

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

# October 2025

New Heights' Hours  
Mon & Tues: 8:30am - 4:30pm  
Wed: 8:30am - 3:00pm  
Thurs: 8:30am - 5pm  
Sat: 10am - 3pm

Lunch on Tuesdays is  
now at 12:00. (Sign-up  
is still by 11:30)



| MONDAY                                                                                                                                                                                                                                                                                                          | TUESDAY                                                                                                                                                                                                                                                                                                | WEDNESDAY                                                                                                                                                                                                                                                                             | THURSDAY                                                                                                                                                                                                                                                                                                                                                 | SATURDAY                                                                                                                                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                        | 1<br><br>9:15 Muffins & Coffee<br>10 Left Center Right<br>11:15 Food & Nutrition<br>12 This Week in History<br>1 Coping with Depression<br><b>2 Pumpkin Spice Wednesdays Tea and Cookies</b><br>   | 2<br><br>10 Pictionary<br>11 Coping with Anxiety<br>12 Community Meeting<br><b>12:30 Tuna Fish Sandwich w/Chips (Sign-up by 11:30)</b><br>1 Better Days<br>2 Practicing Assertiveness<br>3 Me & My Mental Health<br><b>4 Build Your Own Sundae</b><br>                | 4<br><br>10:30 Trip to <b>Bethel Autumn Craft Festival</b><br><br>12:30 Follow Your Art<br><br>1:30 Nintendo Wii                          |
| 6<br><br><b>10 Open Advisory Meeting</b><br>11-12 Left Center Right<br>12:15-1 Bingo<br><b>1 Party Game</b><br><b>2 Dr. Mike's Ice Cream</b><br>3:15 Hot Cocoa & Chocolate Chip Cookies<br>                                  | 7<br><br>10 Positive Thinking<br>11 Social Skills (Coping w/ Narcissism )<br>12 Ellio's Pizza (\$3)<br>(Sign-up by 11:30)<br><b>12:30-1:15 Tae Kwon Do-</b><br>No belt through Yellow<br><b>1:15-2 Tae Kwon Do-</b><br>Orange Belt and Higher<br>2 Building Esteem<br>3 Karaoke                        | 8<br><br>9:15 Muffins & Coffee<br>10 Left Center Right<br>11:15 Food & Nutrition<br>12 This Week in History<br>1 Coping with Depression<br><b>2 Pumpkin Spice Wednesdays Tea and Cookies</b><br>  | 9<br><br>10 Pictionary<br>11 Coping with Anxiety<br>12 Community Meeting<br>12:30 Pasta Lunch (\$3)<br>(Sign-up by 11:30)<br>1 Better Days<br>2 Practicing Assertiveness<br>3 Me & My Mental Health<br><b>4 Build Your Own Sundae</b><br>                           | 11<br><br>10:30 Trip to<br><br>12:30 Follow Your Art<br><br>1:30 Nintendo Wii                                                           |
| 13<br><br>Columbus Day<br><br><br>New Heights is closed.                                                                                                                                                                     | 14<br><br>10 Positive Thinking<br>11 Social Skills (Dumping)<br>12 Ellio's Pizza (\$3)<br><b>Monthly Birthday Brownies</b><br>(Sign up by 11:30)<br><b>12:30-1:15 Tae Kwon Do-</b><br>No belt through Yellow<br><b>1:15-2 Tae Kwon Do-</b><br>Orange Belt and Higher<br>2 Building Esteem<br>3 Karaoke | 15<br><br>9:15 Muffins & Coffee<br>10 Left Center Right<br>11:15 Food & Nutrition<br>12 This Week in History<br>1 Coping with Depression<br><b>2 Pumpkin Spice Wednesdays Tea and Cookies</b><br> | 16<br><br>10 Pictionary<br>11 Coping with Anxiety<br>12 Community Meeting<br><b>12:30 Grilled Cheese Sandwich w/ Chips (\$3) (Sign up by 11:30)</b><br>1 Better Days<br>2 Practicing Assertiveness<br>3 Me & My Mental Health<br><b>4 Build Your Own Sundae</b><br> | 18<br><br>10:30 Trip to <b>New Pond Farm (Harvest Festival)</b><br>Opens at 11:00<br><br>12:30 Follow Your Art<br><br>1:30 Nintendo Wii |
| 20<br><br><b>10 Diversity Matters</b><br>11-12 Left Center Right<br>12:15-1 Bingo<br><b>1 Party Games</b><br><b>2 Trip Taco Belen</b><br>3:15 Hot Cocoa & Chocolate Chip Cookies<br>                                         | 21<br><br>10 Positive Thinking<br>12 Ellio's Pizza (\$3)<br>(Sign up by 11:30)<br><b>11 Back to Work w/ Ability Beyond</b><br><b>12:30-1:15 Tae Kwon Do-</b><br>No belt through Yellow<br><b>1:15-2 Tae Kwon Do-</b><br>Orange Belt and Higher<br>2 Building Esteem<br>3 Karaoke                       | 22<br><br>9:15 Muffins & Coffee<br>10 Left Center Right<br>11:15 Food & Nutrition<br>12 This Week in History<br>1 Coping with Depression<br><b>2 Pumpkin Spice Wednesdays Tea and Cookies</b><br> | 23<br><br>10 Pictionary<br>11 Coping with Anxiety<br>12 Community Meeting<br>12:30 Pasta Lunch (\$3)<br>(Sign up by 11:30)<br>1 Better Days<br>2 Practicing Assertiveness<br>3 Me & My Mental Health<br><b>4 Build Your Own Sundae</b><br>                          | 25<br><br>10:30 Trip to<br><br><br>12:30 Follow Your Art<br><br>1:30 Nintendo Wii                                                       |
| 27<br><br><b>10 Center for Empowerment &amp; Education</b><br>11-12 Left Center Right<br>12:15-1 Bingo<br><b>1 Party Games</b><br><b>2 Trip to Dollar Tree and Five Below</b><br>3:15 Hot Cocoa & Chocolate Chip Cookies<br> | 28<br><br>10 Positive Thinking<br>11 Social Skills (Over/Under Functioning)<br>12 Ellio's Pizza (\$3)<br>(Sign-up by 11:30)<br><b>12:30-1:15 Tae Kwon Do-</b><br>No belt through Yellow<br><b>1:15-2 Tae Kwon Do-</b><br>Orange Belt and Higher<br>2 Building Esteem<br>3 Karaoke                      | 29<br><br><b>HALLOWEEN PARTY 11-1</b><br>                                                                                                                                                         | 30<br><br>10 Pictionary<br>11 Coping with Anxiety<br>12 Community Meeting<br>12:30 <b>Egg Salad Sandwich w/Chips (\$3)</b><br>(Sign up by 11:30)<br>1 Better Days<br>2 Practicing Assertiveness<br>3 Me & My Mental Health<br><b>4 Build Your Own Sundae</b><br>    |                                                                                                                                                                                                                              |

**ATTENTION:** The activity calendar is subject to change.

