

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



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

Join us for **Breakfast Club** every Thursday at 9 am! Who can say no to free pancakes?!



First cup of coffee before 10 am during Breakfast Club is free!

Middle of the week got ya down? Come enjoy a sweet treat and spend time with friends. A little sugar, a little laughter, and a lot of good company. **Midweek Munchies** every Wednesday at 2:00 PM!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
<p>1</p> <p>10 Pictionary 11-12 Left Center Right 12:15-1 Bingo 1 Sit &amp; Stretch w/ Ed 2 Trip to <b>HOBBY LOBBY</b> 3:15 Ice Cream Sandwich Social</p>	<p>2</p> <p>10 Positive Thinking 11 Follow Your Art 12 Hot Dog w/ Mac &amp; 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>3</p> <p>9:15 Cinnamon Rolls  10 Left Center Right 11 Food &amp; Nutrition 12 Developing Confidence 1 Coping with Depression 2 Midweek Munchies </p>	<p>4</p> <p>9 Breakfast Club 10 Pictionary 11 Coping with Anxiety 12 Tuna Fish Sandwich, Chips, &amp; a Pickle (\$3) (Sign-up by 11:30) 12:30 Community Meeting 1 Better Days 2 Practicing Assertiveness 3 Me &amp; My Mental Health</p>	<p>6</p> <p>10:30 Trip to <b>SHOW &amp; Shine 3RD ANNUAL CAR SHOW</b>  (Starts at 11a) New Milford High School 12:30 Open Art 1:30 Party Games</p>
<p>8</p> <p>10 Diversity Matters (Costa Rica) 11-12 Left Center Right 12:15-1 Bingo 1 Sit &amp; Stretch w/ Ed 2 Trip to <b>TARGET</b> 3:15 Ice Cream Sandwich Social</p>	<p>9</p> <p>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>10</p> <p>9:15 Cinnamon Rolls  10 Left Center Right 11 Food &amp; Nutrition 12 Developing Confidence 1 Coping with Depression 2 Midweek Munchies </p>	<p>11</p> <p>9 Breakfast Club 10 Pictionary 11 Coping with Anxiety 12 Pasta w/ Garlic Bread (\$3) (Sign-up by 11:30) 12:30 Community Meeting 1 Better Days 2 Practicing Assertiveness 3 Me &amp; My Mental Health</p>	<p>13</p> <p>11 Open Art  12 DANBURY STREET FESTIVAL Main St 1:30 Party Games</p>
<p>15</p> <p>10 Open Advisory Meeting 11-12 Left Center Right 12:15-1 Bingo 1 Sit &amp; Stretch w/ Ed 2 Trip to <b>Soho Pizza &amp; Double Twister</b> 3:15 Ice Cream Sandwich Social</p>	<p>16</p> <p>10 Positive Thinking 11 Back to Work w/ Ability Beyond 12 Tuna Fish Sandwich, Chips, &amp; a Pickle (\$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>17</p> <p>9:15 Cinnamon Rolls  10 Left Center Right 11 Food &amp; Nutrition 12 Developing Confidence 1 Coping with Depression 2 Midweek Munchies </p>	<p>18</p> <p>9 Breakfast Club 10 Pictionary 11 Coping with Anxiety 12 Peanut Butter &amp; Jelly OR Fluff w/chips &amp; banana (\$3) (Sign-up by 11:30) 12:30 Community Meeting 1 Better Days 2 Practicing Assertiveness 3 Me &amp; My Mental Health</p>	<p>20</p> <p>10:30 Trip to  12:30 Open Art 1:30 Party Games</p>
<p>22</p> <p>10 Tarrywile Walk w/ Ed 11-12 Left Center Right 12:15-1 Bingo 1 Sit &amp; Stretch w/ Ed 2 Trip to <b>SAVERS</b> 3:15 Ice Cream Sandwich Social</p>	<p>23</p> <p>10 Positive Thinking 11 Follow Your Art 12 Hot Dog w/ Mac &amp; Cheese(\$3) (Sign-up by 11:30) 12:30 TKD Practice for Test 1 Taekwondo Belt Test 2 Building Esteem 3 Karaoke</p>	<p>24</p> <p>9:15 Cinnamon Rolls  10 Left Center Right 11 Food &amp; Nutrition 12 Developing Confidence 1 Coping with Depression 2 Midweek Munchies </p>	<p>25</p> <p>9 Breakfast Club 10 Pictionary 11 Coping with Anxiety 12 Grilled Cheese Sandwich w/ Chips &amp; Pickle(\$3) (Sign-up by 11:30) 12:30 Community Meeting 1 Better Days 2 Practicing Assertiveness 3 Me &amp; My Mental Health</p>	<p>27</p> <p>10:30 Trip to <b>DAY OF DANBURY</b> (Starts at 11a) Danbury Green 12:30 Open Art 1:30 Party Games</p>
<p>29</p> <p>10 Center for Empowerment &amp; Education 11-12 Left Center Right 12:15-1 Bingo 1 Sit &amp; Stretch w/ Ed 2 Trip to <b>Elmer's Diner</b> 3:15 Ice Cream Sandwich Social</p>	<p>30</p> <p>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>Reminder: First cup of coffee before 9:30 is free. Thank you!</p>		<p>Happy FIRST DAY OF SUMMER!</p>

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

