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AUGUST 2026

Connecticut Caregiver Outing Guide

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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

August in Connecticut can bring heat, humidity, thunderstorms, poor air quality, and busy shoreline weekends. Favor weekday mornings, keep outdoor time short, carry water, and pair every weather-sensitive plan 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

10 August-ready options | 4 indoor • 1 outdoor • 5 mixed

1. Submarine Force Museum and USS Nautilus

Groton | Mixed | August fit

Why it works: The free museum is a strong indoor August outing with naval and engineering history; the submarine itself is optional.

Access & walking: The shore museum is accessible, but the historic submarine has narrow passages, stairs, and mobility restrictions.

Cost: Free.

Sensory plan: Visit weekday morning and focus on the main museum for lower physical demand. Security and family traffic can add stimulation.

Details: 1 Crystal Lake Road, Groton, CT 06349 | 860-694-3174 | [Official source](#)

Call ahead: Confirm security rules, Nautilus access limits, and group traffic.

2. Lyman Allyn Art Museum

New London | Indoor | August fit

Why it works: A manageable art museum offers air-conditioning, seating, and a quieter alternative to major shoreline attractions.

Access & walking: The museum has accessible parking and elevator-served galleries; request a wheelchair or seating information in advance.

Cost: Admission is modest with a reduced senior rate; ask about library passes and Museums for All.

Sensory plan: Tuesday or Wednesday at opening is the best quiet target.

Details: 625 Williams Street, New London, CT 06320 | 860-443-2545 | [Official source](#)

Call ahead: Confirm current senior admission, elevator status, and any group visits.

3. Slater Memorial Museum

Norwich | Indoor | August fit

Why it works: Art, decorative arts, and local history in a compact museum provide an inexpensive rainy-day option.

Access & walking: The historic building's accessible route should be confirmed; ask about elevator service and closest parking.

Cost: Low-cost admission with a reduced senior price.

Sensory plan: Visit on a weekday soon after opening and avoid school-group hours.

Details: 108 Crescent Street, Norwich, CT 06360 | 860-425-5563 | [Official source](#)

Call ahead: Confirm summer hours, accessible entrance, and exact admission.

4. Florence Griswold Museum

Old Lyme | Mixed | August fit

Why it works: American art, a historic house, and riverfront gardens give indoor and outdoor choices for a mild August day.

Access & walking: The modern gallery is accessible; historic-house rooms and garden surfaces may have limits. Ask for a minimal-walking route.

Cost: Admission is moderate with senior discounts; library passes may help.

Sensory plan: Go at opening and see indoor galleries first. Avoid event days and midday garden heat.

Details: 96 Lyme Street, Old Lyme, CT 06371 | 860-434-5542 | [Official source](#)

Call ahead: Confirm house accessibility, seating, garden surfaces, and current price.

5. Fort Trumbull State Park

New London | Mixed | August fit

Why it works: The visitor center and fort are open through Labor Day, with indoor exhibits and a paved waterfront route.

Access & walking: Parking, walkways, restrooms, visitor center, and fort are listed as accessible; the full 1.3-mile loop is optional.

Cost: Grounds free; visitor center and fort \$6 for ages 13+, \$2 ages 6-12.

Sensory plan: Arrive at 9 a.m. on a weekday. Skip ramparts or the loop if heat, wind, or stamina are concerns.

Details: 90 Walbach Street, New London, CT 06320 | 860-444-7591 | [Official source](#)

Call ahead: Confirm the elevator or ramp route, exhibit hours, and waterfront conditions.

6. Harkness Memorial State Park

Waterford | Mixed | August fit

Why it works: Seaside lawns, formal gardens, and weekend mansion tours are especially suitable in August.

Access & walking: Accessible parking, tables, restrooms, mansion tours, and advance-reservation all-terrain wheelchairs are listed.

Cost: Free for Connecticut-registered vehicles; out-of-state parking is \$10 weekdays and \$15 weekends/holidays. Tours request donations.

Sensory plan: Choose a weekday morning for quiet grounds or the first weekend tour. There is no swimming.

Details: 275 Great Neck Road, Waterford, CT 06385 | 860-443-5725 | [Official source](#)

Call ahead: Confirm mansion-tour availability, event closures, and all-terrain-chair reservation.

7. Rocky Neck State Park

East Lyme | Outdoor | August fit

Why it works: A shoreline picnic, boardwalk view, or brief beach visit can be tailored to low walking on a mild August morning.

Access & walking: The park participates in the free all-terrain wheelchair program and offers limited free beach wheelchairs; facilities vary by area.

Cost: Free for Connecticut-registered vehicles; out-of-state seasonal parking fees apply.

Sensory plan: Arrive before 9:30 a.m. on a weekday. Use picnic areas rather than the busiest beach zone for lower stimulation.

Details: 244 West Main Street, East Lyme, CT 06357 | 860-739-5471 | [Official source](#)

Call ahead: Confirm water quality, beach-chair availability, restrooms, and parking capacity.

