

~ Local Resources for Practicing the 8 Dimensions of Wellness ~

Activity	Org.	Town	Address	Contact	Spiritual	Emotional	Environmtl	Physical	Financial	Intellectual	Social	Occup'l	Notes
Free Museum/Zoo Passes	Public Library	All/most	Contact your local library		Y	Y	Y			Y	Y		
Tax Help	AARP Tax Aid	All/most	Various - look online	aarp.org					Y				Tax season only
Tax Help	Volunteer Income Tax Help	All/most	Various - look online	irs.treasury.gov/freetaxprep					Y				Tax season only
Meditation	Tibetan Buddhist Center	Redding	30 Putnam Park Rd	(203) 664-1574	Y	Y	Y	Y					
Chair Yoga	Darien Library	Darien	1441 Post Rd	(203) 655-1234				Y			Y		Register
Exercise Classes	Mather Center	Darien	2 Renshaw Rd	(203) 656-7490		Y		Y			Y		
Exercise, Yoga & More	YMCA	Darien	2420 Post Rd	(203) 655-8228	Y	Y		Y		Y	Y		Fee
Games & Rec	Mather Center	Darien	2 Renshaw Rd	(203) 656-7490		Y	Y			Y	Y		
Knit One, Crochet Too	Darien Library	Darien	1441 Post Rd	(203) 655-1234		Y					Y		
Teen Drop-in Center	Darien Depot	Darien	25 Heights Rd	(203) 655-0812		Y	Y				Y		Teen residents only
Adult Coloring Time	Cos Cob Library	Greenwich	5 Sinawoy Rd	(203) 622-6883		Y					Y		
Career Center	Goodwill	Greenwich	1143 East Putnam Ave	(203) 983-7340								Y	
Community Garden	American Gardening	Greenwich	Armstrong Court	(203) 629-1499			Y						
Continuing Ed	Greenwich Adult & Cont. Ed	Greenwich	Various - look online	greenwichace.com				Y	Y	Y	Y	Y	
Curiosity Concerts	Arts Council	Greenwich	299 Greenwich Ave	(203) 862-6750		Y					Y		
Drop-In Computer Lab	Main Library	Greenwich	101 West Putnam Ave	(203) 622-7900						Y			
Exercise Classes	Senior Center	Greenwich	299 Greenwich Ave	(203) 862-6720				Y			Y		
Games & Rec	Senior Center	Greenwich	299 Greenwich Ave	(203) 862-6720		Y	Y			Y	Y		
Island Beach	Town of Greenwich	Greenwich	Ferry at 100 Arch St			Y	Y	Y					Ferry fee
Nature Education	Audubon Society	Greenwich	613 Riversville Rd	(203) 869-5272		Y	Y						
Qigong/Tai Chi	Cos Cob Library	Greenwich	5 Sinawoy Rd	(203) 622-6883		Y		Y			Y		
Sit 'n Stitch	Cos Cob Library	Greenwich	5 Sinawoy Rd	(203) 622-6883		Y					Y		
Tech Classes	Senior Center	Greenwich	299 Greenwich Ave	(203) 862-6720						Y	Y		Members only
Teen Games & Rec	Arch Street Teen Center	Greenwich	100 Arch St	(203) 629-5744		Y	Y				Y		Teen residents only
Thursday Book Club	Cos Cob Library	Greenwich	5 Sinawoy Rd	(203) 622-6883		Y	Y			Y	Y		
Walking Trails	Audubon Society	Greenwich	613 Riversville Rd	(203) 869-5272		Y	Y	Y					
Exercise Classes	Lapham Center	New Canaan	Waveny Park	(203) 594-3620		Y		Y			Y		Residents Only
Exercise, Yoga & More	YMCA	New Canaan	564 South Ave	(203) 966-4528	Y	Y		Y		Y	Y		Fee
Farmers Market	Farmers Market	New Canaan	South /Maple / Main St					Y					
Games & Rec	Lapham Center	New Canaan	Waveny Park	(203) 594-3620		Y	Y			Y	Y		Some Free
Hiking Trails, Art Shows	Waveny Park	New Canaan	South Ave	(203) 594-3100	Y	Y	Y	Y			Y		
Hiking Trails	Irwin Park	New Canaan	Weed St	(203) 594-3100	Y	Y	Y	Y			Y		
Language Meetups	Library	New Canaan	151 Main St	(203) 594-5000						Y	Y		
Lunchtime Meditation	Library	New Canaan	151 Main St	(203) 594-5000		Y							
Nature, Faith, Arts	Grace Farms	New Canaan	365 Lukes Woods Rd	(203) 920-1702	Y	Y	Y	Y		Y	Y		
Qigong/Tai Chi	Library	New Canaan	151 Main St	(203) 594-5000				Y			Y		
Stitch It! Knitting Group	Library	New Canaan	151 Main St	(203) 594-5000		Y					Y		Drop in



