



CALL US
800-930-6716

VISIT OUR WEBSITE
eldercrew.com

EMAIL US
connect@eldercrew.com

OCTOBER 2026

Connecticut Caregiver Outing Guide

Connecticut Caregiver Outing Guide

10 practical community outings in New London County

A fun day out, made simple

Enjoy a welcoming outing with caregiver, friends, and up to 2 residents. Choose an adventure, share the experience, and let ElderCrew help you get started.

County quick index

New London County

Planning note

October in Connecticut can bring cool mornings, rain, wind, shorter days, and changing foliage. Dress in layers, check forecasts and venue hours, plan for leaf-season traffic, and pair every weather-sensitive outing with a nearby indoor backup. Quiet-time suggestions in this guide are caregiver planning strategies unless a venue-specific sensory resource is explicitly identified.

New London County

October mix: 7 options include indoor space; outdoor choices are best treated as weather-dependent. All 10 are physically located in New London County.

1. Mystic Seaport Museum

Mystic | Indoor and outdoor

Why October: The full museum is scheduled daily through November 1, with galleries, shipyard activity, and waterfront foliage. **Access and walking:** The large campus includes uneven historic surfaces and vessels with stairs; request an accessible route focused on modern galleries and ground-level demonstrations.

Cost: \$35 adult; \$33 age 65+; free SNAP admission for up to two adults and four youth; last-hour admission is half price, subject to change. **Sensory and quieter-time plan:** Weekday opening time is best; whistles, demonstrations, and school groups can add noise.

Address: 75 Greenmanville Avenue, Mystic, CT 06355 | **Phone:** 860-572-0711 | [Official or authoritative source](#)

Call ahead to confirm: Confirm accessible exhibits, October activities, and the closest entrance and parking.

2. Mystic Aquarium

Mystic | Indoor and outdoor

Why October: Marine exhibits are available in mixed weather and can be reduced to a few priority habitats.

Access and walking: Request the current accessibility map, wheelchair availability, seating, and companion or personal-care-attendant policy.

Cost: Dynamic ticket pricing; check the lowest weekday rate and SNAP or community discounts before purchase. **Sensory and quieter-time plan:** Aquariums can be dark, echoing, and busy; choose first entry on a weekday and ask about sensory supports.

Address: 55 Coogan Boulevard, Mystic, CT 06355 | **Phone:** 860-572-5955 | [Official or authoritative source](#)

Call ahead to confirm: Confirm price, accessible route, sensory resources, and any timed-entry requirement.

3. Mashantucket Pequot Museum and Research Center

Mashantucket | Indoor

Why October: A substantial Native history and culture museum is an excellent October weather backup.

Access and walking: The museum confirms accessible parking and building access, infrared wayfinding, audio description, captions, and replica objects.

Cost: Ticketed; online purchase saves \$3. Verify current senior and group prices. **Sensory and quieter-time plan:** Begin at 9 a.m. Wednesday or Thursday; large immersive dioramas may be dim or intense, so preview and choose a shorter route.

Address: 110 Pequot Trail, Mashantucket, CT 06338 | **Phone:** 860-396-6910 | [Official or authoritative source](#)

Call ahead to confirm: Confirm October open days, sensory guidance, and wheelchair availability.

4. Submarine Force Museum and USS Nautilus

Groton | Indoor with vessel option

Why October: The free Navy museum provides a strong maritime-history outing on a cool or rainy day.

Access and walking: Museum galleries are the lower-demand choice; submarine passageways are narrow with steep ladders and should be treated as optional.

Cost: Free. **Sensory and quieter-time plan:** Choose a weekday morning; alarms, videos, school groups, and tight submarine spaces may be stimulating.

Address: 1 Crystal Lake Road, Groton, CT 06349 | **Phone:** 860-694-3174 | [Official or authoritative source](#)

Call ahead to confirm: Confirm security procedures, accessible parking and galleries, and Nautilus limitations.

