

RECREATION

C A T A L O G



SPRING 2026

ACTIVITIES & CLUBS

Welcome to SPRING 2026!

A description of each programmatic offering has been provided along with scheduling details. Please use the online registration form to sign up for recreational clubs/activities and special events. Please follow registration timelines to ensure the best opportunity to secure spots.

For more information contact:
Keera Swan, Quality of Life Lead

KSwan@vistalifeinnovations.org • (860) 399-8080 Ext. 209

To register for offerings scan the QR code below



Vista provides training, support, and resources that empower individuals with disabilities to achieve personal success and belonging throughout their lives.

Winter 2026 Recreational Club Offerings

Movie Musical Singalong Club

Each week members will gather together to singalong to movie musical favorites! A great way to start off the week with peers and music! *Instructor: Rebecca Salomonsson*

Mondays: April 6, April 13, April 20, April 27, May 4

Time: 4:00pm - 6:00pm

Location: Madison Campus

Cost: \$72



Let's Talk

Do you ever wonder what to say next in a conversation? Or how to make small talk with friends, instructors, or even on a date? In this class, we'll practice real-life conversations in a supportive setting. You'll receive real-time coaching and guided practice to build confidence. This class is designed to help you feel more comfortable, confident, and connected in everyday social situations.

Instructor: Jocelyn Ruggerio

Tuesdays: April 7, April 14, April 21, April 28, May 5

Time: 9:00am - 11:00am

Location: Madison Campus

Cost: \$116



Movie and Popcorn Bar Club

Spend a Friday evening watching a movie with your peers. Popcorn and toppings will be provided.

Instructor: Megan Muzyka

Fridays: April 10, April 17, April 24, May 1

Time: 4:00pm - 6:00pm

Location: Madison Campus

Cost: \$45



Coloring Club

Spend a Sunday morning coloring with your peers. Books and gel pens will be provided and participants will keep them after the club. *Instructor: TBD*

Sundays: April 12, April 19, April 26, May 3

Time: 9:00am - 11:00am

Location: Madison Campus

Cost: \$64



Racket Sports Club

Club members will get a chance to try out a variety of racket sports such as pickleball, badminton, and ping pong. The club leader will support the members with team building, sportsmanship, and skill building. The focus is on enjoyment, not winning or losing. *Instructor: Megan Muzyka*

Mondays: April 13, April 20, April 27, May 4, May 11

Time: 4:30pm - 5:30pm

Location: Madison Campus

Cost: Free



Walking Club

Club members will enjoy an evening walk with peers around the Madison community. *Instructor: Mia DiMetro*

Wednesdays: Session One: April 15, April 22, April 29, May 6, May 13

Session Two: May 20, May 27, June 3, June 10,

June 17 Time: 5:45pm - 6:45pm

Location: Meet at the Madison Campus

Cost: Free



Restaurant Club

Club members will enjoy good food and good company as they try out local restaurants that are chosen with club member input. This is a great way to spend some time with your peers.

Instructor: Sabrina Wilcox

Tuesdays: Session One: April 21, April 28, May 5, May 12

Session Two: May 26, June 2, June 9, June 16

Time: 4:00pm - 7:00pm

Location: Meet at the Westbrook Campus

Cost: \$181



Basketball Club

Club members will participate in a weekly team game of basketball. The club leader will support the participants with team building, sportsmanship, and skill building. *Instructor: Megan Muzyka*

Mondays: May 18, (skip May 25), June 1, June 8, June 15, June 22

Time: 4:30pm - 5:30pm

Location: Meet at the Westbrook Campus **Cost:** Free



Mini Golf Club

Club members will visit various mini-golf locations in CT. The club leader will support the members with team building, sportsmanship, and skill building. The focus is on enjoyment, not winning or losing. *Instructor: TBD*

Saturdays: May 23, May 30, June 6, June 13

Time: 1:00pm - 5:00pm

Location: Meet at the Westbrook Campus **Cost:** \$160



Day Trip to Boston

Take a trip to Boston with peers to see the Red Sox battle the Toronto Blue Jays! Enjoy lunch at Fenway Park and dinner at 110 Grill. *Staff Covering: TBD*

