

RECREATION

C A T A L O G



FALL 2026

ACTIVITIES & CLUBS

Welcome to FALL 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:

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To register for offerings scan the QR code below



Vista Life Innovations

Imagining Possibilities ... Empowering Lives

Fall 2026 Recreational Club Offerings

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 Ruggiero

Tuesdays: [Session 1](#) - October 6, (skip October 13), October 20, October 27, November 3 [Session 2](#) - November 10, November 17, (skip November 24), December 1, December 15

Time: 3:50pm - 4:50pm

Location: Madison Campus **Cost:** \$162

Indoor Soccer Club - Club members will participate in a weekly team game of soccer, where 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

Thursdays: October 8, October 15, October 22

Time: 4:30pm - 5:30pm

Location: Oxford Academy Gym, Westbrook **Cost:** Free

Women's Group - Connect, learn, and grow with other women in a welcoming and supportive environment! Explore topics like women's health, relationships, self-care, boundaries, and self-advocacy through fun activities and group discussion. To encourage connections with peers in similar stages of life, two sessions will be offered: one for women 18-30 and one for women ages 30+. Each group will explore topics and experiences that are meaningful and relevant to its participants. *Instructor: Emily Ent*

Wednesdays: October 14, November 11, December 9:

18-30 years old group - **Time:** 4:00pm - 5:00pm

30+ years old group - **Time:** 5:00pm - 6:00pm

Location: Madison Campus **Cost:** Free

Ping Pong Club - Club members will participate in a weekly team game of Ping Pong with a peer. The club leader will support the members with team building, sportsmanship, and skill building. The focus is on enjoyment, not winning or losing.

Instructor: Mia DeMetro

Wednesdays: October 14, October 21, October 28

Time: 5:45pm - 6:45pm

Location: Madison Campus **Cost:** Free

Men's Group - Connect, learn, and grow with other men in a welcoming and supportive environment! Explore topics like men's health, relationships, self-care, boundaries, and self-advocacy through fun activities and group discussion. To encourage connections with peers in similar stages of life, two sessions will be offered: one for men 18-30 and one for men ages 30+. Each group will explore topics and experiences that are meaningful and relevant to its participants. *Instructor: Emily Ent*

Mondays: October 19, November 16, December 14:

18-30 years old group - **Time:** 4:00pm - 5:00pm

30+ years old group - **Time:** 5:00pm - 6:00pm

Location: Madison Campus **Cost:** Free

Indoor Floor Hockey Club - Club members will get a chance to try out their floor hockey skills in weekly team games of floor hockey. 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*

Thursdays: October 29, November 5, November 12

Time: 4:30pm - 5:30pm

Location: Oxford Academy Gym, Westbrook **Cost:** Free



Bowling Club - Club members will participate in a weekly team game of bowling. 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*

Sundays: November 1, November 8, November 15

Time: 9:00am - 12:00pm

Location: Westbrook Campus **Cost:** \$165



Karaoke Club - Each week put on a show for your peers and sing your heart out at Karaoke Club! *Instructor: Mia DeMetro*

Wednesdays: November 4, November 11, November 18

Time: 5:45pm - 6:45pm

Location: Madison Campus **Cost:** \$38



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: November 6, November 13, November 20

Time: 4:00pm - 6:00pm

Location: Madison Campus **Cost:** \$40



Indoor Cornhole Club - Club members will get a chance to try out their floor hockey skills. The club leader will support the members with team building, sportsmanship, and skill building. The focus is on enjoyment, not winning or losing. *Instructor: Mia DeMetro*

Wednesdays: December 2, December 9, December 16

Time: 5:45pm - 6:45pm

Location: Madison Campus **Cost:** Free



Zumba Club - Get moving and have fun with Zumba Class! Enjoy an energetic, dance-based workout using our brand-new Nex Play-Ground gaming system, featuring upbeat music and easy-to-follow moves. All fitness levels are welcome! *Instructor: Megan Muzyka*

Thursdays: December 3, December 10, December 17

Time: 4:30pm - 5:30pm

Location: Madison Campus **Cost:** Free



Board Game Club - Join us for a relaxed and fun-filled morning of board games! Whether you're a seasoned gamer or new to the table, this is the perfect chance to socialize, laugh, and make new friends. Play your favorite games or discover new ones — the goal is simple: connect, play, and enjoy! *Instructor: TBD*

Saturdays: December 5, December 12, December 19

Time: 9:00am - 11:00am

Location: Westbrook Campus **Cost:** \$57



Fall 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: Session 1- October 5, October 12, October 19, October 26

Session 2- November 2, November 9, November 16, November 23

Time: 3:00pm - 4:00pm

Location: Madison Campus **Cost:** \$90



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: October 6, October 13, October 20, October 27,

November 3, November 10

Time: 5:30pm - 6:30pm

Location: Madison Campus **Cost:** \$122



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.

