



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>“My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?” — Bob Hope</p>				1	2	3
4	5 3:30-5:00 Yoga Class	6	7	8	9	10
11 3:30-5:00 Walk-Fit	12 3:30-5:00 Zumba	13	14 6:00-8:00 Blue Fox Bowling	15 7:00-9:00 Holiday Dinner/Dance Avon Sr. Center	16	17
18 3:30-5:00 Walk-Fit	19	20	21 First Day of Winter	22	23	24 Christmas Eve
25	26 Kwanzaa	27	28	29 Favarh Holiday	30	31 New Year's Eve
Merry Christmas		3:30-5:00 Let's Paint		6:30-9:30 Movie Club		
						

# EVENTS

**SOCT/ Special Olympics**  
**Farmington Valley CT/Unified**  
For more information contact the  
local coordinator at:  
[sofarmingtonvalley@gmail.com](mailto:sofarmingtonvalley@gmail.com)

To register and confirm in a timely manner  
please sign up for activities by the  
**DEADLINE of NOV. 30**  
Jean Miller, Family & Recreation  
Services Director  
[jmiller@favarh.org](mailto:jmiller@favarh.org) ~ 860-693-6662 ext.128

Not sure if an activity is still on because  
of the weather? Call the  
**CANCELLATION HOTLINE**  
at 860-693-6662 ext.122  
to see if the activity has been cancelled.  
**Sorry individual calls will not be made.**

## ACTIVITY DETAILS

### Yoga with Sharon

Description: 45 minutes of yoga stretches and relaxation, with a local instructor, followed by a healthy snack.

Date/Time: *Tuesday, Dec. 5, 3:30-5:00* Leaders: Jean Miller

Drop Off/Pick Up: Favarh, 225 Commerce Drive, Canton (lower level)

Registration Fee: \$5 Activity Fee: **Bring \$5.00 for the instructor** Group Limit: none

### Walk-Fit

Description: Join us for a fun, fitness activity in the community room at Favarh. If it's a warm day we'll walk outside!

Location: Favarh, 225 Commerce Drive, Canton (lower level) Leaders: Tammy Bridges

Date/Time: *Monday, Dec. 11, 18~ 3:30-5:00 p.m.*

Drop Off/Pick Up: 225 Commerce Drive, Canton, CT 06019

Registration Fee: \$10 (2 weeks) Activity Fee: none Group Limit: none \*Volunteers needed: 2

### ZUMBA with Jessica (Favarh theatre dance instructor)

Description: A 45 min. beginner level ZUMBA class with the goal of having fun! Followed by a healthy snack!

Location: Favarh, 225 Commerce Drive, Canton (lower level) Leaders: TBD

Date/Time: *Tuesday, Dec. 12 ~ 3:30-5:00 p.m.*

Drop Off/Pick Up: 225 Commerce Drive, Canton, CT 06019

Registration Fee: \$5 Activity Fee: **Bring \$5.00 for the instructor** Group Limit: none

### Bowling

Description: A great night of bowling with your friends! **Must be pre-registered to participate.**

Date/Time: *Thursday, Dec. 14 ~ 6 - 8 pm* Leader: Dennis Bianchi

Drop Off/Pick Up: Blue Fox Rock'n Bowl, 1603 Hopmeadow St, Simsbury, CT

Registration Fee: \$5 required

Activity Fee: **Bring \$6 for two games,** (free shoe rental) extra for refreshments.

Group Limit: 16 \*Volunteers needed: 3

### **Holiday Party & Dinner/Dance**

Description: Join us at the Avon Senior Center for an evening of fun! A delicious dinner from New England Pasta, Dancing, Santa and Grab Bag (**BRING A \$5.00 GRAB BAG GIFT**)

Leaders: Jean Miller

Date/Time: *Friday, Dec. 15, 7:00-9:00*

Drop Off/Pick Up: Avon Senior Center, 635 West Avon Road, Avon

Registration Fee: \$20.00 (Staff having dinner \$10). Activity Fee: None Group Limit: None

