



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>“Tomorrow (Jan.1), is the first blank page of a 365 page book. Write a good one.” — Brad Paisley</p>				5	6	7
8	9	10	11	12	13	14
3:30-5:00 Get-Fit		3:30-5:00 Zumba	6:00-8:00 Blue Fox Bowling			
15	16	17	18	19	20	21
3:30-5:00 Get-Fit	3:30-5:00 Yoga Class		6:00-8:00 Happy New Year Pizza Party-Antonio's	6:00-8:00 Bingo Elmwood		
22	23	24	25	26	27	28
3:30-5:00 Get-Fit		3:30-5:00 Zumba		6:30-9:30 Movie Club		
29	30	31	<p>Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word. Goran Persson</p>			
	3:30-5:00 Yoga Class	3:30-5:00 Let's Paint				
						

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 Jan. 2
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.

ACTIVITY DETAILS

Get-Fit

Description: Join us for a fun, fitness activity in the community room at Favarh.

Location: Favarh, *Jan. 8, 15, 22~ 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) Leaders: TBD

Date/Time: *Wed., Jan. 10 & 24 ~ 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

Bowling

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

Date/Time: *Thursday, Jan. 11 ~ 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

Yoga with Sharon

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

Date/Time: *Tuesday, Jan. 16 & 30, 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/week for the instructor** Group Limit: none

Happy New Year Pizza Party

Description: Let's make a new year's resolutions while we enjoy a pizza party with your friends. Party favors included!

Leader: Jean Miller

Date/Time: *Thursday, Jan. 18~6:00-8:00*

Drop Off/Pick Up: Antonio's Restaurant, 1185 Hopmeadow St., Simsbury

Registration Fee: \$20.00. Activity Fee: None Group Limit: 30

Cold & Frosty Bingo

Description: Join us at the Elmwood Community Center for an evening of BINGO! Hot Chocolate and cool prizes!!

Leaders: TBD

Date/Time: *Friday, Jan. 19, 7:00-9:00*

Drop Off/Pick Up: 1106 New Britain Ave., West Hartford

Registration Fee: \$20.00 Activity Fee: None Group Limit: None

Movie Club

Location: Simsbury Commons

Date/Time: *Friday, Jan. 26~ 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

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, Jan. 31~ 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!**

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
JANUARY 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"/> New Year's Party	None			\$20.00	\$20.00
<input type="checkbox"/> Bingo Elmwood	None			\$20.00	\$20.00
<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"/> TEE SHIRT	\$ 8.00		Indicate Size _____	None	\$ 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