

The Leisure Link

A unique community based program promoting wellness, independence, friendships and fun.



Spring 2026



Just a few notes....

We are still feeling the positive *IMPACT* of funding from the DDS Community Enhancement Grant that will continue to run through September, 2026. The monthly budget will be a little tighter but it still remains the goal to apply these monies to our in-person programming whenever possible and pass that savings onto you. I am looking forward to all the recreational adventures that will be in our future!

As you may already noticed, there is an unusual block of empty days for much of March and the beginning of April in this edition of the Leisure Link. These days will be put to good use as I am taking care of a cranky left hand and should be back to my normal routines by mid April.

As always, thanks for your continued support of IMPACT's Leisure & Recreation Program!

~Lisa



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Important Information

Have a Question? or Concern? or Complaint?

Lisa can be reached at (860) 342-0700 x813 or at lisa.christensen@marc-cr.org

Please leave a message and your call will be returned as soon as possible.

Registration:

Due to the popularity of many programs, it is advised to register early. Most programs are community inclusive and are not conducive to groups larger than 5 individuals.

*Payment received reserves a slot for that program. Please complete and return the registration form along with your payment.
Both must be received by IMPACT in order to participate in any programs.*

Fees:

Payments for programs are due no later than the registration deadline.

Program Cancellations:

IMPACT reserves the right to cancel programs due to insufficient registration or inclement weather. There will be no refunds for any program which is canceled due to inclement weather.

Participant Eligibility:

All recreation programs are open to people with disabilities. Depending on individual needs, a chaperone may be required at the request of IMPACT Recreation.

Other:

IMPACT Recreation will not be held responsible for any articles lost during a recreation program.

**Registration Deadline:
Friday, February 27, 2026**

Middletown Programs

Mixed Bowling & Dinner #1 Limit: 5

Day/Date: Wednesday, March 4

Place: Bowl-O-Rama & Shake Shack in Newington
Cost: \$20.00 reservation fee. Bring \$25.00 for dinner.

Meeting Place: Meet at 25 Industrial Park Road, Middletown at 2:30pm, pick up at 25 Industrial Road, Middletown for 6:45pm.

Mohegan Sun Arcade & Dinner Limit: 5

Arcade, shopping, dinner, slot machines equals lots of walking!

Day/Date: Thursday, March 5

Place: Mohegan Sun Casino & Jersey Mike's in Uncasville

Cost: \$20.00 reservation fee. Bring \$\$ for spending and \$25.00 for dinner.

Meeting Place: Meet at 25 Industrial Park Road, Middletown at 2:30pm, pick up at 25 Industrial Road, Middletown for 8:30pm.

Other: Must be able to walk long distances independently.



Early Bird Movies #1 Limit: 5

Lets go see the new release of "Hoppers".

Day/Date: Friday, March 6

Place: Picture Show in Berlin

Cost: \$20.00 reservation fee. Bring \$\$ for treats.

Meeting Place: Meet at 25 Industrial Park Rd, Middletown (Approx 2:00pm). Pick up time at 25 Industrial Park Rd, Middletown TBA.

Other: Meeting times determined the week prior.



Play: "Beauty & the Beast" at The Bushnell Limit: 4

Enjoy this "Disney" favorite.

Day/Date: Friday, April 10

Place: The Bushnell in Hartford

Cost: \$20.00 reservation fee. Bring \$\$ for spending.

Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 6:00pm, pick up at 25 Industrial Park Rd for 10:30pm.

Other: Must be able to walk long distances independently.



Foxwoods Outlets and Lunch Limit: 5

Day/Date: Saturday, April 11

Place: Foxwoods Casino in Ledyard & Five Guys in Groton

Cost: \$20.00 reservation fee. Bring \$\$ for shopping and \$25.00 for lunch.

Meeting Place: Meet at 25 Industrial Park Road, Middletown at 8:30am, pick up at 25 Industrial Road, Middletown for 2:30pm.



Early Bird Bowling Limit: 5

Day/Date: Tuesday, April 14

Place: Bowl-O-Rama in Newington

Cost: \$20.00 reservation fee. Bring \$15.00 for bowling and a drink.

Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 2:30pm, pick up at 25 Industrial Park Rd for 5:15pm.

Pick-Your-Own Daffodils & Dinner

Fresh air and fields of daffodils. Happy Place! Limit: 5

Day/Date: Wednesday, April 15

Place: Dancing Daffodils Farm & Athenian Diner in Middletown

Cost: \$20.00 reservation fee. Bring \$25.00 for a light dinner.

Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 2:30pm, pick up for 6:45pm.



Pottery & Dinner Limit: 5

Relaxing fun with friends!

Day/Date: Thursday, April 16

Place: Glazed Pottery & Chipolte in Glastonbury

Cost: \$20.00 reservation fee. Bring \$30.00 for pottery and \$25.00 for dinner.

Meeting Place: Meet at 25 Industrial Rd, Middletown for 2:30pm, pick up at 25 Industrial Road, Middletown for 6:30pm.

Wolfpack Hockey Game Limit: 5

Lets watch the "Pack" take on the Thunderbirds.

Day/Date: Friday, April 17

Place: XL Center in Hartford

Cost: \$20.00 reservation fee.

Payment for any purchases of food or souvenirs at this venue will require a VISA/MC debit card with a working chip. No cash is accepted.



Meeting Place: Meet at 25 Industrial Park Road, Middletown at 5:30pm, pick up at 25 Industrial Road, Middletown for 9:40pm.

Ringling Brother's Circus*The Greatest Show on Earth!***Day/Date:** Thursday, April 23**Place:** PeoplesBank Arena in Hartford**Cost:** \$20.00 reservation fee.**Payment for any purchases of food or souvenirs at this venue will require a VISA/MC debit card with a working chip. No cash is accepted.****Meeting Place:** Meet at 25 Industrial Park Rd, Middletown for 5:15pm, pick up at 25 Industrial Park Rd for 9:40pm.**Limit: 5****"Mystery Dinner" & Bingo***Lisa is up to dinner shenanigans again! Enjoy a night of fun, friends, ??? and prizes!***Day/Date:** Friday, April 24**Place:** 25 Industrial Park Road, Middletown**Cost:** \$20.00 reservation fee.**Meeting Place:** Meet at 25 Industrial Park Road, Middletown at 4:30pm, pick up at 25 Industrial Road, Middletown for 7:00pm.**Limit: 15****Earth Day at Beardsley Zoo***A fun day at the Zoo honoring Mother Earth!***Day/Date:** Saturday, April 25**Place:** Beardsley Zoo in Bridgeport**Cost:** \$20.00 reservation fee. Bring \$25.00 for lunch.**Meeting Place:** Meet at 25 Industrial Park Rd, Middletown for 8:30am, pick up at 25 Industrial Park Rd for 2:30pm.**Limit: 5****Shopping & Dinner***Target, Ollies, Walmart...just a few suggestions!***Day/Date:** Tuesday, April 28**Place:** Berlin Turnpike/Newington stores and Joey Garlics Restaurant**Cost:** \$20.00 reservation fee. Bring \$\$ for spending & \$30.00 for dinner.**Meeting Place:** Meet at 25 Industrial Park Rd, Middletown for 2:30pm, pick up for 7:30pm.**Other: Must be able to walk long distances independently.****Limit: 5****Branford Legacy Theatre Play: "Nunsense"***Lets try a new theater to see plays & musicals!***Day/Date:** Friday, May 1**Place:** The Legacy Theatre in Branford**Cost:** \$20.00 reservation fee. **Eat dinner prior to the program.** Bring \$\$ for intermission snack.**Meeting Place:** Meet at 25 Industrial park Road, Middletown at 5:15pm, pick up at 25 Industrial park Road for 10:30pm (**pick up time is subject to change**)**Limit: 3****Mixed Bowling & Dinner #2****Day/Date:** Tuesday, May 5**Place:** Spare Time Bowling & Moe's Southwest Grill in Windsor**Cost:** \$20.00 reservation fee. Bring \$25.00 for dinner.**Meeting Place:** Meet at 25 Industrial Park Road, Middletown at 2:30pm, pick up at 25 Industrial Road, Middletown for 7:30pm.**Limit: 5****Early Bird Movies #2***Lets go see the new release of "Animal Farm".***Day/Date:** Thursday, May 7**Place:** Picture Show in Berlin**Cost:** \$20.00 reservation fee. Bring \$\$ for treats.**Meeting Place:** Meet at 25 Industrial Park Rd, Middletown (Approx 2:00pm). Pick up time at 25 Industrial Park Rd, Middletown TBA.**Other: Meeting times determined the week prior.****Limit: 5****Walking Club***Spring has sprung, time for fresh air and exercise!***Day/Dates:** Tuesdays, May 12, 19 & 26**Place:** Peckham Park in Middlefield**Cost:** \$25.00 reservation fee.**Meeting Place:** Meet at 25 Industrial Park Road, Middletown at 3:00pm, pick up at 25 Industrial Road, Middletown for 5:00pm.**Please Note: This program is strictly for those who are interested in walking for exercise. Please wear sneakers and bring a water bottle.****Limit: 5**