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 1 - October 9, October 16, October 23, October 30, November 6 Session 2 - November 13, November 20, (skip November 27), December 4, December 11, December 18 - Time: 5:30pm - 6:30pm

Location: Madison Campus Cost: \$117



Holiday Hiccups & Happy Moments - Coping with Change & Holiday Stress

The holiday season can be exciting, but changes in routines, family visits, expectations, and emotions can also feel overwhelming, even when they are positive.

Through hands-on activities, games, and guided worksheets, this group will help participants explore their feelings and learn practical skills for managing stress, navigating change, communicating needs, and adjusting to holiday routines.

Instructor: Nancy Darr

Wednesdays: October 7, October 14, October 21, October 28, November 4

Time: 4:00pm - 4:45pm Location: Madison Campus Cost: \$139



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.

Sit and Get Fit with Britt - Build strength, improve balance, and boost your energy with this fun, low-impact chair fitness class. *Instructor: Brittany Czajkowski*

Thursday, October 29 4:00pm-5:00pm - Madison Campus Cost: Free

Hydration Station - Hydration is important all year long! Experiment with infusing water with different fruits and herbs to create a perfect flavor! *Instructor: TBD*

Thursday, November 5 4:00pm-5:00pm Madison Campus Cost: Free

Conversation Café - Stop by the Conversation Café and practice starting and keeping conversations going through fun, interactive activities. *Instructor: TBD*

Thursday, November 12 4:00pm-5:00pm - Madison Campus Cost: Free

Build Your Coping Skills Toolbox - Get a chance to explore a variety of coping strategies, try fidgets, music, breathing exercises, and more! *Instructor: TBD*

Thursday, December 3 4:00pm-5:00pm - Madison Campus Cost: Free

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:

Thursday, August 27: Registration Begins

Tuesday, September 15: Registration Forms Due

Tuesday, September 22: Rosters Finalized

If after September 15 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 offerings 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 September 15**



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.

Video Game Night at Vista - Get moving, compete with peers and enjoy interactive games that turn your body into the controller with the Nex PlayGround gaming system. Whether you're dancing, playing

sports, or taking on exciting challenges, there's something for everyone!

Friday, 10/9/26 - 4:00pm - 6:00pm - Madison, CT

Cost \$30; Includes staffing and video games

Southington Apple Harvest Festival - The Southington Apple Harvest Festival is one of the largest and longest running festivals in the Northeast! A great way to kick off the fall season. *Please bring money if you plan on purchasing food, ride tickets.*

Saturday, 10/10/26 - 9:00am - 1:00pm - Southington, CT

Cost \$42; Includes staffing, and transportation

Yale University Art Gallery - Visit the oldest college art museum in America! The Yale University Art Gallery features iconic pieces by legendary artists such as Vincent van Gogh, Edgar Degas, and Pablo Picasso. Saturday, 10/10/26 - 1:30pm - 5:30pm - New Haven, CT

Cost \$40; Includes staffing and transportation.

Bagels and Fall Crafts - Welcome fall with a fun and festive craft, while enjoying delicious bagels with your peers. Sunday, 10/11/26 - 9:00am - 11:00am - Westbrook, CT

Cost \$30; Includes staffing, crafting materials, and bagels

Corn Maze and Ice Cream at Rose Orchards - Make your way through a corn maze with peers! Afterwards enjoy a sweet treat from Rose Orchards' Creamery.

Sunday, 10/11/26 - 1:00pm - 5:00pm - North Branford, CT

Cost \$35; Includes staffing, transportation, admission to the corn maze, and ice cream

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.

Friday, 10/16/26 - 4:00pm - 6:00pm - Madison, CT

Cost \$32; Includes staffing and pizza making ingredients

Pumpkin Decorating - Get into the Halloween spirit by decorating pumpkins with your peers! Saturday, 10/17/26 - 9:00am - 11:30am - Westbrook, CT

Cost \$40; Includes staffing, styrofoam pumpkin, crafting supplies

Witch's Dungeon Classic Movie Museum - Take a guided tour through the Witch's Dungeon Classic Movie Museum and learn all about classic horror movies!

