



Favarh Recreation,
Wellness & Education



APRIL 2018

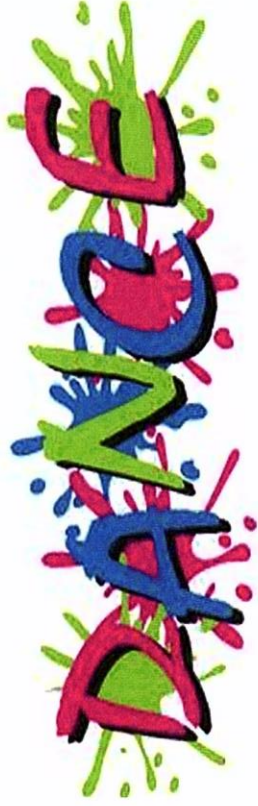
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
To enjoy the glow of good health, you must exercise. <i>Gene Tunney</i>		4	5	6	7	8
9	10	11	12	13	14	15
3:30-5:00 Get-Fit		3:30-5:00 Zumba	6:00-8:00 Blue Fox Bowling			
16	17	18	19	20	21	22
3:30-5:00 Get-Fit	3:30-5:00 Yoga Class	3:30-5:00 Let's Paint		7:00-9:00 Favarh Spring Dance Avon Sr. Center		10:00-2:00 Earth Day at Indian Rock Nature Preserve
23	24	25	26	27	28	29
3:30-5:00 Get-Fit	3:30-5:00 Yoga Class	3:30-5:00 Zumba		6:30-9:30 Movie Club		
				May 18 th , 6-10:00 Fri. Hartford Yard Goats Avon Canton Rotary Ticket Deadline May 4	The fragrance of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all directions. <i>Chanakya</i>	

EVENTS

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

To register and confirm in a timely manner
please sign up for activities by the
DEADLINE of APRIL 4TH
Jean Miller, Family & Recreation
Services Director
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.



SPRING FLING!!

MUSIC & DANCING

REFRESHMENTS WILL BE SERVED

FRIDAY, APRIL 20

7:00 - 9:00

AVON SENIOR CENTER

635 West Avon Road, Avon



The Arc

Favarh

Helping children and adults with intellectual and developmental disabilities achieve their personal best since 1958

**Please
join
Favarh
for an
evening
of music
&
dancing
\$10/ticket**

Additional \$5 Service Fee
If getting dropped off
without supervision.
Must sign up in advance.

PLEASE RSVP

Jean Miller
jmiller@favarh.org

860-693-6662 x 128

By April 13th

www.favarh.org

ACTIVITY DETAILS

Get-Fit

Description: Join us for a fun, fitness activity in the community room at Favarh. If the weather is nice we'll walk the trail!

Location: Favarh, **Monday, April 9, 16, 23~ 3:30-5:00 p.m.**

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

Registration Fee: \$15 (3 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)

Date/Time: **Wednesday, April 11, 25~ 3:30-5:00 p.m.**

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

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

Yoga with Sharon

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

Date/Time: **Tuesday, April 17, 24~ 3:30-5:00** Leader: Jean Miller

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

Registration Fee: \$5 Activity Fee: **Bring \$5.00/week 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, April 12 ~ 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

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) Leader: Jean Miller

Date/Time: **Wednesday, April 18~ 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

Favarh Spring Fling Dance

Description: Celebrate Spring with an evening of dancing with your friends!

Leaders: Jean Miller ***Friday, April 20, 7:00-9:00***

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

Registration Fee: \$15 Activity Fee: None

Group Limit: None *Volunteers needed: 2

Earth Day at Indian Rock Nature Preserve Bristol

Description: Enjoy tours, hayrides around the lake, farm animals, Native American demonstrations & wigwams, and Earth Day activities. An opportunity to explore the preserve which is not usually open to the public!

Date/Time: ***Sunday, April 22, 10:00-2:00*** Leaders: TBD

Drop Off/Pick Up: 225 Commerce Drive, Canton

Registration Fee: \$10 Activity Fee: Bring a bagged lunch, we'll picnic there. Group Limit: 10

Movie Club

Location: Simsbury Commons

Date/Time: ***Friday, April 27~ 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

Hartford Yard Goats (ROTARY SPONSORED) MAY 18 ACTIVITY WITH A 5/4 DEADLINE FOR LIMITED TICKETS

Description: Enjoy an evening with the Yard Goats and the Avon/Canton Rotary

Date/Time: ***Friday, May 18~6:00-10:00 pm***

Drop Off/Pick Up: 225 Commerce Drive, Canton

Registration Fee: \$8 Activity Fee: Bring \$ for refreshments Group Limit: 10



**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 with questions

April 2018 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	<input type="checkbox"/> if volunteering	Bring Extra Cash for:	Service Fee	Total Fees
<input type="checkbox"/> Get-Fit 3 weeks	None			\$15.00	\$15.00
<input type="checkbox"/> Zumba 2 weeks	None		Bring \$5 for instructor/week	\$10.00	\$10.00
<input type="checkbox"/> Bowling	None		Bring \$6.00 for bowling	\$ 5.00	\$ 5.00
<input type="checkbox"/> Yoga 2 weeks	None		Bring \$5 for instructor/week	\$10.00	\$10.00
<input type="checkbox"/> Dance Avon Sr. Center	\$10.00			\$ 5.00	\$15.00
<input type="checkbox"/> Earth Day Indian Rock	\$ 0.00			\$10.00	\$10.00
<input type="checkbox"/> Movie Club	\$ 9.00		Bring \$ for snacks	\$ 5.00	\$14.00
<input type="checkbox"/> Let's Paint	\$10.00			\$ 5.00	\$15.00
<input type="checkbox"/> YARD GOATS MAY 18	\$ 0.00			\$ 8.00	\$ 8.00
Registered volunteers will receive a FREE ticket to events attended.					TOTAL
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