

Live Life Laughing is a vibrant community group dedicated to bringing people together through the power of joy, humor, and positive social connections.
12 pm on Wednesdays

August 2026

New Heights' Hours
Mondays & Tuesdays: 8:30 am - 4:30 pm
Wednesdays: 8:30 am - 3 pm
Thursdays: 8:30 am - 5 pm
Saturdays: 10 am - 3 pm

Address: 64 West St., Danbury, CT
(Entrance on Williams St.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
*Please be advised that the activity calendar and program hours are subject to change. Thank you for understanding!				
3 9:30 Tarryville Walk 11 Bingo 12 Pictionary 1 Sit & Stretch w/ Ed 2 Trip to  3:15 Ice Cream Sandwich Social	4 10 Positive Thinking 11 Art Show Prep! 12 Peanut Butter & Jelly OR Fluff w/chips & banana (\$3) (Sign-up by 11:30) 12:30-1:15 Taekwondo-No belt through  1:15-2 Taekwondo-Orange Belt and Higher 2 Building Esteem 3 Karaoke	5 *8-4:30 9:15 Cinnamon Rolls  9:30 Community Meeting 10 Left Center Right 11 Food & Nutrition 12 Live Life Laughing 1 Coping with Depression 2 Midweek Munchies	6 *8-5 9 Breakfast Club 9:45 Tie-Dye Rain Date 12 Pasta w/ Garlic Bread (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health	7 *10-1 10:30 Trip to Roger's Park for a stroll 11:30 Open Art
10 10 Open Advisory Meeting 11 Bingo 12 Pictionary 1 Sit & Stretch w/ Ed 2 Trip to  3:15 Ice Cream Sandwich Social	11 10 Positive Thinking 11 Art Show Prep! 12 Hot Dog w/ Mac & Cheese(\$3) (Sign-up by 11:30) Monthly Birthday Brownies 12:30-1:15 Taekwondo-No belt through  1:15-2 Taekwondo-Orange Belt and Higher 2 Building Esteem 3 Karaoke	12 9:15 Cinnamon Rolls  9:30 Community Meeting 10 Left Center Right 11 Food & Nutrition 12 Mini Golf Trip: \$5 Valley Golf Center 	13 9 Breakfast Club 10 Pictionary 11 Coping with Anxiety 12 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	15 11 Eggs & Toast Breakfast  12:30 Open Art
17 9:30 Tarryville Walk 11 Bingo 12 Pictionary 1 Sit & Stretch w/ Ed 2 Trip to  3:15 Ice Cream Sandwich Social	18 10 Positive Thinking 11 Back to Work w/ Ability Beyond (Conference Room) 11 Art Show Prep! (Art Room) 12 Peanut Butter & Jelly OR Fluff w/chips & banana (\$3) (Sign-up by 11:30) 12:30-1:15 Taekwondo-No belt through  1:15-2 Taekwondo-Orange Belt and Higher 2 Building Esteem 3 Karaoke	19 9:15 Cinnamon Rolls  9:30 Community Meeting 10 Left Center Right 11 Food & Nutrition 12 Live Life Laughing CLOSING AT 2 PM	20 New Heights Art Show 1-6p 	22 10:30 Trip to  12:30 Open Art
24 10 Diversity Matters (India) 11 Bingo 12 Pictionary 1 Sit & Stretch w/ Ed 2:30 MILKSHAKE MONDAY 	25 10 Positive Thinking 11 Creative Corner 12 Hot Dog w/ Mac & Cheese(\$3) (Sign-up by 11:30) 12:30-1:15 Taekwondo-No belt through  1:15-2 Taekwondo-Orange Belt and Higher 2 Building Esteem 3 Karaoke	26 9:15 Cinnamon Rolls  9:30 Community Meeting 10 Left Center Right 11 Food & Nutrition 12 	27 9 Breakfast Club 10 Pictionary 11 Coping with Anxiety 12 Tuna Fish Sandwich, Chips, & a Pickle (\$3)(Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health	29 *10-1  Building will be open but no regular groups will be held.
31 10 Center for Empowerment & Education 11 Bingo 12 Pictionary 1 Sit & Stretch w/ Ed 2 Trip to  3:15 Ice Cream Sandwich Social				