Thursday: June 18 - Time: 9:00am - 9:00pm

Location: Meet at the Westbrook Campus **Cost:** \$280



Winter 2026 Wellness Clubs

Dance Fitness

Dance Fitness is a movement class that will get you up and moving to your favorite songs. The class starts with a warm-up and ends with a cool-down. Be ready to spin, kick, and sway - Let's dance! *Instructor: Linalynn Schmelzer*

Mondays: June 1, June 8, June 15, June 22, June 29

Time: 3:00pm - 4:00pm

Location: Madison Campus **Cost:** \$100



Stretching, Strength, and Tabata Cardio

Through movement, club members will improve their proprioception - mind/body coordination. Various exercises enhance balance, core stability, muscular strength, and endurance. There will also be a cardio component with Tabata intervals. *Instructor: Ronnie Hellemann*

Tuesdays: Session One: April 7, April 14, April 21, April 28, May 5, May 12 Session Two: May 19, May 26, June 2, June 9, June 16, June 23 - Time: 5:30pm - 6:30pm

Location: Madison Campus **Cost:** \$115



Kickboxing Club

Kickboxing is a form of martial arts that involves punches and kicks at four contact points: your hands and feet. It's a good form of cardiovascular exercise and has been shown to improve members' VO2 max and decrease resting heart rate. *Instructor: Ronnie Hellemann*

Fridays: Session One: April 10, April 17, April 24, May 1, May 8 Session Two: May 22, May 29, June 5, June 12, June 19, June 26

Time: 5:30pm - 6:30pm

Location: Madison Campus **Cost: Session 1:** \$100
Cost: Session 2: \$115



Due to the generosity of our donors, Vista's Endowment Fund has received gifts directed toward the Quality of Life Fund, which supports low or no-cost social, wellness, and recreational programs for Vista participants.

Stress Busters Group

Stress Busters Group is designed to help participants better understand and manage anxiety and everyday stress. Participants will learn practical, easy-to-use coping strategies in a safe, inclusive, and judgement-free environment. We will use guided discussions, interactive activities, and skill-building exercises. Members will explore topics such as recognizing stress triggers, calming the body and mind, and adding practical coping tools. *Instructor: Nancy Darr*

Wednesdays: April 22, April 29, May 6, May 13, May 20

Time: 4:00pm - 4:45pm

Location: Madison Campus

Cost: \$139



Step Aerobics

This class will show participants how to use a pedometer to measure daily activity levels, how to operate it and test its accuracy. In this class we will use different step moves and techniques to track our steps. *Instructor will provide pedometers for participants to keep. *Instructor: Ronnie Hellemann*

Fridays: April 10, April 17, April 24, May 1, May 8

Time: 4:30pm - 5:30pm

Location: Madison Campus

Cost: \$105



Vista Wellness Collective Workshops - Westbrook Campus : At Vista, we understand the importance of wellness in all different forms. These Workshops target every area of wellness that's essential for our community, including social, emotional, and physical wellness. Attend all of them or select the ones that interests you. Light refreshments will be provided at no additional cost for recreational members. *Instructor: Kim Pita*

Spring Mindfulness Walk	Monday, May 4	4:00pm-5:00pm
Join the Drum Circle	Monday, May 11	4:00pm-5:00pm
Spring Wind Chime Craft	Monday, May 18	4:00pm-5:00pm
Food & Nutrition Hangman	Monday, June 1	4:00pm-5:00pm
Nature Scavenger Hunt	Monday, June 8	4:00pm-5:00pm
Paper Flower Crafting	Monday, June 15	4:00pm-5:00pm
Wellness Bingo	Monday, June 22	4:00pm-5:00pm

REGISTRATION



*The offerings in this catalog are available to Vista Discover students and Vista members with Engage tuition and/or Recreational membership (this includes traditional Engage members, Community Supports members with Recreational membership, and state funded members with Recreational membership.)

