendors; please bring money for your purchases. See you then!

Waterford Speedbowl

Date: 6/5
Time: 7:00 PM
Location: 1080 Hartford Turnpike
Waterford, CT 06385
Cost: \$15.00



Ladies and gentlemen start your engines; Recreation & Leisure Connections is off to the races! The car races, that is. Please bring money for any snacks or beverages at the race. Don't forget the bug spray, and the sunscreen for the evening of our trip! * Sponsored by the travel club *

Barbeque Potluck & Bingo

Date: Friday, 6/7
Time: 5:30 – 7:30 PM
Location: Hammonasset Beach Park
Pavillion #4
Cost: \$20.00



We are going to be chillin' and grillin' at the Harbor. Enjoy great company, good food, bingo and prizes! Please bring your favorite side dish, or salad; or bring an item according to the first initial of your last name:

A-H: pasta or, potato salad, coleslaw, green salad

I-O: water, juice, seltzer, soda

P-Z: fruit salad, brownies, cupcakes, cookies

*Please do not bring anything that may contain nuts, or nut butters. If interested, please contact Brienne Vinyard at briennev@sarah-tuxis.org as soon as possible. Any sign-ups after April 1, may not be accepted as space is limited.

Hartford Yardgoats, Dunkin Park

Date: 6/15
Time: 6:10 PM (4:30 PM)
Location: 1214 Main St,
Hartford, CT 06103
Cost: \$ 80 . 00



Join Recreation at Dunkin' Park in Hartford when the Yard Goats challenge Akron for a Saturday evening of fun under the ConnectiCare Picnic Pavilion. Enjoy the Ballpark Buffet, and Fireworks after the game. The Yard Goats host the Phillies affiliate, with gates opening at 4:30 PM . See you then! Please bring money for any additional souvenir, or other purchases you may wish to make.

If interested, contact Brienne at briennev@sarah-tuxis.org

or by calling (475) – 355 - 0418

Sign-ups after April 1 may not be accepted as space is limited. *Sponsored by Travel Club*

Game Night

Dates: 4/23, 5/28, 6/11
Time: 4:30 PM
Location: SARAH Tuxis Harbor
Cost: \$ 1. 00 (\$ 3 . 00)



Come and join a fun filled night of games such as air hockey, pool, bingo, trivia, and more with great friends, at the Harbor.

Meriden Daffodil Festival

Date: 5/4
 Time: 11:00 AM
 Location: Hubbard Park
 999 West Main Street
 Parking: Platt High School – 220 Coe Avenue



Join us at the Meriden Daffodil Festival at Hubbard Park in Meriden. There will be food vendors, crafts, music and entertainment, for all! The Daffodil Festival will have a parade you won't want to miss. Hope to see you there!

* If interested, please contact Brieanne Vinyard at brieannev@sarah-tuxis.org as soon as possible. Any sign-ups after April 1, may not be accepted.

Mini Golf

Date: 5/31, 6/28
 Time: 5 : 00 PM
 Location: Saybrook Point
 154 College St
 Cost: \$ 15 .00 (\$30.00)



Get ready for a fun filled night of mini golf! Show off your mini golf skills while enjoying an evening with friends. Don't forget the bug spray, and to stay hydrated or bring money for concession purchases you may wish to make.

Outdoor Games

Time: 4:30 PM
 Dates: 4/25, 5/23
 Location: Bittner Park
 1346 Durham Rd, Guilford
 Cost: \$ 3 . 00 (\$ 6 . 00)



Outdoor games are a fun evening springtime staple! Spend your Thursday night kicking up some dust, or tossing around the football; bocce, Frisbee, horseshoes, and much more to keep the games going! Please be sure to stay hydrated by bringing something to drink, and don't forget the bug spray & sunscreen!

Nature Walks

Date: 4/4, 5/15
 Time: 4:30 PM
 Location: Chatfield Hollow State Park
 381 CT-80, Killingworth,



Date: 5/1
 Time: 4:30 PM
 Location: 60-42 Tabor Dr, Branford

Date: 4/17
 Time: 4:30 PM
 Location: Shoreline Greenway Trailhead
 Hammonasset State Park Madison

These scenic trails are beautiful this time of year. Spring is a great time to see the covered bridges and boardwalks of some of the most enjoyable routes in Branford, Madison, and Killingworth Visit parks, perfect for a late afternoon stroll, get together on a beautiful spring evening to enjoy the great outdoors with friends. Don't forget the bug spray, and stay hydrated by brining something to drink! * Sponsored by the Travel Club *

Historic Guilford Green

Date: 4/8, 5/13, 6/10
 Time: 4:00 PM
 Location: Guilford Green



Join us for a tour of the historic Guilford Green, and sites around the Green this Spring as we gear up for the Parade this fall. Our walking tour will take place each month on the Green, we will cover Whitfield Street, Boston Street, and more! Join us! See you then.