Saturday, 10/17/26 - 1:00pm - 5:00pm - Plainville, CT

Cost \$57; Includes staffing, transportation, and tour of museum

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

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

Sunday, 10/18/26 - 9:00am - 12:00pm - Groton, CT

Cost \$52; Includes staffing, transportation, shoe rental, and bowling games

Movie and Popcorn - Head to a local movie theatre with peers and check out the latest blockbuster. Sunday, 10/18/26 - 1:00pm - 5:00pm - Westbrook, CT

Cost \$50; Includes staffing, transportation, movie ticket, and popcorn

Vista's Haunted Halloween House Party - Enjoy a night with peers at Vista's Haunted House Party! Enjoy music, treats and games and don't forget to dress-up in costume!

You can attend without a recreation membership. Friday, 10/30/26 - 5:30pm - 8:30pm - Westbrook, CT Cost \$20; Includes staffing, dinner, and games

Breakfast at the Parthenon Diner - Head to the Parthenon Diner for a delicious breakfast while socializing with your peers. Saturday, 10/31/26 - 9:00am - 11:30am - Old Saybrook, CT Cost \$48; Includes staffing, transportation, and breakfast

Florence Griswold Museum - Discover American art from the 18th to the 21st centuries. Changing exhibitions highlight the art and history of Connecticut at the beautiful Florence Griswold Museum. Sunday, 11/1/26 - 1:00pm - 4:00pm - Old Lyme, CT

Cost \$46; 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!

Saturday, 11/7/26 - 9:00am - 11:30am - Guilford, CT

Cost \$50; Includes staffing, transportation, and breakfast

Pottery Painting at Catalyst Art Studio - Enjoy an afternoon with peers painting pottery. Choose your favorite pottery piece and make it uniquely yours with colorful paints and your personal touch. Saturday, 11/7/26 - 1:00pm - 5:00pm - Wallingford, CT

Cost \$55; Includes staffing, transportation, and pottery painting experience

Yale Peabody Museum - The Peabody Museum is home to world-renowned collections and immersive exhibits, offering an exciting journey through Earth's past and present. Explore towering dinosaur fossils, discover ancient civilizations, examine rare minerals, and experience vibrant ecosystems.

Sunday, 11/8/26 - 1:00pm - 4:00pm - New Haven, CT

Cost \$35; Includes staffing and transportation

Yellow Brick Road: A Tribute to Elton John at The Kate - Enjoy an afternoon of classic Elton John tunes at The Kate. There is no other performer who looks and sounds so much like Elton John! Saturday, 11/14/26 - 1:00pm - 5:00pm - Old Saybrook, CT
Cost \$86; Includes staffing, transportation, and tickets to the show

LaserMaxx Laser Tag - Enjoy laser tag fun with your peers at LaserMaxx of Newington! Sunday, 11/15/26 - 1:00pm - 5:00pm - Newington, CT
Cost \$66; Includes staffing, transportation, and admission to laser tag

Dave & Busters Holiday Party - Get your game on at this exciting arcade of tabletop air hockey and other traditional games. Dinner and Power Card included. Thursday, 11/19/26 - 4:00pm - 9:00pm - Milford, CT
Cost \$88; Includes staffing, transportation, dinner, and power card

Lunch and Scavenger Hunt at IKEA - Enjoy lunch with your peers at IKEA and then test your skills with a scavenger hunt through the store! Saturday, 11/21/26 - 12:00pm - 4:00pm - New Haven, CT *Cost \$62; Includes staffing, transportation, and lunch*

Breakfast at The Parthenon Diner - Head to the Parthenon Diner for a delicious breakfast while socializing with your peers. Sunday, 11/22/26 - 9:00am - 11:30am - Old Saybrook, CT
Cost \$48; Includes staffing, transportation, and breakfast

Indoor Mini Golf and Arcade at Lessard Lanes - Tee off with your peers and enjoy a round of indoor mini golf and some arcade games at Lessard Lanes. **Please bring money if you plan on purchasing food.** Sunday 11/22/26 - 1:00pm - 5:00pm - Plainville, CT
Cost: \$72; includes staffing, transportation, mini golf session, and arcade tokens

