

THRIVE DAY PROGRAM: June 2026



CORE VALUE	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Community & Human Connection</u></p> <p><i>Relationships within our chosen communities are necessary to the human experience and create value, significance, and belonging.</i></p> <hr/> <p>12:00pm: Afternoon pickup begins for members</p> <p>4:00pm: Afternoon drop off begins</p> <hr/> <p>Lunch is provided daily, featuring a mix of freshly prepared meals at the Thrive program and enjoyable outings to local community spots. We offer and encourage nutritious choices, and we love hearing our members' ideas!</p>	<p>2. ACTIVITY: WSC, 12:45pm Restorative Therapy and clay art</p> <p>LUNCH: Eggplant sandwich @ WSC</p>	<p>3. ACTIVITY: The Kate, 1pm <i>The Shop Around the Corner</i></p> <p>LUNCH: Bagged lunch at Saybrook Point</p>	<p>4. ACTIVITY: American Flag Project to celebrate 250 years</p> <p>LUNCH: Fajitas</p>	<p>5. ACTIVITY: Fair on the Green, Milford</p> <p>LUNCH: Fair Food</p>
	<p>9. ACTIVITY: WSC, 12:45pm Restorative Therapy & Hike at Chatfield Hollow</p> <p>LUNCH: Egg salad sandwich</p>	<p>10. ACTIVITY: WSC, 1pm - I Can See Clearly Now: Foods for eye health presentation jeopardy</p> <p>LUNCH: Bagged lunch</p>	<p>11. ACTIVITY: 12:45 Restorative Therapy WSC & Hula Hoop Exercise & Hawaiian Art projects</p> <p>LUNCH: Cookout WSC</p>	<p>12. ACTIVITY: Folk Art & Drumming Exercise</p> <p>LUNCH: Baked Ziti/ Salad</p>
	<p>16. ACTIVITY: Art Museum University of St Joseph @ West Hartford</p> <p>LUNCH: Quaker Diner</p>	<p>17. ACTIVITY: 2pm The Philadelphia Story @ The Kate</p> <p>LUNCH: The Parthenon Diner</p>	<p>18. ACTIVITY: 12:45 Restorative Therapy WSC</p> <p>LUNCH: WSC, BBQ chicken</p>	<p>19. NO THRIVE—Juneteenth</p>
	<p>23. ACTIVITY: WSC, 12:45 Restorative Therapy, 1:30 Summertime Bingo & Walk Stewart B McKinney Nature Wildlife Refuge</p> <p>LUNCH: WSC, Chicken alfredo</p>	<p>24. ACTIVITY: WSC, 1pm Flower Hammering Class</p> <p>LUNCH: Tuna salad sandwiches @ the Beach</p>	<p>25. ACTIVITY: WSC, 12:45 Restorative Therapy & Greater Middletown Military Museum</p> <p>LUNCH: Cookout WSC</p>	<p>26. ACTIVITY: Slater Memorial Museum & Mohegan Park</p> <p>LUNCH: Cookout</p>
	<p>30. ACTIVITY: WSC, 12:45 Restorative Therapy & Bushy Hill Nature Preserve</p> <p>LUNCH: WSC, Chicken Caesar salad</p>			

Harbor Chase Senior Living, Madison - Members visit throughout the month to join residents for arts and crafts, recreational activities, and a provided lunch, creating fun opportunities for connection and engagement. **LUNCH COST:**

Westbrook Senior Center, Westbrook - Members visit throughout the month to join residents for arts and crafts, recreational activities, and a provided lunch, creating fun opportunities for connection and engagement. **LUNCH COST: \$5/person**

Old Lyme Senior Center, Old Lyme - Members visit throughout the month to join residents for arts and crafts, recreational activities, and a provided lunch, creating fun opportunities for connection and engagement. **LUNCH COST:**

The Katherine Hepburn Cultural Arts Center “The Kate”, Old Saybrook - A performing arts center and concert venue offering live music, concerts, comedy shows, theater, musicals, and children's programs.

The Essex Library