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# Connecticut Caregiver Outing Guide

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10 practical community outings in Middlesex 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

Middlesex County

### Planning note

November in Connecticut can bring colder mornings, rain, wind, shorter days, and occasional frost or snow. Dress in warm layers, check weather forecasts and venue hours, allow extra travel time for changing road conditions, 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.

# Middlesex County

Ten November choices selected for realistic caregiver pacing. Weather-sensitive, high-stimulation, or limited-schedule options are identified directly.

### 1. Fall into Favorites Indoor Vendor and Craft Market | *Middletown*

**November fit:** Sunday, November 15, 11 a.m. to 5 p.m. Free admission, free parking, and an indoor setting make this a practical seasonal browsing outing.

**Setting and access:** Indoor. The event listing explicitly states the venue is wheelchair accessible; confirm restroom, seating, and the least crowded arrival time.

**Cost and sensory plan:** Free admission and parking; purchases optional. Vendor markets can be busy and visually dense. Arrive at 11 a.m. and keep the visit brief.

**Location:** Middletown Elks Lodge, 44 Maynard Street, Middletown | Official or authoritative source

**Call ahead:** Confirm accessible entrance, seating/restroom locations, and whether the opening hour is expected to be quietest.

### 2. Annie at The Goodspeed | *East Haddam*

**November fit:** October 30 through December 27; November matinees available. A familiar musical and multiple daytime performances support a seated seasonal outing.

**Setting and access:** Indoor. Reserve wheelchair or transfer seating and companion seats directly; confirm accessible drop-off, elevator route, restroom, and assistive listening.

**Cost and sensory plan:** Tickets start at $30; ask about senior/group rates and fees. Music, applause, and full houses may be stimulating. Choose a midweek 2 p.m. show and ask about effects and run time.

**Location:** 6 Main Street, East Haddam | Phone: 860-873-8668 | Official or authoritative source

**Call ahead:** Confirm current hours, access route, restroom availability, and any reservation needs before leaving.

### 3. Grotesque Art Beyond Restraint at Pruzan Art Center | *Middletown*

**November fit:** Through December 12; confirm November weekday hours. The free print and photography exhibition offers a compact university-gallery visit.

**Setting and access:** Indoor. Confirm accessible visitor parking, ground-level route, seating, and restroom access at Pruzan Art Center.

**Cost and sensory plan:** Free and open to the public. Choose an early weekday gallery hour and avoid class visits or receptions.

**Location:** Goldrach Gallery, Pruzan Art Center, 238 Church Street, Middletown | Phone: 860-685-3288 | Official or authoritative source

**Call ahead:** Confirm current hours, access route, restroom availability, and any reservation needs before leaving.

### 4. Zilkha Gallery and Reading Room | *Middletown*

**November fit:** Open during the fall semester; verify November exhibition and Thanksgiving break. A gallery plus contemplative reading room gives caregivers a built-in quiet retreat.

**Setting and access:** Indoor. Official information states ground-level entry, full wheelchair access, nearby accessible restroom, and quiet viewing hours by request.

**Cost and sensory plan:** Free. Request quiet viewing hours and large-print materials in advance.

**Location:** 283 Washington Terrace, Middletown | Phone: 860-685-3355 | Official or authoritative source

**Call ahead:** Confirm current hours, access route, restroom availability, and any reservation needs before leaving.

### 5. Wesleyan Potters gallery shop | *Middletown*

**November fit:** Open Wednesday through Sunday; confirm Thanksgiving-week hours and any annual sale schedule. Handmade pottery, fiber, metal, and wood provide an engaging but flexible indoor browse.

**Setting and access:** Indoor. Confirm step-free entrance, aisle width, seating, restroom, and closest accessible parking.

**Cost and sensory plan:** Free to browse; purchases optional. Visit Wednesday or Thursday at opening and avoid special sale weekends for lower stimulation.

**Location:** 350 South Main Street, Middletown | Phone: 860-344-0039 | Official or authoritative source

**Call ahead:** Confirm current hours, access route, restroom availability, and any reservation needs before leaving.

### 6. The Buttonwood Tree gallery or daytime program | *Middletown*

**November fit:** Choose a November gallery hour or seated daytime program from the calendar. A small community arts venue allows a short visit and supports local artists.

**Setting and access:** Indoor. Confirm step-free entrance, accessible restroom, seating layout, and parking before choosing a program.

**Cost and sensory plan:** Gallery viewing may be free; event prices vary. Select a gallery visit or acoustic daytime event rather than a crowded evening concert.

**Location:** 9 Pleasant Street, Middletown | Phone: 860-347-4957 | Official or authoritative source

**Call ahead:** Confirm current hours, access route, restroom availability, and any reservation needs before leaving.

### 7. Russell Library local-history and reading visit | *Middletown*

**November fit:** Open in November except posted holiday closures. A free library visit offers seating, restrooms, and easy exit if energy changes.

**Setting and access:** Indoor. Confirm accessible entrance during any construction, elevator route, accessible parking, and restroom location.

**Cost and sensory plan:** Free; some programs require registration. Choose a weekday morning away from children's programs and community meetings.

**Location:** 123 Broad Street, Middletown | Phone: 860-347-2528 | Official or authoritative source

**Call ahead:** Confirm current hours, access route, restroom availability, and any reservation needs before leaving.

### 8. Katharine Hepburn Museum | *Old Saybrook*

**November fit:** Check museum and box-office hours in November. The compact lobby museum displays costumes and memorabilia and can be visited without attending a show.

**Setting and access:** Indoor. Confirm level entry, accessible parking/drop-off, seating, restroom access, and whether the museum is open independently of performances.

**Cost and sensory plan:** Museum is generally free; confirm. Visit during weekday box-office hours when no performance is loading in.

**Location:** 300 Main Street, Old Saybrook | Phone: 860-510-0453 | Official or authoritative source

**Call ahead:** Confirm current hours, access route, restroom availability, and any reservation needs before leaving.

### 9. Connecticut River Museum galleries | *Essex*

**November fit:** Open on posted November dates; verify Thanksgiving and exhibit-change closures. Maritime history provides a substantial indoor option in a small village setting.

**Setting and access:** Indoor. Confirm elevator access to galleries, wheelchair availability, accessible parking/drop-off, seating, and restroom location.

**Cost and sensory plan:** Ticketed; ask about senior price, caregiver policy, and library passes. Choose a weekday morning and avoid holiday-program opening days.

**Location:** 67 Main Street, Essex | Phone: 860-767-8269 | Official or authoritative source

**Call ahead:** Confirm current hours, access route, restroom availability, and any reservation needs before leaving.

### 10. Spectrum Art Gallery | *Centerbrook*

**November fit:** Check November exhibition and holiday-market hours. A small gallery offers a short indoor art and craft outing with minimal route demands.

**Setting and access:** Indoor. Confirm step-free entry, accessible parking, aisle width, seating, and restroom availability.

**Cost and sensory plan:** Free to browse; workshops and purchases cost extra. Weekday opening hours should be calmer than receptions or holiday-market weekends.

**Location:** 61 Main Street, Centerbrook | Phone: 860-767-0742 | Official or authoritative source

**Call ahead:** Confirm current hours, access route, restroom availability, and any reservation needs before leaving.