Students and members are welcome to select as many activities and clubs as they wish on this catalog. While we cannot guarantee placement in all chosen options, providing multiple preferences allows for greater flexibility in creating the rosters.

Registration timeline for all activities and clubs in this catalog:

Tuesday, February 24 : Registration Begins

Tuesday, March 17: Registration Forms Due

Tuesday, March 24: Rosters Finalized

If after March 17 you have an interest in any of the offerings, please reach out to Keera Swan to learn of any openings.

Registration Directions

1. Review the entire catalog.
2. Locate the online registration form link accompanying this catalog.
3. On the first section of the online form, enter the student/member's first name, last name, and programmatic contact.
4. Please scroll down to proceed to the next section where you will see the class, club, and activity offerings. Click the box next to the clubs or activities you wish to join. If there are multiple sessions, be sure to select the one you would like to participate in.
5. **Submit your completed registration form no later than March 17**



RECREATION CATALOG - ACTIVITY REGISTRATION

Activities take place in various locations, as well as on Vista's Madison and Westbrook campuses. Students and members can select as many activities as they like. *However, there is limited space in each activity and therefore no guarantee of placement.*

Breakfast at the Parthenon Diner - Head to the Parthenon Diner for a delicious breakfast while socializing with your peers.
Sunday, 4/12/26 - 9:00am - 11:30am - Old Saybrook, CT

Cost: \$46; Includes staffing, transportation, and breakfast

New Britain Museum of American Art - Enjoy a trip to the New Britain Museum of American Art. This museum is the first museum dedicated to American art in the country.
Sunday, 4/12/26 - 1:00pm - 5:00pm - New Britain, CT

Cost: \$62; Includes staffing, transportation, and admission to the museum

Breakfast at The Brownstone Family Restaurant - Enjoy breakfast at the Brownstone Family Restaurant. Choose from many different breakfast foods on the menu.
Saturday, 4/18/26 - 9:00am - 11:30am - Guilford, CT

Cost: \$48; Includes staffing, transportation, and breakfast

Moulin Rouge! at The Oakdale - Enter a world of splendor and romance, eye-popping glitz, grandeur, and glory! A world where Bohemians and aristocrats rub elbows and revel in electrifying enchantment. Saturday, 4/18/26 - 12:30pm - 5:00pm - Wallingford, CT

Cost: \$65; Includes staffing, transportation, and ticket for show

Mystic Aquarium - Discover the depths of the ocean like never before, exploring habitats featuring sharks, stingrays, jellyfish, and more! **Please bring money if you plan on purchasing a snack. Be aware the Restaurant does not accept cash.**

Sunday, 4/19/26 - 1:00pm - 5:00pm - Mystic, CT

Cost: \$80; Includes staffing, transportation, and admission to the aquarium

Hamden's Annual Earth Day Celebration - Celebrate Earth Day! Explore ways to help our planet. Check out exhibits and listen to live music and so much more. **Please bring money if you plan on purchasing food.** Saturday, 4/25/26 - 9:30am - 12:00pm - Hamden, CT Cost: \$35; Includes staffing and transportation

Bowling Activity - Enjoy bowling with your peers at Spare Time in Groton, CT.

Please bring extra money if you wish to purchase a snack.

Saturday, 4/25/26 - 1:00pm - 5:00pm - Groton, CT

Cost: \$50; Includes staffing, transportation, shoe rental, and bowling games

Dave & Busters - Get your game on at this exciting arcade of tabletop air hockey and other traditional games. Lunch and Power Card included.