IMPACT's Garden Club

Limit: 3

Spring has sprung and so will our garden. Welcome back to our 14th year of roof top gardening at the Community Health Center!

Day/Dates: Thursdays, May 14, 21 & 28

Place: CHC Rooftop in Middletown & restaurant of choice



Cost: \$25.00 reservation fee. Bring \$20.00 for a light dinner each week.

Meeting Place: Meet at 25 Industrial Park Road, Middletown at 2:30pm, pick up at 25 Industrial Road, Middletown for 5:45pm.

Other: MUST be an active participant and be willing to plant, weed, water and harvest herbs, vegetables and flowers.

CT Sun Basketball Game

Limit: 5

Lets watch the Sun take on the Las Vegas Aces!

Day/Date: Friday, May 15

Place: Mohegan Sun Arena in Uncasville

Cost: \$20.00 reservation fee.



Payment for any purchases of food or souvenirs at this venue will require a VISA/MC debit card with a working chip. No cash is accepted.

Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 5:00pm, pick up at 25 Industrial Park Rd, Middletown for 10:30pm.

Please Note: **Must be able to accommodate walking long distances, heights and stairs.**

Yard Goats Baseball Game

Limit: 5

Lets watch the Goats vs the Altoona Curve!

Day/Date: Wednesday May 27

Place: Dunkin' Park in Hartford

Cost: \$20.00 reservation fee.



Payment for any purchases of food or souvenirs at this venue will require a VISA/MC debit card with a working chip. No cash is accepted.

Meeting Place: Meet at 25 Industrial Park Road, Middletown at 5:15pm, pick up at 25 Industrial Road, Middletown for 9:45pm.

Mini Golf & Dinner

Limit: 5

Lets hit the mini golf course & dinner too!

Day/Date: Friday, May 29

Place: Saybrook Point Mini Golf and Lenny & Joe's in Madison



Cost: \$20.00 reservation fee. Bring \$\$ for spending & \$30.00 for dinner.

Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 2:30pm, pick up for 7:45pm.

Other: If time permits, we will take a short walk at Hammonasset Beach before dinner!

Shoreline Programs

Dinner & Bowling

Limit: 5

Game on!

Day/Date: Tuesday, March 10

Place: Groton Bowling Center for bowling & dinner!



Cost: \$20.00 reservation fee. Bring \$10.00 for bowling and \$25.00 for dinner.

Meeting Place: Meet at Mystic Market, Old Saybrook at 4:45pm, pick up at Mystic Market, Old Saybrook for 8:30pm.

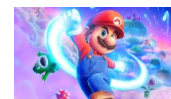
Movie Night #1

Limit: 5

Come see the latest new release: "Super Mario Galaxy Movie".

Day/Date: Thursday, April 9

Place: Westbrook Cinemas in Westbrook



Cost: \$20.00 reservation fee. Bring \$\$ for any snacks or drinks.

Meeting Place: Meeting at Westbrook Cinemas. Times (approx 6-7pm) & movie/pick up time will be determined the week prior .

Ringling Brother's Circus

Limit: 5

The Greatest Show on Earth!

