


Address:
64 West St., Danbury, CT
(Entrance on William St.)
203-794-0819

May 2025





New Heights' Hours
Mondays & Tuesdays: 8:30 am - 4:30 pm
Wednesdays: 8:30 am - 3:00 pm
Thursdays: 8:30 am - 5 pm
Saturdays: 10 am - 3 pm

New Heights will be closed on Monday,
May 26th in celebration of
Memorial Day.



New Group Alert!
Join us every Monday at 3:30 for
Milkshake Mondays!

May is Mental Health Awareness Month!
Let's continue to fight stigma by advocating for
each other, being kind, and respecting everyone's
personal journey.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
			1 10 Pictionary 11 Coping with Anxiety 12:30 Pasta Lunch (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health 4 Chat & Snack	3 10:30 Trip to Flobee's Roadside Stand (Opens at 11 am) 12:30 Artistic Healing 1:30 Today in History
5 10 Open Advisory Meeting 11-12 Left Center Right 12:15-1 Bingo 1 Nintendo Wii 2 Trip to Ocean State Job Lot 3:30 Milkshake Mondays 	6 10 Positive Thinking 11 Interpersonal Skills (Conversational Skills) 12 Community Meeting 12:30 Ellio's Pizza (\$3) (Sign-up by 11:30) 1 Tae Kwon Do 2 Building Esteem 3 Karaoke	7 9:15 Muffins & Coffee 10 Left Center Right 11:15 Food & Nutrition 12 Jewelry Making 1 Coping with Depression 2-2:45 Nintendo Wii Close at 3	8 10 Pictionary 11 Coping with Anxiety 12:30 Pasta Lunch (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health 4 Chat & Snack	10 10:30 Trip to Holiday Diner 12 BEV Coffee & Donut Writing Session 12:30 Artistic Healing 1:30 Today in History
12 10 Diversity Matters 11-12 Left Center Right 12:15-1 Bingo 1 Nintendo Wii 2 Trip to Dollar Tree/Five Below 3:30 Milkshake Mondays	13  10 Positive Thinking 11 Interpersonal Skills (Interpersonal Skills) 12 Community Meeting 12:30 Ellio's Pizza (\$3) (Sign-up by 11:30) Monthly Birthday Brownies 1 Tae Kwon Do 2 Building Esteem 3 Karaoke	14 9:15 Muffins & Coffee 10 Left Center Right 11:15 Food & Nutrition 12 Jewelry Making 1 Coping with Depression 2-2:45 Nintendo Wii Close at 3	15 10 Pictionary 11 Back to Work with Ability Beyond 12:30 Pasta Lunch (\$3) (Sign-up by 11:30) 2 Practicing Assertiveness 3 Me & My Mental Health 4 Chat & Snack	17 10:30 Trip to Fairfield Hills Loop 12:30 Artistic Healing 1:30 Today in History
19 10 Center for Empowerment & Education 11-12 Left Center Right 12:15-1 Bingo 1 Nintendo Wii 2 Trip to Dr. Mike's Ice Cream 3:30 Milkshake Mondays	20 10 Positive Thinking 11 Interpersonal Skills (Emotional Skills) 12 Community Meeting 12:30 Ellio's Pizza (\$3) (Sign-up by 11:30) 1 Tae Kwon Do 2 Building Esteem 3 Karaoke	21 9:15 Muffins & Coffee 10 Left Center Right 11:15 Food & Nutrition 12 Jewelry Making 1 Coping with Depression 2-2:45 Nintendo Wii Close at 3	22 10 Pictionary 11 Coping with Anxiety 12:30 Pasta Lunch (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health 4 Chat & Snack	24 10:30 Trip to Savers 12:30 Artistic Healing 1:30 Today in History
26  Closed	27 10 Positive Thinking 11 Interpersonal Skills (Self Awareness) 12 Community Meeting 12:30 Ellio's Pizza (\$3) (Sign-up by 11:30) 1 Tae Kwon Do 2 Building Esteem 3 Karaoke	28 9:15 Muffins & Coffee 10 Left Center Right 11:15 Food & Nutrition 12 Jewelry Making 1 Coping with Depression 2-2:45 Nintendo Wii Close at 3	29 10 Pictionary 11 Coping with Anxiety 12:30 Pasta Lunch (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health 4 Chat & Snack	31 10:30 Trip to Muscott Farm 12:30 Artistic Healing 1:30 Today in History

ATTENTION: The calendar is subject to change.

