Adult Day Program

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Take Me Out to the Ballgame



Ryan and Emily are cheering on the Bluefish players.

Our whole group headed to the ball park to watch the Bridgeport Bluefish play their last game of the season against the Somerset Patriots. We had fun dancing and watching the trains and ferry nearby. Oh and we did watch a little baseball too. One of the students from Saint Catherine Academy got to throw out the first pitch. Some of us brought our lunches, others tried ballpark fare. It was a beautiful, sunny day and the Bluefish won 6-4!



Tierra and Jesse are enjoying the game

Upcoming Dates

October 6 Baking cookies for Adams House

October 10 Columbus Day No Program

October 17 Silverman's Farm

October 3 I Halloween Party *Bring Your Costume*

Learning by Doing



Patrick and Tierra (left photo) returned to Carolyn House to visit with the youngsters and help the staff engage the children in play.

Gus (right photo) enjoys pushing the cart through the Mother House of the School Sisters of Notre Dame in Wilton. His partner is wiping down tables while he follows with the supplies.



Pedaling to Start the Day

Everyday starts with some physical exercise. We use the stationary bikes and the treadmill in the therapy room to stretch our legs, get our hearts pumping and wake up those sleepy bodies. Some of us stretch on the mats and use the therapy balls to work on eye-hand coordination and meet our sensory needs. This is done in teams so we also learn to support each other as we work on our recreation goals.





We are going to celebrate Halloween with an afternoon party. Individuals may bring their costume and they will put them for the afternoon festivities!