Day/Date: Saturday, April 18

Place: Total Bank Arena in Bridgeport



Cost: \$20.00 reservation fee. **Payment for any purchases of food or souvenirs at this venue will require a VISA/MC debit card with a working chip. No cash is accepted.**

Meeting Place: Meet at Rt 81 Commuter Lot, Clinton for 9:00am, pick up at Rt 81 Commuter Lot, Clinton for 2:15pm.

**Registration Deadline:
Friday, February 27, 2026**

Dinner & Shopping

Limit: 5

Target, Five Below, Dollar Tree....

Day/Date: Wednesday, April 22

Place: Various stores & Chick-fil-A in North Haven

Cost: \$20.00 reservation fee. Bring \$25.00 for dinner and \$\$ for shopping.

Meeting Place: Meet at Mystic Market, Old Saybrook for 5:00pm, pick up at Mystic Market for 8:30pm.

Elks Bingo

Limit: 3

Who's winning next..LISA IS!

Day/Date: Wednesday, April 29

Place: Westbrook Elks Lodge

Cost: \$20.00 reservation fee. Bring \$25.00 for dinner and \$20.00 for bingo cards and admission.

Meeting Place: Meet inside at Westbrook Elks for 4:30pm, pick up inside at the Westbrook Elks for 9:15pm.

Other: Must be able follow and identify bingo numbers at a quick pace.



Niantic Bay Playhouse: "Little Shop of Horrors"

Limit: 4

A great place to watch a play....

Day/Date: Saturday, May 2

Place: Niantic Bay Playhouse in Niantic

Cost: \$20.00 reservation fee.

Meeting Place: Meet at Mystic Market, Old Saybrook for 3:00pm, pick up at Mystic Market for 10:00pm. (pick up time is subject to change)



Movie Night #2

Limit: 5

Come see the latest new release, "The Sheep Detectives".

Day/Date: Friday, May 8

Place: Westbrook Cinemas in Westbrook

Cost: \$20.00 reservation fee. Bring \$\$ for any snacks or drinks.

Meeting Place: Meeting at Westbrook Cinemas. Times (approx 6-7pm) & movie/pick up time will be determined the week Prior.



Dinner & Walk

Limit: 5

Let's enjoy Spring & the fresh ocean air.

Day/Date: Wednesday, May 20

Place: Johnny Ad's in Old Saybrook and Niantic Boardwalk

Cost: \$20.00 reservation fee. Bring \$25.00 for dinner.

Meeting Place: Meet at Johnny Ad's, Old Saybrook for 5:00pm, pick up at Mystic Market, Old Saybrook for 8:30pm .



Yard Goats Baseball Game

Limit: 5

Lets watch the Goats vs the Altoona Curve!

Day/Date: Saturday, May 30

Place: Dunkin' Park in Hartford

Cost: \$20.00 reservation fee.

Payment for any purchases of food or souvenirs at this venue will require a VISA/MC debit card with a working chip. No cash is accepted.

Meeting Place: Meet at Rt 9, exit 13 Commuter lot for 4:15pm, pick up Rt 9, exit 13 for 9:30pm.



Registration Deadline: Friday, February 27, 2026

Middletown & Shoreline Program

Mystic Aquarium Penguin Encounter

Limit: 4

The primary focus of this visit to the aquarium is for a 1 hour penguin encounter at 12:00pm. There will be a short amount of time to walk around indoors prior to this program.

Day/Date: Saturday, March 7

Place: Mystic Aquarium & Panera Bread in Groton

Cost: \$20.00 reservation fee. Bring \$25.00 for lunch and \$\$ for spending.

Meeting Place: For Middletown, meet at 25 Industrial Park Rd, Middletown for 8:15am, pick up at 25 Industrial park Rd for 3:15pm. For Shoreline, meet at Mystic Market, Old Saybrook at 9:00am, pick up at Mystic Market, Old Saybrook for 2:45pm. (times subject to change)

Other: Must be able to walk long distances independently. Only 2 people from the Middletown Program and 2 people from the Shoreline Program will be able to attend.