5. Custom House Maritime Museum

New London | Indoor

Why October: A small local maritime museum makes a concise downtown October stop. **Access and**

walking: The historic building is still improving lift access; do not assume full wheelchair access and request a ground-floor plan.

Cost: Low-cost admission; local library passes may be available. **Sensory and quieter-time plan:** Visit at opening and avoid event hours; the small scale supports a short stay.

Address: 150 Bank Street, New London, CT 06320 | **Phone:** 860-447-2501 | [Official or authoritative source](#)

Call ahead to confirm: Essential: confirm current lift status, reachable exhibits, restroom, and parking.

6. Denison Pequotsepos Nature Center

Mystic | Indoor and outdoor

Why October: Natural-history exhibits and animal ambassadors provide a flexible autumn nature visit.

Access and walking: Ask for a step-free indoor route and the shortest firm-surface outdoor option; woodland trails should not be presumed wheelchair accessible.

Cost: Check current admission and senior or group rates. **Sensory and quieter-time plan:** Go at opening on a weekday; live-animal programs can be busier and noisier.

Address: 109 Pequotsepos Road, Mystic, CT 06355 | **Phone:** 860-536-1216 | [Official or authoritative source](#)

Call ahead to confirm: Confirm October hours, animal-program schedule, restroom, and accessible trail segment.

7. Niantic Bay Boardwalk west entrance

East Lyme | Outdoor

Why October: A level shoreline promenade supports a short roll or seated water-view visit during mild October weather. **Access and walking:** Use the entrance with the most direct accessible parking and confirm any construction or storm damage; benches are spaced along the route.

Cost: Free; seasonal parking rules may differ. **Sensory and quieter-time plan:** Choose a calm weekday morning; wind, trains, and surf can create sudden noise.

Address: 30 Main Street area, Niantic, CT 06357 | **Phone:** 860-739-5828 | [Official or authoritative source](#)

Call ahead to confirm: Confirm accessible parking, boardwalk condition, and nearby restroom availability.

8. Studio 80 and Sculpture Grounds

Old Lyme | Outdoor gallery

Why October: Large-scale sculpture amid autumn plantings offers an art-and-foliage stop that can be self-paced. **Access and walking:** Outdoor ground surfaces vary; request the firmest, shortest route and confirm parking and restroom access.

Cost: Grounds viewing is generally free; donations or event fees may apply. **Sensory and quieter-time plan:** Visit on a dry weekday and avoid openings or performances.

Address: 80 Lyme Street, Old Lyme, CT 06371 | **Phone:** 860-434-5957 | [Official or authoritative source](#)

Call ahead to confirm: Confirm October public hours, surface conditions, and wheelchair route.

9. Lyman Allyn Art Museum

New London | Indoor

Why October: Art and regional history in a manageable museum make a comfortable bad-weather outing. **Access and walking:** Confirm step-free entrance, elevator coverage, seating, accessible restroom, and parking.

Cost: Check current adult and senior admission; certain days or passes may be free. **Sensory and quieter-time plan:** Weekday opening time is a good low-crowd target; avoid receptions and family programs.

Address: 625 Williams Street, New London, CT 06320 | **Phone:** 860-443-2545 | [Official or authoritative source](#)

Call ahead to confirm: Confirm October exhibitions, admission, and accessibility.

10. Harkness Memorial State Park mansion grounds

Waterford | Outdoor

Why October: Formal gardens, coastal views, and autumn light make a dignified October drive-and-pause destination. **Access and walking:** A free reservable all-terrain wheelchair serves a designated route; accessible parking and picnic tables are available at state recreation areas.

Cost: Free for Connecticut-registered vehicles; verify nonresident parking rules and mansion-tour status. **Sensory and quieter-time plan:** Weekday morning is calmest; coastal wind can be strong and there is limited indoor shelter.

Address: 275 Great Neck Road, Waterford, CT 06385 | **Phone:** 860-443-5725 | [Official or authoritative source](#)

Call ahead to confirm: Reserve the chair, and confirm restrooms, garden access, and any private event.