Sunday, 4/26/26 - 12:00pm - 5:00pm - Milford, CT

Cost: \$84; Includes staffing, transportation, lunch, and power card

Meriden Daffodil Festival - Welcome spring at the Meriden Daffodil Festival! Check out arts and crafts vendors, musicians, and food trucks at this annual festival. **Please bring money if you want to purchase food.** Saturday, 5/2/26 - 11:00am - 3:00pm - Meriden, CT

Cost: \$41; Includes staffing and transportation

Pandemonium Gift Shop & Rainforest Project - Check out one of the most unique stores you'll find in Connecticut. Not only is it a great thrift store but they have an animal sanctuary that specializes in birds and reptiles! **Please bring money if you plan on purchasing food.** Sunday, 5/3/26 - 1:00pm - 4:00pm - Deep River, CT

Cost: \$32; Includes staffing, transportation, and admission to animal sanctuary

DIY Pizza Dinner - Gather with peers to make your very own pizza creation! Everything you need to make a delicious personal pizza will be provided. **Please note this is Mother's Day weekend.** Friday, 5/8/26 - 4:00pm - 6:00pm - Madison, CT

Cost: \$30; Includes staffing and pizza making ingredients

Breakfast at The Parthenon Diner - Head to the Parthenon Diner for a delicious breakfast while socializing with your peers. **Please note this is Mother's Day weekend.**

Saturday, 5/9/26 - 9:00am - 11:30am - Old Saybrook, CT

Cost: \$46; Includes staffing, transportation, and breakfast

Splatter Room at Pinspiration - Get messy and create your own "Jackson Pollock-inspired" artwork! **Please note this is Mother's Day weekend.**

Saturday, 5/9/26 1:00pm - 3:30pm - East Lyme, CT

Cost: \$58; Includes staffing, transportation, and splatter experience

Jeopardy at Vista - Enjoy a fun game of Jeopardy at Vista with your peers.

Friday, 5/15/26 - 4:00pm - 6:00pm - Madison, CT Cost: \$23; Includes staffing

Muffins and Spring Craft - Welcome spring with a fun and festive craft, while enjoying delicious muffins with your peers. Saturday, 5/16/26 - 9:00am - 11:30am - Westbrook, CT Cost: \$34; Includes staffing, muffins, and crafting materials

Vista Presents: The Wedding Singer! - At the Kate! Come and see this totally tubular production of *The Wedding Singer!* Support your peers and enjoy this radical show!

Saturday, 5/16/26 - 1:00pm - 5:30pm - Old Saybrook, CT

Cost: \$77; Includes staffing, transportation, and ticket to the show

Bingo at Vista - Challenge your peers and win like never "B-4!" Fun prizes for the winners. Sunday, 5/17/26 - 9:00am - 11:00am - Westbrook, CT
Cost: \$22; Includes staffing and prizes

Lunch and Ray of Light Farm - Enjoy lunch with your peers and then get to meet and feed some sweet animals at Ray of Light Farm. They've got everything from horses, tortoises, and even a herd of guinea pigs! Sunday, 5/17/26 - 12:00pm - 4:00pm - East Haddam, CT
Cost: \$58; Includes staffing, transportation, and lunch

Jia Mei and Coloring - Grab dinner at Jia Mei and then settle in for some relaxing coloring with peers. *Please note this is Memorial Day weekend* - Friday, 5/22/26 - 4:00pm - 6:00pm - Madison, CT *Cost: \$40; Includes staffing and dinner from Jia Mei*

International Festival of Arts & Ideas - This annual festival's mission is to celebrate creativity, innovation, and community by connecting artists, thinkers, and the public. Experience live music, presentations, and fun exhibits. *Please bring money if you plan on purchasing food. Please note this is Memorial Day weekend* - Saturday, 5/23/26 9:30am - 1:00pm - New Haven, CT *Cost: \$36; Includes staffing and transportation*

Submarine Force Library and Museum - Visit the only submarine museum operated by the United States Navy that contains the world's finest collection of submarine artifacts. *Please note this is Memorial Day Weekend.* Sunday, 5/24/26 - 9:00am - 12:00pm - Groton, CT
Cost: \$32; Includes staffing and transportation

Trivia at Vista - Test your knowledge with a fun game of trivia! Friday, 5/29/26 - 4:00pm - 6:00pm - Madison, CT *Cost: \$20; Includes staffing*

Walk at Chatfield Hollow - Enjoy a peaceful nature walk with peers at Chatfield Hollow. The walking trail is flat and paved and wraps around the scenic pond. Saturday, 5/30/26 - 10:00am - 12:00pm - Killingworth, CT - *Cost: \$24; includes staffing and transportation*

