

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









March 2026

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



Get your green on and join us for a shamrockin' good time! Celebrate St. Patrick's Day with festive food, fun, and friendly faces on March 12th from 11:30 AM to 1 PM. Let's gather, laugh, and lift our spirits together at New Heights!



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 2 Trip to</p>  <p>3:15 Hot Cocoa & Chocolate Chip Cookies</p>	<p>3</p> <p>10 Positive Thinking 11 Social Skills 12 Pasta w/ Breadstick (\$3) (Sign-up by 11:30) 12:30-1:15 Taekwondo-No belt through Yellow 1:15-2 Taekwondo-Orange Belt and Higher 2 Building Esteem 3 Karaoke</p>	<p>4</p> <p>9:15 Cinnamon Rolls</p>  <p>10 Left Center Right 11 Food & Nutrition 12 Developing Confidence 1 Coping with Depression 2 Cookie Collective</p> 	<p>5</p> <p>9 Communication Corner 10 Pictionary 11 Coping with Anxiety 12 Community Meeting 12:30 Tuna Fish Sandwich, Pickle, & Chips (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health</p> 	<p>7</p> <p>10:30 Trip to Venice Pizza (Opens at 11 am)</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 2 Trip to</p>  <p>3:15 Hot Cocoa & Chocolate Chip Cookies</p>	<p>10</p> <p>10 Positive Thinking 11 Social Skills 12 Peanut Butter & Jelly OR Fluff w/chips & banana (\$3) (Sign-up by 11:30) 12:30-1:15 Taekwondo-No belt through Yellow 1:15-2 Taekwondo-Orange Belt and Higher 2 Building Esteem 3 Karaoke</p> 	<p>11</p> <p>9:15 Cinnamon Rolls</p>  <p>10 Left Center Right 11 Food & Nutrition 12 Developing Confidence 1 Coping with Depression 2 Cookie Collective</p> 	<p>12</p> <p>Saint Patrick's PARTY</p>  <p>11:30-1pm</p> 	<p>14</p> <p>10:30 Trip to New Fairfield Thrift Shop (Opens at 11 am)</p>  <p>12:30 Follow Your Art 1:30 Nintendo Wii</p>
<p>16</p> <p>10 St. Patrick's Pancakes 11-12 Left Center Right 12:15-1 Bingo 1 Party Games 2 Trip to</p>  <p>3:15 Hot Cocoa & Chocolate Chip Cookies</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) 12:30-1:15 Taekwondo-No belt through Yellow 1:15-2 Taekwondo-Orange Belt and Higher 2 Building Esteem 3 Karaoke</p> 	<p>18</p> <p>9:15 Cinnamon Rolls</p>  <p>10 Left Center Right 11 Food & Nutrition 12 Developing Confidence 1 Coping with Depression 2 Cookie Collective</p> 	<p>19</p> <p>9 Communication Corner 10 Pictionary 11 Coping with Anxiety 12 Community Meeting 12:30 Peanut Butter & Jelly OR Fluff w/chips & banana (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health</p> 	<p>21</p> <p>10:30 Trip to</p>  <p>12:30 Follow Your Art 1:30 Nintendo Wii</p>
<p>23</p> <p>10 Pictionary 11-12 Left Center Right 12:15-1 Bingo 1 Party Games 2 Trip to</p>  <p>3:15 Hot Cocoa & Chocolate Chip Cookies</p>	<p>24</p> <p>10 Positive Thinking 11 Social Skills 12 Pasta w/ Breadstick (\$3) (Sign-up by 11:30) Monthly Birthday Brownies 12:30-1:15 Taekwondo-No belt through Yellow 1:15-2 Taekwondo-Orange Belt and Higher 2 Building Esteem 3 Karaoke</p>	<p>25</p> <p>9:15 Cinnamon Rolls</p>  <p>10 Left Center Right 11 Food & Nutrition 12 Developing Confidence 1 Coping with Depression 2 Cookie Collective</p> 	<p>26</p> <p>9 Communication Corner 10 Pictionary 11 Coping with Anxiety 12 Community Meeting 12:30 Grilled Cheese Sandwich w/ Tomato Soup (\$3) (Sign-up by 11:30) 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>
<p>30</p> <p>10 Center for Empowerment & Education 11-12 Left Center Right 12:15-1 Bingo 1 Party Games 2 Trip to</p>  <p>3:15 Hot Cocoa & Chocolate Chip Cookies</p>	<p>31</p> <p>10 Positive Thinking 11 Social Skills 12 Hot Dog w/ Mac & Cheese(\$3) (Sign-up by 11:30) 12:30-1:15 Taekwondo-No belt through Yellow 1:15-2 Taekwondo-Orange Belt and Higher 2 Building Esteem 3 Karaoke</p> 	<p style="text-align: center;"><u>Delays & Closings</u></p> <p style="text-align: center;">If the weather is bad, please call or check your email after 7:30 am to see if we are open. (203-794-0819)</p> 		

ATTENTION: The activity calendar is subject to change.

