

*Please be advised that the activity calendar and program hours are subject to change.

Thank you for understanding!

New Hights' Phone Number

203-794-0819

September 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
	1 10 Positive Thinking 11 <i>Creative Corner</i>  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	2 MEGA PICNIC 11:00—1:00  Building is closed.	3  9 Breakfast Club 10 Pictionary 11 Coping with Anxiety 12 Pasta w/ Garlic Bread (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health	5 Closed
7 	8 10 Positive Thinking 11 <i>Creative Corner</i>  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	9 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	10 9 Breakfast Club 10 Pictionary 11 Coping with Anxiety 12 Tuna Fish Sandwich, Pickle, & Chips (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health	12 10:30 Trip to  12:30 Open Art
14 10 Open Advisory Meeting 11 Bingo 12 Pictionary 1 Sit & Stretch w/ Ed 2 Trip to  3:15 Milkshake Mondays 	15 10 Positive Thinking 11 Back to Work w/ Ability Beyond  12 Hot Dog w/ Mac & 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	16 9:15 Cinnamon Rolls  9:30 Community Meeting 10 Left Center Right 11 Food & Nutrition 12 <u>Mini Golf Trip: \$5 Valley Golf Center</u> 	17 9 Breakfast Club 10 Pictionary 11 Coping with Anxiety 12 Pasta w/ Garlic Bread (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health	19 10:30 Trip to Steve's Deli (New Milford)  12:30 Open Art
21 10 Diversity Matters 11 Bingo 12 Pictionary 1 Sit & Stretch w/ Ed 2 Trip to  3:15 Ice Cream Sandwich Social 	22 10 Positive Thinking 11 <i>Creative Corner</i>  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	23 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	24 9 Breakfast Club 10 Pictionary 11 Coping with Anxiety 12 Tuna Fish Sandwich, Pickle, & Chips (\$3) (Sign-up by 11:30) 1 Better Days 2 Practicing Assertiveness 3 Me & My Mental Health	26 10:30 Trip to  12:30 Open Art
28 10 Center for Empowerment & Education 11 Bingo 12 Pictionary 1 Sit & Stretch w/ Ed 2 Trip to  3:15 Ice Cream Sandwich Social 	29 10 Positive Thinking 11 <i>Creative Corner</i>  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	30 9:15 Cinnamon Rolls  9:30 Community Meeting 10 Left Center Right 11 Food & Nutrition 12 Movie and Popcorn 		