March 2026



Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	2	3	4 Mixed Bowling & Dinner #1 (M)	5 Mohegan Sun Arcade (M)	6 Early Bird Movies #1 (M)	7 Mystic Aquarium Penguin Experience (M/S)
8 	9	10 Dinner & Bowling (S)	11	12	13	14
15	16	17 	18	19	20 	21
22	23	24	25	26	27	28
29	30	31				



April 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 	2	3	4
5 	6	7	8	9 Movie Night #1 (S)	10 Play: "Beauty & the Beast" (M)	11 Foxwoods Outlets & Lunch (M)
12	13	14 Early Bird Bowling (M)	15 PYO Daffodils & Dinner (M)	16 Pottery & Dinner (M)	17 Wolfpack Hockey Game (M)	18 Ringling Brother's Circus (S)
19	20	21	22 Dinner & Shopping (S)	23 Ringling Brother's Circus (M)	24 Mystery Dinner & Bingo (M)	25 Beardsley Zoo (M)
26	27	28 Shopping & Dinner (M)	29 Westbrook Elks Bingo (S)	30		



May 2026



Sun

Mon



Tue

Wed

Thu

Fri

Sat

					1 Legacy Theater Play: "Nunsense" (M)	2 Niantic Bay Playhouse: "Little Shop of Horrors" (S)
3	4	5 Mixed Bowling & Dinner #2 (M)	6 IMPACT Denim & Diamonds Event	7 Early Bird Movies #2 (M)	8 Movie Night #2 (S)	9
10 	11	12 Walking Club (M)	13	14 Garden Club (M)	15 CT Sun Basketball Game (M)	16
17	18	19 Walking Club (M)	20 Dinner & Walk (S)	21 Garden Club (M)	22	23
24 31	25 	26 Walking Club (M)	27 Yard Goats Baseball Game (M)	28 Garden Club (M)	29 Mini Golf & Dinner (M)	30 Yard Goats Baseball Game (S)

Please make your check payable to **IMPACT, Inc. and write in **Recreation** in the memo/for blank line on the check.
All envelopes should be addressed as seen below.**



IMPACT, Inc.
25 Industrial Park Road
Middletown, CT 06457
Attention: Lisa Christensen

Name: _____

Address/Town: _____

Phone: _____

Date registration received at Office: _____

Registration Deadline: Friday, February 27, 2026

Please check the program(s) you wish to participate in:

Middletown Programs

- Mixed Bowling #1 (\$20.00)
- Mohegan Sun Arcade (\$20.00)
- EB Movies #1 (\$20.00)
- "Beauty & the Beast" (\$20.00)
- Foxwoods Outlets (\$20.00)
- EB Bowling (\$20.00)
- PYO Daffodils (\$20.00)
- Pottery & Dinner (\$20.00)
- Wolfpack Hockey Game (\$20.00)
- Ringling Brothers Circus (\$20.00)
- "Mystery Dinner" & Bingo (\$20.00)
- Beardsley Zoo (\$20.00)
- Shopping & Dinner (\$20.00)
- "Nunsense" (\$20.00)
- Mixed Bowling #2 (\$20.00)
- EB Movies #2 (\$20.00)
- Walking Club (\$25.00)
- Garden Club (\$25.00)
- CT Sun Basketball Game (\$20.00)
- Yard Goats Baseball Game (\$20.00)
- Mini Golf & Dinner (\$20.00)

Shoreline Programs

- Dinner & Bowling (\$20.00)
- Movie Night #1 (\$20.00)
- Ringling Brother's Circus (\$20.00)
- Dinner & Shopping (\$20.00)
- Elks Bingo (\$20.00)
- "Little House of Horrors" (\$20.00)
- Movie Night #2 (\$20.00)
- Dinner & Walk (\$20.00)
- Yard Goats Baseball Game (\$20.00)

Middletown & Shoreline

- Mystic Aquarium (\$20.00)

Thank You, Thank You
With your support, the Adult
Recreation Program collected
164 pounds of food for the Shoreline Food
Pantry in Westbrook in December, 2025!
Job well done!



Mission Statement

Empower people with Intellectual and Developmental Disabilities (I/DD) to live their best lives.

Vision

We envision a world that all people with intellectual and developmental disabilities are integral and valued members of the community.



IMPACT, Inc.
25 Industrial Park Road
Middletown, CT 06457
Attention: Lisa Christensen