

ALL REGISTRATIONS RECEIVED BY THE **JANUARY 2ND DEADLINE** WILL BE ENTERED INTO A RAFFLE TO WIN A FAVARH SHIRT!



**Favarh Recreation,
Wellness & Education**

January 2019



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|--|---|---|---|
| "What good is the warmth of summer, without the cold of winter to give it sweetness?" <i>John Steinbeck</i> | | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 3:30-5:00 Country Line Dancing | | 3:30-5:00 Zumba | 6:00-8:00 Blue Fox Bowling | | 1:00-3:00 Pizza & Art Show | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | 3:30-5:00 Yoga Class | 3:30-5:00 Let's Paint | | 6:00-8:00 Elmwood Bingo | | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 3:30-5:00 Country Line Dancing | | 3:30-5:00 Zumba | | 6:30-9:30 Movie Night | | |
| 28 | 29 | 30 | 31 | | "Laughter is the sun that drives winter from the human face." <i>Victor Hugo</i> | |
| | 3:30-5:00 Yoga Class | | | | | |
|  |  |  |  |  |  |  |

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
DEADLINE JANUARY 2ND
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.



Art Show

FEATURING ARTIST

Jennifer Minietti
Lisbeth Budihas
Christopher Pepe

Your Invited to the first
art show of the year!

Come and support
Talented artists

January 12, 2019
From 2:00 pm to 7:00 pm

225 Commerce Drive
Canton CT 06019

For more information
mgarcia@favarh.org

ACTIVITY DETAILS

Country Line Dancing with Shellie

Description: We'll wear our cowboy hats (provided) and learn basic country line dancing with Shellie!

Date/Time: *Monday, Jan. 7 & 21, 3:30-5:00 pm*

Drop Off/Pick Up: 225 Commerce Drive, Canton

Registration Fee: \$10 (Covers 2 weeks) Activity Fee: **Bring \$5.00 each 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: *2 weeks, Wednesday, Jan. 9 & 23, 3:30-5:00 p.m.*

Registration Fee: \$10 (Covers 2 weeks) Fee: **Bring \$5.00 each 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. 10, 6 - 8 pm* Leader: Dennis Bianchi

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

Registration Fee: \$11

Activity Fee: **Cost of bowling is now included in the registration fee,** (free shoe rental) extra \$ for refreshments.

Group Limit: 16 *Volunteers needed: 2

Pizza and Favarh Art Show

Description: We'll have pizza delivered to 225 Commerce Drive, then proceed downstairs to the "Art Show" displaying the works of 3 Favarh residents. Light refreshments served at the show!

Date/Time: *Saturday, Jan. 12, 1:00-3:00* Leader: TBD

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

Registration Fee: \$10 (includes pizza & beverage) 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, Jan. 15 & 29, 3:30-5:00* Leader: Jean Miller

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

Registration Fee: \$10 (Covers 2 weeks) Activity Fee: **Bring \$5.00/week for the instructor.** 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.**

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

Date/Time: ***Wednesday, December 16, 3:30-5:00 p.m.***

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

Registration Fee: \$15 Activity Fee: Group Limit: *Volunteers needed: 2

Cold & Frosty Bingo

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

Leader: TBD

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

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

Registration Fee: \$20.00 Activity Fee: None Group Limit: 8

Movie Club

Location: Simsbury Commons

Date/Time: ***Friday, Jan. 25, 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

You can also register on-line at www.favarh.org

Yoga, Zumba, and Country Line Dance classes are open to anyone interested in attending at a cost of \$5/class to cover the instructor. Please let me know if you will be attending by calling 860-693-6662 x128, or jmiller@favarh.org. Thanks!



We have gold, long sleeve tee shirts available at a cost of \$12 each. Please indicate size (M) medium, (L) large, or (XL) extra-large on the form. Pick up or I can send home!



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 2019 Registration Form

Participant Information

| | |
|---|-------------------------------|
| Name: | Phone: |
| Seizures: | Allergies/Food Sensitivities: |
| Address: | City : |
| State: | Zip Code: |
| Emergency contact during activities, name & phone | |
| Email for notifications: | |

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 | | √ if volunteering | Bring Extra Cash for: | | Pay this amount |
|---|-----------------|-------------------|---------------------------------|--|-----------------|
| <input type="checkbox"/> Country Line Dancing | | | Bring \$5 instructor fee | | \$ 10.00 |
| <input type="checkbox"/> Zumba | | | Bring \$5 instructor fee | | \$ 10.00 |
| <input type="checkbox"/> Bowling | | | Bring \$ for snacks | | \$ 11.00 |
| <input type="checkbox"/> Lunch & Art Show | | | | | \$ 10.00 |
| <input type="checkbox"/> Yoga | | | Bring \$5 instructor fee | | \$ 10.00 |
| <input type="checkbox"/> Let's Paint | | | | | \$ 15.00 |
| <input type="checkbox"/> Elmwood Bingo | | | | | \$ 20.00 |
| <input type="checkbox"/> Movie Night | | | Bring \$ for snacks | | \$ 14.00 |
| <input type="checkbox"/> Purchase Shirt | Quantity | | Size | | \$ 12.00 |
| 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