

## On-Site Activities

### FITNESS CENTER

- Volleyball (Indoor and Outdoor)
- Full Size Indoor Basketball Court
- 2 Racquetball Courts
- 75-Foot Half-Olympic Indoor Pool
- Wally ball (volleyball played in a racquetball court)
- 2 Outdoor Tennis Courts
- Outdoor Bikes (Can be signed out through the Front Desk)
- Jogging/Walking Trails

### LAWN GAMES (BASED ON WEATHER)

- Lawn Bocce
- Frisbee
- Horseshoes
- Wiffleball

### EXERCISE ROOM

- Treadmills
- Stationary Bicycles
- Elliptical machines
- Free weights
- Weight Machines
- Sauna
- In-room massage upon request

## What's Nearby

### POINTS OF INTEREST

- Lockwood-Matthews Mansion  
[lockwoodmathewsmansion.com/](http://lockwoodmathewsmansion.com/)
- The Norwalk Museum  
[www.norwalkct.org/norwalkmuseum/index.htm](http://www.norwalkct.org/norwalkmuseum/index.htm)
- Maritime Aquarium  
[maritimeaquarium.org/](http://maritimeaquarium.org/)
- Norwalk Coastal Access Facilities  
[www.lisrc.uconn.edu/coastalaccess/searchtown.asp?townno=103&s=2](http://www.lisrc.uconn.edu/coastalaccess/searchtown.asp?townno=103&s=2)
- Stamford Palace Theatre  
[www.stamfordcenterforthearts.org/home.cfm](http://www.stamfordcenterforthearts.org/home.cfm)
- Stamford Museum and Nature Center - Stamford, CT  
[www.stamfordmuseum.org/](http://www.stamfordmuseum.org/)
- Bruce Museum of Arts and Science - Greenwich, CT  
[www.brucemuseum.org/](http://www.brucemuseum.org/)
- The Arena at Harbor Yard - Bridgeport, CT  
[www.arenaatharboryard.com/?p=tickets](http://www.arenaatharboryard.com/?p=tickets)
- CT Beardsley Zoo - Bridgeport, CT  
[beardsleyzoo.org/](http://beardsleyzoo.org/)

### OTHER NEARBY ACTIVITIES

- Muse Paint Bar, South Norwalk, CT  
<http://www.musepaintbar.com/lander/norwalk>
- Oak Hills Public Course (5 minutes from Dolce)  
Reservations can be made on-line at [www.oakhillgc.com](http://www.oakhillgc.com)  
or call the automated telephone system at 203-604-1273
- Bowlmor – Bowling lanes and laser tag, Norwalk, CT  
Fun for all ages - [www.bowlmor.com/norwalk](http://www.bowlmor.com/norwalk)
- Soul Synergy Holistic Wellness Center  
[www.soulsynergy.org](http://www.soulsynergy.org)