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Walking Trails, Nature	New Canaan Nature Center	New Canaan	144 Oenoke Ridge	(203) 966-9577		Y		Y					
30 Hour Famine	St. Philip's Church	Norwalk	25 France St	(203) 847-4549	Y						Y		Annual
3D Printing	Public Library	Norwalk	1 Belden Ave	(203) 899-2780						Y		Y	
Beach	Calf Pasture & Shady Beach	Norwalk	Calf Pasture Beach Rd	(203) 854-7806		Y	Y	Y					Parking fee
Books & Meals on Wheels	Public Library	Norwalk	1 Belden Ave	(203) 899-2780		Y		Y		Y	Y		
Career Center	Goodwill	Norwalk	15 Cross St	(203) 840-0361									Y
Community Garden	Fodor Farm	Norwalk	328 Flax Hill Rd	(203) 854-3200		Y	Y	Y					
Continuing Ed	McMahon High School	Norwalk	300 Highland Ave	(203) 854-4115						Y	Y		For surrounding town
Continuing Education	Norwalk Community College	Norwalk	188 Richards Ave	(203) 857 7000						Y	Y	Y	
Corps Community Center	Salvation Army	Norwalk	14 Byington Place	(203) 866-2125					Y			Y	
Dog Park	Taylor Farm	Norwalk	7 Calf Pasture Beach Rd	(203) 854-7806		Y	Y	Y			Y		
Drop-in Center	Young Adult Space	Norwalk	650 West Ave	(203) 853-0600	Y	Y					Y		
Exercise Classes	Senior Center	Norwalk	11 Allen Rd	(203) 847-3115				Y			Y		
Exercise Classes	Senior Center South	Norwalk	92 Cedar St	(203) 299-1500				Y			Y		
Games & Rec	Senior Center	Norwalk	11 Allen Rd	(203) 847-3115				Y		Y	Y		
Games & Rec	Senior Center South	Norwalk	92 Cedar St	(203) 299-1500				Y		Y	Y		
Hiking Trails, Frisbee Golf	Cranbury Park	Norwalk	300 Grumman Ave		Y	Y		Y					
Labyrinth	Devon's Place Playground	Norwalk	295 West Ave	(203) 854-7806	Y	Y	Y	Y					
Labyrinth	St. Paul's on the Green	Norwalk	60 East Ave	(203) 847-2806	Y	Y	Y	Y					
Maritime Aquarium	Maritime Aquarium	Norwalk	10 N Water St	(203) 852-0700		Y				Y			
Mini Golf	Norwalk Cove Marina	Norwalk	48 Calf Pasture Beach Rd	(203) 838-2326		Y		Y			Y		
Open Night /3D printing	Fairfield County Makers Guild	Norwalk	327 Main Ave	(203) 810-4174		Y	Y			Y	Y	Y	
Running Group	Lightfoot Runners	Norwalk		(203) 434-6746				Y					
Sahaja Meditation	Public Library	Norwalk	1 Belden Ave	(203) 899-2780		Y		Y			Y		
Sailing/kayaking (rental)	Calf Pasture Beach	Norwalk	Calf Pasture Beach Rd	(203) 854-7806			Y	Y			Y		Fee; summer only
Tech Classes	Senior Center	Norwalk	11 Allen Rd	(203) 847-3115						Y	Y		
Technology Workshops	Public Library	Norwalk	1 Belden Ave	(203) 899-2780						Y		Y	
Teen Room	Public Library	Norwalk	1 Belden Ave	(203) 899-2780							Y		
Weekly runs	Endurance House	Norwalk	515 West Ave	(203) 831-8101		Y		Y			Y		Drop in
Zumba Classes	Public Library	Norwalk	1 Belden Ave	(203) 899-2780				Y			Y		
Outdoor theater	Shakespeare on the Sound	Rowayton	Pinkney Park, 177 Rowaytc	(203) 299-1300		Y				Y	Y		
American Job Center	CT Department of Labor	Stamford	141 Franklin St, 2nd Fl	(203) 353-1702					Y	Y		Y	
Art Classes	Stamford Senior Center	Stamford	888 Washington Blvd	(203) 977-5151						Y	Y		
Corps Community Center	Salvation Army	Stamford	198 Selleck St	(203) 359-2320					Y			Y	
ESL Courses	Ferguson Library	Stamford	1 Public Library Plaza	(203) 964-1000						Y	Y		
Exercise Classes	Stamford Senior Center	Stamford	888 Washington Blvd	(203) 977-5151				Y			Y		
Farm, nature, walking	Stamford Museum & Nature Cente	Stamford	39 Scofieldtown Rd	(203) 322-1646			Y			Y			



