



## Favarh Recreation, Wellness & Education

# August 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
"Respect your body. Eat well. Dance forever." Eliza Gavnor Minden		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
3:30-5:00 Walk-Fit	3:30-5:00 Yoga Class	3:30-5:00 Zumba		6:30-9:30 Movie Club		11:00-2:00 Afternoon in Collinsville
20	21	22	23	24	25	26
3:30-5:00 Walk-Fit		3:30-5:00 Zumba		7:00-9:00 Favarh Luau Dance Party		
27	28	29	30	31	"Make space in your life, space for health and happiness." Kris Carr	
3:30-5:00 Walk-Fit	3:30-5:00 Yoga Class	Let's Paint				
						

# 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  
**DEADLINE of August 3<sup>rd</sup>**  
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.**



**The Arc.**

Favarh



*Favarh Board of Directors  
invite you to join in the celebration of  
Favarh's 60<sup>th</sup> Anniversary*

*at the*

*Favarh Family Dinner and Annual Meeting*

*In honor of this Anniversary Year, in lieu of a picnic,  
the buffet dinner will be held at:*

*The Riverview  
10 Winslow Place  
Simsbury, CT*

*September 6, 2018  
5:30 - 8:30 PM  
\$5.00 Per Person*

*Dinner · Dancing · Live Music · Casual Attire*

**RSVP Required by August 17<sup>th</sup>**

*Please return the information below to:*

*Development Department/Favarh  
225 Commerce Drive  
Canton, CT 06019*

*or*

*development@favarh.org · 860-693-6662 x116 or x108 · [www.favarh.org](http://www.favarh.org)*

**\_\_ Spotlight on Abilities for 60 Years \_\_**

\_\_ Yes I will attend \_\_ Number attending \_\_ I cannot attend

Payment Method: Cash/Check/Credit Card

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Amount: \$ \_\_\_\_\_ CK #: \_\_\_\_\_

Credit Card Type: Visa/Discover/Mastercard

Name on the card: \_\_\_\_\_ 3-Digit Code: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiration: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip code: \_\_\_\_\_ E-Mail: \_\_\_\_\_



*Please return this portion to Development Department/Favarh • 225 Commerce Drive • Canton, CT 06019*

## **ACTIVITY DETAILS**

### **Walk-Fit**

Description: Enjoy a vigorous walk on the trail from Favarh, followed by a healthy snack.

Location: Favarh, ***Monday, August 13, 20, 27~ 3:30-5:00 p.m.*** Leader: Tammy Bridges

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

Registration Fee: \$15 (3 weeks) Activity Fee: none Group Limit: none \*Volunteers needed: 2

### **Yoga with Sharon**

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

Date/Time: ***Tuesday, August 14 & 28, 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

### **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, August 15 & 22~ 3:30-5:00 p.m.***

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

Registration Fee: \$10 Activity Fee: **Bring \$5.00/week for the instructor** Group Limit: none

### **Movie Club**

Location: Simsbury Commons

Date/Time: ***Friday, August 17, 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

### **Afternoon in Collinsville**

Description: We'll meet in Collinsville and walk the trail along the river. Afterwards we'll stop by the Farmer's Market and enjoy lunch at LaSalle Market.

Leader: Tammy Bridges Date/Time: ***Sunday, August 19<sup>th</sup>, 11:00-2:00***

Drop Off/Pick Up: Canton Historical Museum lower parking lot which is right along the trail. Pickup there as well.

Registration Fee: \$5 Activity Fee: Bring \$ for lunch Group Limit: 8 \*Volunteers needed: 2

### **Favarh Hawaiian Luau Dance Party**

Description: Wear your Hawaiian shirt and we'll provide the leis! Dancing and refreshments!

Location: Avon Senior Center, 635 West Avon Road, Avon

Date/Time: ***Friday, August 24, 7:00-9:00 pm***

Drop Off/Pick Up: Avon Senior Center

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

### **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, August 29, 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 TEE SHIRTS FOR SALE! \$8.00 EACH SIZE MEDIUM – XXL  
NAVY BLUE ONLY ORDER ON FORM AND PICK UP AT FAVARH!**



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  
**August 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	√ if volunteering	Bring Extra Cash for:	Service Fee		Total Fees	
<input type="checkbox"/> Walk-Fit 3 weeks					\$15.00		\$15.00
<input type="checkbox"/> Zumba 2 weeks			Bring \$5 for instructor/week		\$10.00		\$10.00
<input type="checkbox"/> Yoga 2 weeks			Bring \$5 for instructor/week		\$10.00		\$10.00
<input type="checkbox"/> Movie Club	\$ 9.00		Bring \$ for snacks, etc.		\$ 5.00		\$14.00
<input type="checkbox"/> Luau Dance	\$10.00				\$ 5.00		\$15.00
<input type="checkbox"/> Let's Paint	\$10.00				\$ 5.00		\$15.00
<input type="checkbox"/> Collinsville Visit			Bring \$ for lunch		\$ 5.00		\$ 5.00
<input type="checkbox"/>							
<input type="checkbox"/>							
<input type="checkbox"/>							
<b>Registered volunteers will receive a FREE ticket to events attended.</b> Name of Volunteer attending:							<b>TOTAL</b>

**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