

DATE(S)	PROGRAM DESCRIPTION
2/3	<p align="center">Men's Night</p> <p>Men only!! Wear your favorite sports apparel and join your friends for some good food and fun. If you have any suggestions as to what you would like to do on YOUR NIGHT, please include your comments on your sign up sheet. Men's night will be held at the Norwich Arc but is subject to change. Cost is to be determined based on final food and activity chosen - plan on min \$10.</p>
2/4, 2/11, 2/18, 2/25	<p align="center">Special Olympics Swim Practice</p> <p>Practice will be held at the Uconn Avery Point pool in Groton. This swim is for athletes who have registered for the 2012 Special Olympics summer games. Come dressed in your suit and bring a change of clothes.</p>
2/8	<p align="center">Pasta Dinner</p> <p>The New London VFW sponsors a pasta dinner the second Wed of each month. We will enjoy a nice meal out while supporting our community. This activity is only open for those that live in New London, Waterford, East Lyme, and Niantic. We will be searching for similar opportunities in all the towns we serve for future dates. Please feel free to make additional suggestions.</p>
2/10	<p align="center">Pairs Night out with a friend</p> <p>Not for dating or married couples only. Similar to small group night, we will dine out with our friends but as pairs. Staff will be on hand to lend support as needed but will be apart from the diners. This evening is about getting together with a friend and enjoying each others company. You MUST indicate who you will be dining with on your sign up sheet. \$20 is suggested.</p>
2/14	<p align="center">Ideas Meeting</p> <p>WE NEED YOUR INPUT. Come share your thoughts and ideas about past, present, and future programs.</p>
2/15	<p align="center">Special Olympics Track & Field Meeting</p> <p>Anyone interested in participating in the 2012 Summer Games should attend this meeting. The meeting will be held at the Norwich Arc. Coaches will be on hand to discuss the plans for practices and competition.</p>
2/17	<p align="center">Ladies Night</p> <p>Ladies only. Details are currently in the works. If you have any suggestions for what you would like to see on YOUR NIGHT, please include them on your sign up sheet. Location and final cost will be determined once the plans have been finalized.</p>
2/22,2/29	<p align="center">Special Olympics Track & Field Practice</p> <p>Practice will be held at either NFA or Stanton school. Proper attire and focus are required.</p>
2/24	<p align="center">Winter Festival / Birthday Social</p> <p>Our monthly social will be held at Camp Harkness. Cost is \$10. ADVANCED SIGN UP IS REQUIRED.</p>
2/25	<p align="center">Winterfest @ Lyman Orchards</p> <p>This is a tentative program. We will travel to Lyman Orchards to enjoy some outdoor winter activities. Ice sculptures, dog sled demonstrations, and wagon rides are just a few of the offerings. Participants should plan on bringing enough money for lunch and spending money. There may be a fee for the wagon ride and there is a store on site with many items for sale.</p>

Important Information

It is important for The Arc staff to know how many people are attending each activity to be sure we order enough food and supplies for everyone.

If you are providing your own transportation or staff, please still submit a sign up sheet in order to attend.

Phone call registrations or walk-ins might not be accepted.

Thank you!

Reminders

- Please dress in layers and **appropriately for the weather**. Many activities could include being indoors as well as outdoors.
- Look for program cancellations to be broadcast on WFSB or call the Arc for recorded information

You must submit a sign up sheet to the Community Services Department at the beginning of the month.

It is not always feasible to make exceptions. Please call in any cancellations as soon as possible.

- Please do NOT call The Arc staff at home. Call The Arc office at 889-4435, ext 110 to leave a message.
- Reminder: Each individual is entitled to attend 2 Saturdays a month only.

This will ensure safe ratios and an opportunity for everyone to attend.

The exceptions are as follows:

1. If a particular month has five Saturdays, you can sign up for three of those Saturdays.