Thanksgiving Celebration at the Dormitory - If you don't have plans, we invite you to share a traditional holiday meal with your Vista peers and staff. Participants are encouraged to stay for games and social time following dinner. If you'd prefer to eat in the comfort of your own home, we can deliver a meal for an additional fee of \$10. **You can attend without a recreation membership.** Thursday, 11/26/26 - 11:00am - 3:00pm - Westbrook, CT
Cost \$10; (\$20 if meal is delivered); includes staffing and meal

Bingo at Vista - Challenge your peers and win like never "B-4!" Fun prizes for the winners. Friday, 12/4/26 - 4:00pm - 6:00pm - Madison, CT *Cost \$27; Includes staffing and prizes*

Connecticut River Museum: Annual Holiday Train Show - Check out Steve Cryan's Annual Holiday Train Show at the Connecticut River Museum. Each year his intricate miniature world of trains enthalls and entertains visitors. Saturday, 12/5/26 - 1:00pm - 4:30pm - Essex, CT
Cost \$48; Includes staffing, transportation, and admission to the museum

Bagels and Holiday Crafts - Have breakfast with your peers while you work on a holiday craft! Sunday, 12/6/26 - 9:00am - 11:30am - Westbrook, CT
Cost: \$33; includes staffing, bagels, and craft materials

IT at Jordan's Furniture - Get ready for an exciting adventure at It Adventure Ropes Course at Jordan's Furniture! It's a fun and thrilling experience that encourages confidence, balance, and teamwork while creating unforgettable memories! Sunday, 12/6/26 - 1:00pm - 5:00pm New Haven, CT *Cost \$77; Includes staffing, transportation, admission to ropes course*

Video Game Night at Vista - Get moving, and enjoy interactive games that turn your body into the controller with the Nex PlayGround gaming system. Whether you're dancing, playing sports, or taking on exciting challenges, there's something for everyone. Friday, 12/11/26 - 4:00pm - 6:00pm - Madison, CT *Cost \$29; Includes staffing and video games*

Dinner and Fantasy of Lights - Celebrate the holidays with Vista's annual tradition- a ride through a colorful holiday display at Fantasy of Lights! Afterwards, enjoy dinner together. Saturday, 12/12/26 - 4:00pm - 9:00pm - New Haven, CT
Cost: \$70; includes staffing, transportation, dinner, and admission to Fantasy of Lights

Gingerbread House Decorating - Put together and decorate a gingerbread house that will last beyond the holiday season! Sunday, 12/13/26 - 9:00am - 11:00am - Westbrook, CT
Cost \$33; includes staffing, craft materials

Lunch and Holiday Shopping - Get lunch with your peers, and then head to the Post Mall to shop for family and friends. Please bring extra money to purchase any holiday gifts. Sunday, 12/13/26 - 12:00pm - 5:00pm - Milford, CT *Cost: \$65; includes staffing, transportation, and lunch*

Movie and Pizza at Vista - Catch a movie matinee and enjoy some delicious pizza! Friday, 12/18/26 - 4:00pm - 6:00pm - Madison, CT *Cost \$29; Includes staffing and pizza*

Dinner and Fantasy of Lights - Celebrate the holidays with Vista's annual tradition- a ride through a colorful holiday display at Fantasy of Lights! Afterwards, enjoy dinner together. Saturday, 12/19/26 - 4:00pm - 9:00pm - New Haven, CT
Cost: \$70; includes staffing, transportation, dinner, and admission to Fantasy of Lights

Bowling Activity - Enjoy bowling with your peers at Spare Time in Groton, CT. **Please bring extra money if you wish to purchase a snack.** Sunday, 12/20/26 - 9:00am - 12:00pm Groton, CT *Cost \$52; Includes staffing, transportation, shoe rental, and bowling games*

Movie and Popcorn - Head to a local movie theatre with peers and check out the latest blockbuster. Sunday, 12/20/26 - 1:00pm - 5:00pm - Westbrook, CT
Cost \$50; Includes staffing, transportation, movie ticket, and popcorn

Holiday Dinner Celebration at the Dormitory - If you don't have plans, we invite you to share a traditional holiday meal with your Vista peers and staff, with games and social time. If you'd prefer to eat in the comfort of your own home, we can deliver a meal for an additional fee of \$10. **You can attend without a recreation membership.** Friday, 12/25/26 - 11:00am - 3:00pm - Westbrook, CT - *Cost: \$10; (\$20 if meal is delivered); includes staffing and meal*