

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

February 2026

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

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



New Heights has **two new groups** being added to the calendar! **Developing Confidence** will be held every Wednesday at 12 pm. This is a curriculum based group that focuses on educating members on how to gain more confidence in professional settings. **Communication Corner** is a skills-based group that teaches practical tools to improve communication, reinforce boundaries, and manage emotions. This group will be held every Thursday at 9 am. Both groups will be facilitated by interns from New Outlook!

Delays & Closings

If the weather is bad,
please call or check your
email after 7:30 am to see
if we are open
(203-794-0819)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p>2</p> <p>10 Open Advisory Meeting 11-12 Left Center Right 12:15-1 Bingo 1 Party Games</p> <p>2 Trip to</p>  <p>3:15 Hot Cocoa & Chocolate Chip Cookies</p>	<p>3</p> <p>10 Positive Thinking 11 Social Skills 12 Ellio's Pizza (\$3) (Sign-up by 11:30)</p> <p>12:30-1:15 Taekwondo-No belt through Yellow 1:15-2 Taekwondo-Orange Belt and Higher</p> <p>2 Building Esteem 3 Karaoke</p>	<p>4</p> <p>9:15 Cinnamon Rolls</p>  <p>10 Left Center Right 11:15 Food & Nutrition</p> <p>12 Developing Confidence</p> <p>1 Coping with Depression 2 Cookie Collective</p> 	<p>5</p> <p>9 Communication Corner 10 Pictionary 11 Coping with Anxiety 12 Community Meeting</p> <p>12:30 Tuna Fish Sandwich & Chips (\$3) (Sign-up by 11:30)</p> <p>1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health</p> 	<p>7</p> <p>10:30 Trip to New Fairfield Thrift Shop</p>  <p>12:30 Follow Your Art 1:30 Nintendo Wii</p>
<p>9</p> <p>10 Diversity Matters 11-12 Left Center Right 12:15-1 Bingo 1 Party Games</p> <p>2 Trip to</p>  <p>3:15 Hot Cocoa & Chocolate Chip Cookies</p>	<p>10</p> <p>10 Positive Thinking 11 Social Skills</p> <p>12 Peanut Butter & Jelly OR Fluff w/chips & banana (\$3) (Sign-up by 11:30)</p> <p>12:30-1:15 Taekwondo-No belt through Yellow 1:15-2 Taekwondo-Orange Belt and Higher</p> <p>2 Building Esteem 3 Karaoke</p> 	<p>11</p> <p>9:15 Cinnamon Rolls</p>  <p>10 Left Center Right 11:15 Food & Nutrition</p> <p>12 Developing Confidence</p> <p>1 Coping with Depression 2 Cookie Collective</p> 	<p>12</p> <p>9 Communication Corner</p>  <p>11:30 am to 1 pm</p>	<p>14</p> <p>10:30 Trip to</p>  <p>12:30 Follow Your Art 1:30 Nintendo Wii</p> 
<p>16</p>  <p>Closed</p>	<p>17</p> <p>10 Positive Thinking 11 Back to Work w/ Ability Beyond 12 Tuna Fish Sandwich & Chips (\$3) (Sign-up by 11:30)</p> <p>12:30-1:15 Taekwondo-No belt through Yellow 1:15-2 Taekwondo-Orange Belt and Higher</p> <p>2 Building Esteem 3 Karaoke</p> 	<p>18</p> <p>9:15 Cinnamon Rolls</p>  <p>10 Left Center Right 11:15 Food & Nutrition</p> <p>12 Developing Confidence</p> <p>1 Coping with Depression 2 Cookie Collective</p> 	<p>19</p> <p>9 Communication Corner 10 Pictionary 11 Coping with Anxiety 12 Community Meeting</p> <p>12:30 Peanut Butter & Jelly OR Fluff w/chips & banana (\$3) (Sign-up by 11:30)</p> <p>1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health</p> 	<p>21</p> <p>10:30 Trip to At Home Again Thrift Shop</p> <p>12:30 Follow Your Art 1:30 Nintendo Wii</p>
<p>23</p> <p>10 Center for Empowerment & Education 11-12 Left Center Right 12:15-1 Bingo 1 Party Games</p> <p>2 Trip to</p>  <p>3:15 Hot Cocoa & Chocolate Chip Cookies</p>	<p>24</p> <p>10 Positive Thinking 11 Social Skills 12 Ellio's Pizza (\$3) (Sign-up by 11:30)</p> <p>Monthly Birthday Brownies</p> <p>12:30-1:15 Taekwondo-No belt through Yellow 1:15-2 Taekwondo-Orange Belt and Higher</p> <p>2 Building Esteem 3 Karaoke</p>	<p>25</p> <p>9:15 Cinnamon Rolls</p>  <p>10 Left Center Right 11:15 Food & Nutrition</p> <p>12 Developing Confidence</p> <p>1 Coping with Depression 2 Cookie Collective</p> 	<p>26</p> <p>9 Communication Corner 10 Pictionary 11 Coping with Anxiety 12 Community Meeting</p> <p>12:30 Grilled Cheese Sandwich & Chips (\$3) (Sign-up by 11:30)</p> <p>1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health</p>	<p>28</p> <p>10:30 Trip to</p>  <p>12:30 Follow Your Art 1:30 Nintendo Wii</p>

ATTENTION: The activity calendar is subject to change.