Hartford Yard Goats Baseball Game - Cheer on the Hartford Yard Goats as they take on the Altoona Curve. *Please bring money if you plan on purchasing a snack.* Saturday, 5/31/26 - 12:00pm - 5:00pm - Hartford, CT
Cost: \$71; Includes staffing, transportation, and ticket to the game

Jeopardy at Vista - Enjoy a fun game of Jeopardy at Vista with your peers. Friday, 6/5/26 - 4:00pm - 6:00pm - Madison, CT *Cost: \$21; Includes staffing*

Movie and Popcorn - Head to a local movie theatre with peers and check out the latest blockbuster. Saturday, 6/6/26 - 1:00pm - 5:00pm - Westbrook, CT
Cost: \$48; Includes staffing, transportation, movie ticket, and popcorn

Breakfast at the Brownstone Family Restaurant - Enjoy breakfast at the Brownstone Family Restaurant. Choose from many different breakfast foods on the menu. Sunday, 6/7/26 - 9:00am - 11:30am - Guilford, CT
Cost: \$48; Includes staffing, transportation, and breakfast

Mini Golf Outing - Enjoy a round of mini golf with peers! Sunday, 6/7/26 - 1:00pm - 4:00pm - Groton, CT *Cost: \$47; Includes staffing, transportation, and mini golf admission*

Bingo at Vista - Challenge your peers and win like never "B-4!" Fun prizes for the winners. Friday, 6/12/26 - 4:00pm - 6:00pm - Madison, CT *Cost: \$23; Includes staffing and prizes*

Goat Stroll at Bradley Mountain Farm - Go on a relaxing stroll with the adorable goats from Bradley Mountain Farm. Saturday, 6/13/26 - 1:00pm - 4:00pm - Southington, CT
Cost: \$77; Includes staffing, transportation, and goat stroll

Shoreline Trolley Museum - Visit the oldest continuously operating trolley museum in the U.S., offering rides on restored trolleys. The museum features a large collection of vintage transit vehicles and exhibits on public transportation. Sunday, 6/14/26 - 9:00am - 11:30am - East Haven, CT *Cost: \$46; Includes staffing, transportation, and admission to the museum*

Dave & Busters - Get your game on at this exciting arcade of tabletop air hockey and other traditional games. Lunch and Power Card included. Sunday, 6/14/26 - 12:00pm - 5:00pm - Milford, CT *Cost: \$84; Includes staffing, transportation, lunch, and power card*

Movie and Pizza at Vista - Catch a movie matinee and enjoy some delicious pizza with peers. *Please note this is Father's Day weekend.* Friday, 6/19/26 - 4:00pm - 6:00pm - Madison, CT - *Cost: \$27; Includes staffing and pizza*

Bowling Enjoy bowling with your peers at Spare Time in Groton, CT. *Please bring extra money if you wish to purchase a snack. Please note this is Father's Day weekend.* Saturday, 6/20/26 - 1:00pm - 5:00pm - Groton, CT
Cost: \$55; Includes staffing, transportation, shoe rental, and bowling games

Summer Kick-Off Picnic - Join your peers as we kick-off the start of summer with a fun filled picnic! Friday, 6/26/26 - 11:30am - 2:30pm - TBD
Cost: \$18; Includes staffing and lunch

Walk Along the Branford Trolley Trail - Enjoy the beautiful views on The Branford Trolley Trail. The flat walking trail follows the route of an abandoned trolley line. Saturday, 6/27/26 - 9:00am - 11:00am - Branford, CT *Cost: \$26; Includes staffing and transportation*

Mystic Aquarium - Discover the depths of the ocean like never before, exploring habitats featuring sharks, stingrays, jellyfish, and more! *Please bring money if you plan on purchasing a snack. Be aware the Restaurant does not accept cash.* Saturday, 6/27/26 - 1:00pm - 5:00pm - Mystic, CT *Cost: \$80; Includes staffing, transportation, and admission to the aquarium*