

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

# April 2026

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



We're excited to invite you to a special Easter Lunch at New Heights on Thursday, April 2nd from 11:30 AM to 1:00 PM! Join us for a delicious meal and sweet treats in a warm and welcoming atmosphere. There is a \$5 contribution to attend, and we kindly ask that you sign up in advance so we can make sure there's plenty of food for everyone.  
We look forward to celebrating with you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p>Join us on Wednesday, April 22nd from 9:30 AM – 12 PM for a feel-good morning of giving back to our beautiful planet! Come get your hands a little dirty as we plant flowers, freshen up our space, and show some love to Mother Earth.</p> <p>It's the perfect chance to connect, enjoy the outdoors, and make a positive impact—together!</p>		<p>1 9:15 Cinnamon Rolls </p> <p>10 Left Center Right 11 Food &amp; Nutrition 12 Developing Confidence 1 Coping with Depression 2 Cookie Collective </p>	<p>2  New Heights' Easter Lunch 11:30am to 1pm</p>	<p>4 10:30 Trip to  (Opens at 11 am) 12:30 Open Art 1:30 Party Games</p>
<p>6 10 Pictionary 11-12 Left Center Right 12:15-1 Bingo 1 Sit &amp; Stretch w/ Ed 2 Trip to  3:15 Ice Cream Sandwich Social </p>	<p>7 10 Positive Thinking 11 Follow Your Art 12 Peanut Butter &amp; Jelly OR Fluff w/chips &amp; 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>8 9:15 Cinnamon Rolls </p> <p>10 Left Center Right 11 Food &amp; Nutrition 12 Developing Confidence 1 Coping with Depression 2 Cookie Collective </p>	<p>9 9 Communication Corner 10 Pictionary 11 Coping with Anxiety 12 Community Meeting 12:30 Pasta w/ Garlic Bread (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me &amp; My Mental Health</p>	<p>11 10:30 Trip to  DANBURY FAIR 12:30 Rest &amp; Relaxation with Cathy 1:30 Party Games</p>
<p>13 10 Diversity Matters 11-12 Left Center Right 12:15-1 Bingo 1 Sit &amp; Stretch w/ Ed 2 Trip to  3:15 Ice Cream Sandwich Social </p>	<p>14 10 Positive Thinking 11 Follow Your Art 12 Tuna Fish Sandwich, Chips, &amp; a Pickle (\$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>15 9:15 Cinnamon Rolls </p> <p>10 Left Center Right 11 Food &amp; Nutrition 12 Developing Confidence 1 Coping with Depression 2 Cookie Collective </p>	<p>16 9 Communication Corner 10 Pictionary 11 Coping with Anxiety 12 Community Meeting 12:30 Peanut Butter &amp; Jelly OR Fluff w/chips &amp; banana (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me &amp; My Mental Health</p>	<p>18 10:30 Trip to The Newtown VNA Thrift Shop 12:30 Open Art 1:30 Party Games</p>
<p>20 10 Open Advisory Meeting 11-12 Left Center Right 12:15-1 Bingo 1 Sit &amp; Stretch w/ Ed 2 Trip to Kathalaw Warehouse Treasures 3:15 Ice Cream Sandwich Social </p>	<p>21 10 Positive Thinking 11 Back to Work w/ Ability Beyond 12 Hot Dog w/ Mac &amp; Cheese(\$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>22 9:15 Cinnamon Rolls  Earth Day at New Heights 9:30a to 12p</p> <p>12 Developing Confidence 1 Coping with Depression 2 Cookie Collective </p>	<p>23 9 Communication Corner 10 Pictionary 11 Left Center Right 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 &amp; My Mental Health</p>	<p>25 10:30 Trip to  Newtown General Store 12:30 Open Art 1:30 Party Games</p>
<p>27 10 Center for Empowerment &amp; Education 11-12 Left Center Right 12:15-1 Bingo 1 Sit &amp; Stretch w/ Ed 2 Trip to HOBBY LOBBY 3:15 Ice Cream Sandwich Social </p>	<p>28 10 Positive Thinking 11 Follow Your Art 12 Pasta w/ Garlic Bread (\$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>29 9:15 Cinnamon Rolls </p> <p>10 Left Center Right 11 Food &amp; Nutrition 12 Developing Confidence 1 Coping with Depression 2 Cookie Collective </p>	<p>30 10 Pictionary 11 Coping with Anxiety 12 Community Meeting 12:30 Tuna Fish Sandwich, Chips, &amp; a Pickle (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me &amp; My Mental Health</p>	<p> APRIL Showers Bring MAY Flowers</p>

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