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Farmers Market	Stamford Museum	Stamford	39 Scofieldtown Rd	(203) 322-1646				Y					
Golf Course	Sterling Farms	Stamford	1349 Newfield Ave	(203) 461-9090		Y		Y			Y		
Let's Talk: ESL Group	Weed Memorial/Hollander	Stamford	1143 Hope St	(203) 351-8285		Y				Y	Y		
Open Mic and Jam Night	The Fez	Stamford	227 Summer St	(203) 324-3391		Y					Y		
Virtual Reality Play Time	Ferguson Library	Stamford	1 Public Library Plaza	(203) 964-1000		Y	Y			Y	Y		
Walking trails, nature	Mianus River Park	Stamford	Merribrook Lane	(203) 977-4140		Y	Y	Y					
Centennial Watershed	State Forest	Weston		ct.gov/deep		Y	Y	Y					
Devil's Den	The Nature Conservancy	Weston	33 Pent Rd	(203) 568-6270	Y	Y	Y	Y					
Exercise Classes	Senior Center	Weston	9 School Rd	(203) 222-2608				Y			Y		
Games & Rec	Senior Center	Weston	9 School Rd	(203) 222-2608		Y				Y	Y		
Beach	Compo Beach	Westport	60 Compo Beach Rd		Y	Y	Y	Y					Parking fee
Beach	Old Mill Beach	Westport	Old Mill @ Hillspoint Rd		Y	Y	Y	Y					Parking fee
Beach, walking trails	Sherwood Island State Park	Westport	Off exit 18	(203) 226-6983	Y	Y	Y	Y					Parking fee
Book Chat	Public Library	Westport	20 Jesup Rd	(203) 291-4800						Y	Y		
Career Center	Goodwill	Westport	1700 Post Rd East	(203) 259-3943								Y	
Chess Club for Adults	Public Library	Westport	20 Jesup Rd	(203) 291-4800						Y	Y		
DeweyKnit	Public Library	Westport	20 Jesup Rd	(203) 291-4800		Y					Y		
Dog Park	Winslow Park	Westport	44 Compo Rd N	(203) 341-5091		Y	Y	Y					
Drop-in Tech Help	Public Library	Westport	20 Jesup Rd	(203) 291-4800						Y			
Exercise Classes	Senior Center	Westport	21 Imperial Ave	(203) 341-5099		Y		Y			Y		
Exercise, Yoga & More	YMCA	Westport	14 Allen Road	(203) 226-8981	Y	Y		Y		Y	Y		Fee
Farmer's Market	Westport Farmers Market	Westport	50 Imperial Ave					Y					
Free concerts	Levitt Pavilion	Westport	40 Jesup Rd	(203) 226-7600									
Games & Rec	Senior Center	Westport	21 Imperial Ave	(203) 341-5099		Y	Y			Y	Y		
Karaoke and Live Music	Black Duck Cafe	Westport	605 Riverside Ave	(203) 227-7978		Y					Y		
Natural Discovery Center	Earthplace	Westport	10 Woodside Ln	(203) 227-7253		Y	Y			Y	Y		
Teen Center	Toquet Hall	Westport	58 Post Rd E	(203) 341-1155		Y	Y				Y		Teen residents only
Continuing Education	Wilton Continuing Educatio	Wilton	395 Danbury Rd	(203) 834-7694						Y		Y	
Exercise Classes	Senior Center	Wilton	180 School Rd	(203) 834-6240		Y		Y			Y		
Exercise, Yoga & More	YMCA	Wilton	404 Danbury Rd	(203) 762-8384	Y	Y		Y		Y	Y		Fee
Fitness Center/ Gym	Comstock Comm. Ctr	Wilton	180 School Rd	(203) 834-6240				Y					
Games & Rec	Senior Center	Wilton	180 School Rd	(203) 834-6240		Y	Y			Y	Y		
Minecraft Club	Wilton Library	Wilton	137 Old Ridgefield Rd	(203) 762-3950		Y				Y	Y		
Park, walking, history	Weir Farm National Site	Wilton	735 Nod Hill Rd	(203) 834-1896		Y	Y	Y		Y			
Sewing/Embroidery Class	Wilton Library	Wilton	137 Old Ridgefield Rd	(203) 762-3950		Y	Y			Y	Y		
Teen Center	Trackside	Wilton	15 Station Rd	(203) 834-2888		Y	Y	Y			Y		Teen residents only
Writing/Poetry Classes	Wilton Library	Wilton	137 Old Ridgefield Rd	(203) 762-3950		Y				Y	Y		



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