The Leisure Link

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

Fall 2026

Just a few notes & reminders...

- **UPDATE on the status of the DDS Community Enhanced Grant that the Recreation Program has been receiving since January 1, 2024. We are grateful that DDS has awarded us another grant for the fiscal year 2026/2027 which will allow IMPACT's recreation program to continue. However, because our funding has been reduced, we will have to revert back to passing on some of the costs within programs to you, as we did prior to January 1, 2024. Program reservation fees will stay at $20.00 unless the program has more than one class i.e walking club, garden club, wellness classes or if there is any kind of advance ticket purchase required. If you have any questions about this change, please do not hesitate to reach out to me.**
- **With Summer leaving and Fall arriving this month, please pay close attention to your programs and the potential for cooler temperatures that could affect our nighttime programs.**

As always, thank you for your continued support of IMPACT's Adult Recreation Program!

~Lisa

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Our new website...

www.ct-impact.org

Important Information

Have a Question? or Concern? or Complaint?

Lisa can be reached at (860) 342-0700 x 813 or at lisa.christensen@marc-cr.org

Please leave a message and your call/email 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 large groups.

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

Fees:

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

Program Cancellations:

MARC 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 MARC Recreation.

Transportation:

For most recreation programs, transportation will be provided to and from a designated meeting place. However, door-to door transportation may be available for select programs but only within the Middletown area. Due to increases in fuel prices, door-to-door transportation will now cost $4.00 for a one-way transport.

Other:

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

Registration Deadline:
Friday, August 28, 2026

Middletown Programs

Yard Goats Baseball Game
Limit: 5

There is just enough $$ for us to go to one more game this season...let's watch the Goats take on the Reading Fightin' Phils.

Day/Date: Tuesday, September 1
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 for 5:00pm, pick up at 25 Industrial Park Road for 9:45pm.
Other: **Priority will be given to those who were on a waiting list for the last Yard Goats Game in August.**

Car Show & Dinner

Lets take in Middletown's annual "Cruise Night" on Main Street and then catch some dinner!
Limit: 5

Day/Date: Wednesday, September 2
Place: Main Street, Middletown and Athenian Diner in Middletown
Cost: $20.00 reservation fee. Bring $25.00 for dinner and $$ for spending.
Meeting Place: Meet at 25 Industrial Park Road,Middletown for 3:30pm, pick up at 25 Industrial Park Road for 8:00pm.
Other: **Must be able to walk long distances independently.**

IMPACT's Garden Club
Limit: 3

Enjoy our last 2 days of tending to our gardens for this growing season!
Day/Dates: Thursdays, September 3 & 24
Place: CHC Rooftop in Middletown
Cost: $40.00 reservation fee. Bring $20.00 for a light dinner each week.
Meeting Place: Meet at 25 Industrial Park Road, Middletown at 2:15pm, 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 vegetables and flowers. Light dinners will incorporate healthy eating guidelines!**

Early Bird Mini Golf #1
Limit: 4

The weather is cooler so lets get our "putting"on!
Day/Date: Tuesday, September 8
Place: Berlin Batting Cages in Berlin
Cost: $20.00 reservation fee. Bring $15.00 for mini golf and a drink afterwards.
Meeting Place: Meet at 25 Industrial Park Road, Middletown at 2:15pm, pick up at 25 Industrial Road, Middletown for 5:15pm.

Please sign up for only 1 mini golf program.

Dinner & Mini Golf #2
Limit: 4

Let's try a new restaurant and mini golf course in Hebron
Day/Date: Friday, September 25

Place: Gina Marie's Restaurant & Hebron Mini Golf in Hebron
Cost: $20.00 reservation fee. Bring $25.00 for a light dinner and $12.00 for mini golf.
Meeting Place: Meet at 25 Industrial Park Road, Middletown at 4:00pm, pick up at 25 Industrial Road, Middletown for 9:00pm.
Other: **Dress appropriately for cooler weather as we are golfing "under the lights"!**

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Dinner & Waterford Speedbowl
Limit: 5

"Thursday Night Thunder" has replaced "Wacky Wednesday"...let's go!
Day/Date: Thursday, September 10

Place: Panera Bread and Waterford Speedbowl in Waterford
Cost: $20.00 reservation fee. Bring $20.00 for dinner, $12.00 for admission & $$ for spending.
Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 3:45pm, pick up at 25 Industrial Park Rd for 9:45pm.

