

Northeast Opportunities for Wellness (NOW) Fall 2024 Programming

All Programs are FREE unless noted! For any questions, please refer to our website at <https://www.nowinmotion.org/> in the events tab.

For questions related to special needs events contact Mackenzie Corriveau at mackenzie.corriveau@nowinmotion.org.

For any other questions contact Executive Director, Tayler Shea at tayler.shea@nowinmotion.org. We look forward to seeing you 😊

Upcoming Events:

Event	Description	Ages	Day/Time	Location	Registration	
Lap the Lake Fun Run	\$5 Half Mile	10yrs and under	September 15 th , 2024 @ 9 AM	Alexanders Lake, Dayville, CT	https://www.nowinmotion.org/support-our-mission/now-road-race-and-walk/	
Let's Move It	Special Needs Event with Special Olympics	3 - 18yrs	Saturday October 12, 2024, from 2-3 PM	Pomfret Rec Park – 576 Hampton Rd, Pomfret Center, CT	https://www.nowinmotion.org/event/lets-move-it/	Looking to Volunteer? Complete this form! https://forms.office.com/r/KSWMjdpmkd
Tackle Jr. Fun Run	Free Half Mile	2 – 12yrs.	October 19 th , 2024 @ 8AM	Putnam Lions Dog Park - 18 Kennedy Drive, Putnam CT	https://www.nowinmotion.org/event/tackle-jr/	
Adaptive Swim Clinic!	Special Needs Event with Hale YMCA	3 - 18yrs	November 10th, 2024 Ages 3 – 12 – 9AM – 10AM Ages 12 – 18 – 10:30AM – 11:30AM	Hale YMCA - 9 Technology Park Drive, Putnam, CT	https://www.nowinmotion.org/event/adaptive-swim-clinic/ *Please note the 2 different registration times*	*20 Openings for each age group – email mackenzie.corriveau@nowinmotion.org for waitlist*

Re-Occurring Events:

Group	Description	Ages	Day/Time	Location	Registration	
Incredible Kids	Special Needs Social Group	0 – 18 yrs.	Every Monday 0-7yr 5:00 – 5:45 PM 8-17yr 5:45 – 6:30PM	NOW Office, 181 Main St. Danielson, CT	https://www.nowinmotion.org/event/incredible-kids/	
Origami Coping Club	All levels welcome!	All ages	Every Thursday 4:30 – 5:30PM	NOW Office, 181 Main Street Danielson, CT	https://www.nowinmotion.org/event/origami-club/	
Plainfield Life Skills Rec Club	Open to any town!	Grades 6, 7, 8 th	9/6/24 - 6/6/25 Every Friday 3:30 PM – 5:00 PM	Plainfield Parks and Rec - 482 Norwich Rd, Plainfield, CT	https://www.nowinmotion.org/event/plainfield-life-skills-rec-club/	Members will learn and practice important social skills, self-care routines, and how to set healthy boundaries

Life Skills Social Club	Offered in Partnership with TEEG	12 – 14 yrs.	9/6/24 – 6/6/25 Every Friday 4:00 PM – 5:30 PM	TEEG - 15 Thatcher Rd Thompson, CT	https://www.nowinmotion.org/event/thompson-life-skills-social-club/	This club provides a safe, engaging environment where young teens can develop essential life skills that will help them succeed.
Danielson Life Skills Social Club		14 - 17yrs	9/7/24 - 6/7/25 Every Saturday 10:00 AM – 12:00 PM	NOW Office, 181 Main Street Danielson, CT	https://www.nowinmotion.org/event/danielson-life-skills-social-club/	Members will learn effective communication, teamwork, problem-solving, and leadership skills through interactive activities, guest speakers, and hands-on projects
Strong Like a Girl- Teen Empowerment Group 1st Quarter Environmental Empowerment		6 th – 9 th Grade Girls	EVERY OTHER Friday 5:00 – 6:30 pm MEETING DATES: September 20th, 2024 October 4th, 2024 October 18th, 2024 November 1st, 2024 November 15th, 2024	NOW Office, 181 Main Street Danielson, CT	https://www.nowinmotion.org/event/strong-like-a-girl-teen-empowerment-group-first-quarter/	NOW has partnered with Teen Life Coach for Girls, Ginny Moylan, and LCSW, Lisa Maria Rivera. This group is designed to be a safe space to cultivate self-love, care, and respect. Our goal is to help teens navigate the natural challenges of adolescence while developing the toolbox of skills needed to conquer their own world.
Strong Like a Girl- Teen Empowerment Group 2nd Quarter Social Empowerment		6 th – 9 th Grade Girls	EVERY OTHER Friday 5:00 – 6:30 pm MEETING DATES: December 13, 2024 December 27, 2024 January 10, 2025 January 24, 2025 February 7, 2025 February 21, 2025	NOW Office, 181 Main Street Danielson, CT	https://www.nowinmotion.org/event/strong-like-a-girl-teen-empowerment-group-second-quarter-economic-empowerment/	
Strong Like a Girl- Teen Empowerment Group 3rd Quarter Self-Empowerment		6 th – 9 th Grade Girls	EVERY OTHER Friday 5:00 – 6:30 pm MEETING DATES: March 7, 2025 March 21, 2025 April 4, 2025 April 18, 2025 May 2, 2025 May 16, 2025	NOW Office, 181 Main Street Danielson, CT	https://www.nowinmotion.org/event/strong-like-a-girl-teen-empowerment-group-third-quarter-social-empowerment/	