8. Mystic Seaport Museum

Mystic | Mixed | August fit

Why it works: Maritime exhibits and the riverfront are a signature August experience, and the modern Thompson building can anchor a shorter indoor visit.

Access & walking: Both visitor entrances have ramps; accessible restrooms are listed. Historic vessels and buildings have varied access.

Cost: Higher-cost exception. Visitors with special needs and one accompanying adult receive 50% off; ask about library passes.

Sensory plan: Arrive at opening on a weekday and select two accessible indoor exhibits. Avoid festival days.

Details: 75 Greenmanville Avenue, Mystic, CT 06355 | 860-572-0711 | [Official source](#)

Call ahead: Confirm discount, vessel access, wheelchair availability, and the least crowded entrance.

9. Mashantucket Pequot Museum & Research Center

Mashantucket | Indoor | August fit

Why it works: A large indoor museum offers Indigenous history, seating, elevators, and an all-weather August plan.

Access & walking: The modern museum is designed for public access; ask for a wheelchair, elevator map, and a shortened route because distances can be substantial.

Cost: Admission is moderate to high; request current senior, caregiver, Museums for All, and library-pass options.

Sensory plan: Visit at opening and avoid special-event days. Large immersive exhibits may include sound and low lighting.

Details: 110 Pequot Trail, Mashantucket, CT 06338 | 860-396-6911 | [Official source](#)

Call ahead: Confirm 2026 open days, sensory conditions, wheelchairs, and total price.

10. Mystic & Noank Library

Mystic | Indoor | August fit

Why it works: A historic public library provides a free, quiet, air-conditioned alternative near busier Mystic attractions.

Access & walking: The building has a public accessible route, but confirm the entrance, elevator, and closest parking in the historic district.

Cost: Free; programs may require registration.

Sensory plan: Weekday morning outside children's programs is the quietest choice.

Details: 40 Library Street, Mystic, CT 06355 | 860-536-7721 | [Official source](#)

Call ahead: Confirm accessible parking, elevator status, and the August program schedule.

Before You Leave

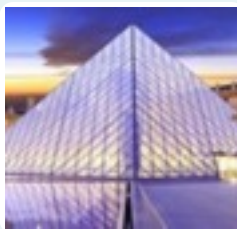
A two-minute confirmation call can prevent a difficult arrival. Check each item against the individual care plan.

- Current public hours, last admission, reservations, and group-size rules
- Accessible parking or drop-off, entrance, elevator/lift dimensions, seating, and route length
- Accessible restroom availability and the distance from the planned activity
- Admission, caregiver/support-person policy, library passes, and payment method
- Weather, heat index, air quality, water quality, trail or beach conditions, and an indoor backup
- Transportation timing, vehicle temperature, hydration, medication schedule, meals, and rest breaks
- Expected noise, lighting, crowds, school groups, camps, concerts, or special events
- Client preferences, consent, dignity, clothing, mobility equipment, and communication supports
- Organization policies, approved staffing level, emergency contacts, and return-time plan

Scope and safety note. These are planning suggestions, not guarantees of accessibility, clinical appropriateness, supervision level, transportation safety, or individual suitability. Public details can change. Caregivers should follow their organization's policies, care plans, staffing requirements, and emergency procedures.

READY TO EXPLORE?

We've picked 5 destinations in New London County that residents may love to discover.



TURN THE PAGE →

Your next ElderCrew adventure could be waiting.

TOP 5 MUST-SEE DESTINATIONS

IN NEW LONDON COUNTY



1 • GROTON • MIXED

Submarine Force Museum and USS Nautilus

Explore submarine history beside the world's first nuclear-powered submarine.

WHY RESIDENTS MAY LOVE IT

Impressive vessels and naval stories can prompt memories, pride, and fascinating conversation.

[LEARN MORE ›](#)



2 • OLD LYME • MIXED

Florence Griswold Museum

Discover American art in a gracious historic home and gardens beside the Lieutenant River.

WHY RESIDENTS MAY LOVE IT

Art, history, and scenery make it easy to shape a calm, beautiful outing.

[LEARN MORE ›](#)



3 • WATERFORD • OUTDOOR

Harkness Memorial State Park

Enjoy seaside gardens, grand architecture, and sweeping views across Long Island Sound.

WHY RESIDENTS MAY LOVE IT

A scenic drive and brief garden stop can feel wonderfully restorative and special.

[LEARN MORE ›](#)



4 • MYSTIC • MIXED

Mystic Seaport Museum

Step into a living maritime village filled with historic ships, waterfront views, and coastal stories.

WHY RESIDENTS MAY LOVE IT

Residents can choose one memorable highlight and still experience the atmosphere of a day by the sea.

[LEARN MORE ›](#)



5 • MASHANTUCKET • INDOOR

Mashantucket Pequot Museum & Research Center

Journey through thousands of years of Native history in immersive, visually rich exhibits.

WHY RESIDENTS MAY LOVE IT

Powerful storytelling and lifelike settings create a meaningful experience with flexible, indoor pacing.

[LEARN MORE ›](#)

CAREGIVER TIP

Call ahead to confirm accessibility, seating, parking, current hours, and the best route for your resident.

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