Adventures in Haddam
Limit: 5

Let's visit the Ray of Light Farm and then grab a sandwich for lunch at Two Wrasslin' Cats Coffee House & Café!

Day/Date: Saturday, September 26
Place: Ray of Light & Wrasslin' Cats in East Haddam
Cost: $20.00 reservation fee. Bring $25.00 for lunch and $$ for spending.
Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 9:15am, pick up at 25 Industrial Park Rd for 2:30pm.
Other: **Must be able to walk long distances independently. Must love animals.**

Farmers's Market & Dinner — Limit: 5

Let's walk around this market and then enjoy a light dinner!

Day/Date: Thursday, October 1
Place: Solomon Welles House in Wethersfield and Jersey Mike's Subs in Rocky Hill.
Cost: $20.00 reservation fee. Bring $$ for spending and $25.00 for dinner.
Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 2:15pm, pick up at 25 Industrial Park Rd for 6:30pm.
Other: **Must be able to walk long distances independently.**

Evergreen Walk & Dinner — Limit: 5

Let's get some steps in walking around all the stores and then have a light dinner at a new restaurant!
Day/Date: Friday, October 2
Place: Evergreen Walk and Hot Table in Manchester
Cost: $20.00 reservation fee. Bring $$ for spending and $25.00 for dinner.
Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 2:15pm, pick up at 25 Industrial Park Rd for 6:30pm.
Other: **Must be able to walk long distances independently.**

Stretch, Dance & Wellness Classes — Limit: 10

A NEW CLASS with our favorite instructor Stacey. She will explore different aspects of movement based practices like stretching, yoga, tai chi, and dance. We will also explore rhythms and our connection to music during these classes. End the class with a healthy snack & drink.
Day/Dates: Tuesdays, October 6, 13, 20 & 27
Place: IMPACT
Cost: $60.00 includes reservation fee and classes.
Meeting Place: Meet at 25 Industrial Park Rd for 3:00pm, pick up at 25 Industrial Park Rd for 4:30pm.
Other: **These classes are for all abilities and skillsets. Not steady on your feet or lost your flexibility, no worries. All movements can be adapted and performed from a chair, if needed.**

Mohegan Bowling & Dinner — Limit: 5

Lets go bowling, then dinner at "Bobby's Burger Palace" and finish the night off with some slot machine play!
Day/Date: Wednesday, October 7
Place: Mohegan Sun Casino in Uncasville
Cost: $20.00 reservation fee. Bring $13.00 bowling and $30.00 for dinner.

Meeting Place: Meet at 25 Industrial Park Road, Middletown at 2:15pm, pick up at 25 Industrial Road, Middletown for 8:30pm.
Other: **Must be able to walk long distances Independently. Only active bowlers are invited to sign up.**

Walking Club — Limit: 5

New day & month...let's get moving and grab some fresh Fall air!
Day/Dates: Tuesdays, October 8, 15, 22 & 29
Place: Peckham Park in Middlefield

Cost: $40.00 reservation fee.
Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 3:00pm, pick up at 25 Industrial Park Rd, 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.

Shopping & Dinner — Limit: 5

Let's get some steps in walking around this unique store and then have a light dinner.
Day/Date: Friday, October 16
Place: IKEA in New Haven & Moe's Southwest Grill in Wallingford.
Cost: $20.00 reservation fee. Bring $$ for spending and $25.00 for dinner.
Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 2:15pm, pick up at 25 Industrial Park Rd for 7:00pm.
Other: **Must be able to walk long distances independently.**

Registration Deadline:
Friday, August 28, 2026

Florence Griswold Museum & Lunch

A new adventure inside & out! The indoor museum and then a walk through the outdoor "Wee Faerie Village".

Day/Date: Saturday, October 17 **Limit: 5**

Place: Museum and the Hangry Goose restaurant in East Lyme

Cost: $20.00 reservation fee. Bring $18.00 for admission, $30.00 for lunch and $$ for spending.

Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 9:15am, pick up at 25 Industrial Park Rd for 3:00pm.

Other: **Must be able to walk long distances independently. I am working on museum passes from the library to help with admission fees.**

Wolfpack Hockey Game **Limit: 5**

Let's go watch the Pack take on the Providence Bruins!

Day/Date: Friday, October 23

Place: PeoplesBank Arena in Hartford

Cost: $55.00 includes reservation fee and ticket.

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

Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 5:30pm, pick up at 25 Industrial Park Rd for 9:45pm.