### **Let's Paint!**

Description: You'll be given acrylic paint and a canvas to create your own masterpiece! We'll display your painting on the **Favarh Art Wall (to be returned next month)!**

Location: Favarh, 225 Commerce Drive, Canton (lower level) Leaders: Jean Miller

Date/Time: *Wednesday, Dec. 27~ 3:30-5:00 p.m.*

Drop Off/Pick Up: 225 Commerce Drive, Canton, CT 06019

Registration Fee: \$15 Activity Fee: none Group Limit: none \*Volunteers needed: 2

### **Movie Club**

Location: Simsbury Commons

Date/Time: *Friday, Dec. 29~ 6:30 - 9:30 pm* Leader: Al Fields

Drop Off/Pick Up: Simsbury Commons Movie Theater, 530 Bushy Hill Rd., Simsbury

Registration Fee: \$14

Activity Fee: Bring \$ for refreshments Group limit: 10 \*Volunteers needed: 2



**FAVARH TEE SHIRTS FOR SALE! \$8.00 EACH SIZE MEDIUM – XXL  
NAVY BLUE ONLY ORDER ON FORM AND PICK UP AT FAVARH!**

**Please mail registration, sign-up on line or drop it off in the Favarh finance office. Do not send to program please.**



Mail your completed Registration Form and check (payable to Favarh) to:  
Recreation & Wellness Dept.  
225 Commerce Drive Canton, CT 06019

Please contact Jean Miller 860-693-6662 X128, [jmiller@favarh.org](mailto:jmiller@favarh.org) with questions  
**DECEMBER 2017 Registration Form**

**Participant Information**

Name:	Phone:
DOB:	Sex (M or F) :
Address:	City :
State:	Zip Code:
Emergency contact name & number:	
Email:	

**Parents/Guardian if applicable**

Father/Guardian Name:	Mother/Guardian Name:
Cell Phone:	Cell Phone:
E-mail:	E-mail:

**VOLUNTEERS NEEDED** Parents/Friends/Family Members that volunteer will receive FREE entrance to all activities!  
**Due to costs, we are no longer waiving the service fee or allowing non-rec paid staff to receive free entrance.**

**Note:** All activities are managed by one paid Leader plus volunteers.

Activity	Ticket or Supply Fee	√ if volunteering	Bring Extra Cash for:	Registration Fee	Total Fees
<input type="checkbox"/> Yoga 12/5	None		Bring \$5 for instructor	\$ 5.00	\$ 5.00
<input type="checkbox"/> Walk-Fit – 2 weeks	None			\$10.00	\$10.00
<input type="checkbox"/> Zumba	None		Bring \$5 for instructor	\$ 5.00	\$ 5.00
<input type="checkbox"/> Bowling	None		Bring \$6.00 for bowling	\$ 5.00	\$ 5.00
<input type="checkbox"/> Holiday Party	None		Bring a \$5 Grab Bag Gift	\$20.00	\$20.00
<input type="checkbox"/> Let's Paint	\$10.00			\$ 5.00	\$15.00
<input type="checkbox"/> Movies	\$ 9.00		Bring \$ for snacks	\$ 5.00	\$14.00
<input type="checkbox"/>					
<input type="checkbox"/> TEE SHIRT	\$ 8.00		Indicate Size _____	None	\$ 8.00
<b>Registered volunteers will receive a FREE ticket to events attended.</b>					<b>TOTAL</b>
Name of Volunteer attending:					

**Cancellations** accepted for credit only up to 1 week before event. **No credit for cancellations later than 48 hours prior to event or if tickets have already been purchased.**

I am my own guardian or, I am the parent/guardian of the above named individual, and give my approval to participate in these Activities, including at times, transportation to and from the Activities. I know that participation in these Activities may result in injuries and/or accidents and do hereby waive, release, absolve, indemnify, and agree to hold harmless The Arc of the Farmington Valley, Inc. (dba Favarh), the employees, sponsors, volunteers, participants and persons providing transportation whether result of negligence or for any other cause. I hereby give my consent to Favarh for the taking and use of photographs of the above named individual while participating in these activities.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date