Other: **Must be able to walk long distances independently.**

Corn Maze & Lunch **Limit: 5**

Lets go get lost in a maze and buy a pumpkin!

Day/Date: Saturday, October 24

Place: Foster Farm in South Windsor & Raisin' Canes in Manchester

Cost: $20.00 reservation fee. Bring $16.00 for admission, $$ for a pumpkin and $25.00 for lunch.

Meeting Place: Meet at 25 Industrial Rd, Middletown for 9:15am, pick up at 25 Industrial Road, Middletown for 2:00pm.

Other: **Must be able to walk long distances independently.**

Dave & Buster's Arcade & Dinner **Limit: 5**

So many arcade games to choose from!

Day/Date: Wednesday, October 28

Place: Dave & Busters and Frank Pepe Pizzeria in Manchester

Cost: $20.00 reservation fee. Bring $30.00 for dinner.

Meeting Place: Meet at 25 Industrial Park Rd,Middletown for 2:15pm, pick up at 25 Industrial Park Rd for 7:45pm.

Early Bird Bowling **Limit: 5**

Guys vs Gals! Lets go!

Day/Date: Wednesday, November 4

Place: Bowl-O-Rama in Newington

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

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

Westfarms Mall & Dinner **Limit: 5**

Let's get some steps in walking throughout the mall and enjoy a light dinner.

Day/Date: Thursday, November 5

Place: Westfarms Mall & Shake Shack in West Hartford

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

Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 2:15pm, pick up at 25 Industrial Park Rd for 7:00pm.

Other: **Must be able to walk long distances.**

Pizza & Bingo **Limit: 15**

Enjoy a night of fun, pizza and prizes with your friends!

Day/Date: Friday, November 6

Place: 25 Industrial Park Rd, Middletown

Cost: $30.00 includes reservation fee, dinner and bingo prizes.

Meeting Place: Meet at 25 Industrial Park Rd, Middletown for 4:30pm, pick up at 25 Industrial Park Rd, Middletown for 7:00pm.

Pez Museum & Dinner — Limit: 5

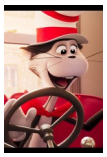
Day/Date: Wednesday, November 11
Place: Pez Museum in Orange & Chick-Fil-A in North Haven
Cost: $20.00 reservation fee. Bring $5.00 for admission and $20.00 for dinner.
Meeting Place: Meet at 25 Industrial Park Road, Middletown at 2:00pm, pick up at 25 Industrial Road, Middletown for 7:15pm.

Pottery & Dinner — Limit: 5

Relaxing fun with friends!
Day/Date: Thursday, November 12
Place: Glazed Pottery & Chipolte in Glastonbury
Cost: $20.00 reservation fee. Bring $20 to $30 for pottery project and $25.00 for dinner.
Meeting Place: Meet at 25 Industrial Rd, Middletown for 2:15pm, pick up at 25 Industrial Road, Middletown for 6:30pm.

Early Bird Movies — Limit: 5

Let's watch this newly released movie "Cat in the Hat".



Day/Date: Tuesday, November 17
Place: Picture Show in Berlin
Cost: $25.00 includes reservation fee and ticket. Bring $$ for snacks.
Meeting Place: Meet at 25 Industrial Park Rd, Middletown (approx. 2:00pm). Pick up time at 25 Industrial Park Rd, Middletown TBD.
Other: **Meeting times determined the week prior.**

Mixed Bowling & Dinner — Limit: 5

Guys vs Gals! Lets go!
Day/Date: Wednesday, November 18
Place: Spare Time and Wayback Burgers in Bristol
Cost: $20.00 reservation fee. Bring $10.00 for bowling and $25.00 for dinner.
Meeting Place: Meet at 25 Industrial Park Road, Middletown at 2:15pm, pick up at 25 Industrial Road, Middletown for 7:15pm.

Holiday Craft Fair & Dinner — Limit: 5

Never to early to start holiday shopping...
Day/Date: Thursday, November 19
Place: Arts Center East & Rein's Deli in Vernon
Cost: $20.00 reservation fee. Bring $$ for spending and $30.00 for dinner.
Meeting Place: Meet at 25 Industrial Park Road, Middletown at 2:15pm, pick up at 25 Industrial Road, Middletown for 7:30pm.

Shoreline Programs

Picnic & Concert — Limit: 5

Let's catch the last outdoor concert on the Westbrook Green!

Day/Date: Friday, September 4
Place: Westbrook Green
Cost: $20.00 reservation fee. Bring a picnic dinner, chair/blanket to sit on & $$ for ice cream.
Meeting Place: Meet at the Westbrook Green for 5:00pm, pick up at the Westbrook green for 7:30pm

Dinner & Walk — Limit: 5

Let's wind down our summer with a classic dinner and a walk near the beach!

Day/Date: Wednesday, September 9
Place: Lenny & Joe's and Hammonasset State Park in Madison
Cost: $20.00 reservation fee. Bring $30.00 for dinner.
Meeting Place: Meet at Rt 81 commuter lot inClinton at 5:15pm, pick up at Rt 81 commuter lot in Clinton for 8:15pm.

Dinner & Shopping — Limit: 5

Let's walk off our dinner in some of our favorite stores...Five below, Book-A-Million and a few others TBD
Day/Date: Wednesday, September 23
Place: Moe's Southwest Grille and various stores in Waterford
Cost: $20.00 reservation fee. Bring $25.00 for dinner and $$ for spending.
Meeting Place: Meet at Mystic Market, Old Saybrook for 5:00pm, pick up at Mystic Market for 8:30pm.

Movie Night #1 — Limit: 5

Let's watch this newly released movie "Forgotten Island".

Day/Date: Tuesday, September 29
Place: Westbrook Cinema
Cost: $25.00 includes reservation fee and ticket. Bring $$ for snacks.
Meeting Place: Meeting time at Westbrook Cinemas TBD (approx. 5:30pm—6:30pm)
Other: **Meeting times determined the week prior**

Corn Maze & Lunch — Limit: 5

Lets go get lost in the "Mad Scientist" maze and then pick out the best pumpkin ever!

Day/Date: Saturday, October 10
Place: Scott's Yankee Farmer in East Lyme and Parthenon Diner in Old Saybrook.
Cost: $35.00 includes reservation fee, admission & corn maze ticket. Bring $$ for a pumpkin and $25.00 for lunch.
Meeting Place: Meet at Mystic Market, Old Saybrook for 9:30am, pick up at Mystic Market for 2:15pm.
Other: **Must be able to walk long distances independently.**

Westbrook Elks Bingo — Limit: 3

Who's winning next..LISA IS!

Day/Date: Wednesday, October 14
Place: Westbrook Elks Lodge
Cost: $20.00 reservation fee. Bring $16.00 for bingo and $25.00 for dinner. Bring a dabber if you have one.
Meeting Place: Meet at Westbrook Elks for 4:30pm, pickup at Westbrook Elks for 9:00pm.

Pottery & Lunch — Limit: 5

Let's get our paint on!

Day/Date: Saturday, October 31
Place: The Clay Date in New Haven and Chick-Fil-A in North Haven
Cost: $20.00 reservation fee. Bring $25.00 for pottery and $25.00 for lunch.
Meeting Place: Meet at Rt 81 commuter lot in Clinton at 9:15am, pick up at Rt 81 commuter lot in Clinton for 2:15pm.

Bowling & Lunch — Limit: 5

Game on!

Day/Date: Saturday, November 7
Place: Groton Bowling Center & Smashburger in Waterford
Cost: $20.00 reservation fee. Bring $15.00 for bowling and $25.00 for lunch.
Meeting Place: Meet at Mystic Market, Old Saybrook at 9:30am, pick up at Mystic Market, Old Saybrook for 2:30pm.

Movie Night #2 — Limit: 5

Let's watch this newly released movie "Ebenezer".

Day/Date: Friday, November 13
Place: Westbrook Cinemas
Cost: $35.00 includes reservation fee and ticket. Bring $$ for snacks.
Meeting Place: Meeting time at Westbrook Cinemas TBD (approx. 5:30pm—6:30pm)
Other: **Meeting times determined the week prior.**

Play "Shrek" — Limit: 5

An oldie but a goodie!

Day/Date: Friday, November 20
Place: Town Hall in Clinton
Cost: $35.00 includes reservation fee and ticket. Bring $$ for possible intermission snack.
Meeting Place: Meet at Rt 81 commuter lot in Clinton at 6:15pm, pick up at Rt 81 commuter lot in Clinton for 9:15pm.
Other: At the time of publication, time of show and ticket prices were yet to be determined. Both are subject to change.

Registration Deadline:
Friday, August 28, 2026

September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 **Yard Goats Baseball Game (M)**	2 **Car Show & Dinner (M)**	3 **Garden Club (M)**	4 **Picnic & Concert (S)**	5
6	7	8 **Early Bird Mini Golf #1 (M)**	9 **Dinner & Walk (S)**	10 **Waterford Speedbowl (M)**	11 **IMPACT Shut Down Day**	12
13	14	15	16	17	18	19
20	21	22 	23 **Dinner & Shopping (S)**	24 **Garden Club (M)**	25 **Mini Golf & Dinner #2 (M)**	26 **Day in Haddam (M)**
27	28	29 **Movie Night #1 (S)**	30			

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 **Autumn Farmer's Market & Dinner (M)**	*2* **Evergreen Walk & Dinner (M)**	*3*
4	*5*	*6* **Stretch, Dance & Wellness Class (M)**	*7* **Mohegan Bowling & Dinner (M)**	*8* **Walking Club (M)**	*9*	*10* **Corn Maze & Lunch (S)**
11	*12*	*13* **Stretch, Dance & Wellness Class (M)**	*14* **Westbrook Elks Bingo (S)**	*15* **Walking Club (M)**	*16* **Shopping & Dinner (M)**	*17* **Florence Griswold Museum & Lunch (M)**
18	*19*	*20* **Stretch, Dance & Wellness Class (M)**	*21*	*22* **Walking Club (M)**	*23* **Wolfpack Hockey Game (M)**	*24* **Corn Maze & Lunch (M)**
25	*26*	*27* **Stretch, Dance & Wellness Class (M)**	*28* **Dave/Buster's Arcade & Dinner (M)**	*29* **Walking Club (M)**	*30*	*31* **Pottery & Lunch (S)**

November 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	*2*	*3* 	*4* **Early Bird Bowling (M)**	*5* **Westfarms Mall & Dinner (M)**	*6* **Pizza & Bingo (M)**	*7* **Bowling & Lunch (S)**
8	*9*	*10*	*11* **Pez Museum & Dinner (M)**	*12* **Pottery & Dinner (M)**	*13* **Movie Night #2 (S)**	*14*
15	*16*	*17* **Early Bird Movies (M)**	*18* **Mixed Bowling & Dinner (M)**	*19* **Craft Fair & Dinner (M)**	*20* **Play "Shrek" (S)**	*21*
22	*23*	*24*	*25*	*26* 	*27*	*28*
29	*30*					

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: _____ Order received by Lisa: _____

Registration Deadline: Friday, August 28, 2026

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

Middletown Programs

___ **Yard Goats Baseball Game ($20.00)**
___ **Car Show & Dinner ($20.00)**
___ **Garden Club ($40.00)**
___ **EB Mini Golf #1 ($20.00)**
___ **Dinner & Mini Golf #2 ($20.00)**
___ **Waterford Speedbowl ($20.00)**
___ **Adventures in Haddam ($20.00)**
___ **Farmer's Market & Dinner ($20.00)**
___ **Evergreen Walk & Dinner ($20.00)**
___ **Wellness Classes ($60.00)**
___ **Bowling @ Mohegan ($20.00)**
___ **Walking Club ($40.00)**
___ **IKEA & Dinner ($20.00)**
___ **Flo Gris Museum & Lunch ($20.00)**
___ **Wolfpack Hockey Game ($55.00)**
___ **Corn Maze & Lunch ($20.00)**
___ **Dave & Buster's Arcade ($20.00)**
___ **EB Bowling ($20.00)**
___ **Westfarms Mall & Dinner ($20.00)**
___ **Pizza & Bingo ($30.00)**
___ **Pez Museum & Dinner ($20.00)**
___ **Pottery & Dinner ($20.00)**
___ **Early Bird Movies ($25.00)**
___ **Mixed Bowling & Dinner ($20.00)**
___ **Craft Fair & Dinner ($20.00)**

Shoreline Programs

___ **Picnic & Concert ($20.00)**
___ **Dinner & Walk ($20.00)**
___ **Dinner & Shopping ($20.00)**
___ **Movie Night #1 ($25.00)**
___ **Corn Maze & Lunch ($20.00)**
___ **Westbrook Elks Bingo ($20.00)**
___ **Pottery & Lunch ($20.00)**
___ **Bowling & Lunch ($20.00)**
___ **Movie Night #2 ($35.00)**
___ **Play "Shrek" ($35.00)**

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