



**Favarh Recreation,
Wellness & Education**

November 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Health is like money, we never have a true idea of its value until we lose it." Josh Billings			1	2	3	4
5	6	7	8	9	10	11
		3:30-5:00 Let's Paint	6:00-8:00 Blue Fox Bowling			
12	13	14	15	16	17	18
3:30-5:00 Country Line Dancing	3:30-5:00 Yoga Class	3:30-5:00 Zumba		6:30-9:30 Movie Club		
19	20	21	22	23	24	25
3:30-5:00 Walk-Fit			THANKSGIVING			
26	27	28	29	30	Wherever you go, no matter what the weather, always bring your own sunshine. Anthony J. D'Angelo	
3:30-5:00 Country Line Dancing	3:30-5:00 Yoga Class	3:30-5:00 Zumba		6:00-8:00 Klub Karaoke Elmwood		
						

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 October 31st
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.

Favarh's 60th Anniversary Gala

November 16, 2018

The Riverview, Simsbury

sponsored by

Farmington Bank

and

The Rideshare Company

CORVETTES
COO WOP REVUE

Dinner, Dancing and
the Good Ole' Days of
Rock and Roll!

Tickets on sale now!

860-693-6662 x 116

www.favarh.org


The Arc
Favarh

ACTIVITY DETAILS

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, November 7, 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

Bowling

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

Date/Time: *Thursday, November 8, 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

Country Line Dancing with Shellie

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

Date/Time: *Monday, November 12 & 26, 3:30-5:00 pm*

Drop Off/Pick Up: 225 Commerce Drive, Canton

Registration Fee: \$10 Activity Fee: **Bring \$5.00/week for the instructor** 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, November 13 & 27, 3:30-5:00* Leader: Jean Miller

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

Registration Fee: \$10 (2 weeks) 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: *2 weeks, Wednesday, November 14 & 28, 3:30-5:00 p.m.*

Registration Fee: \$10 (2 weeks) Fee: **Bring \$5.00/week for the instructor.** Group Limit: none

Movie Club

Location: Simsbury Commons

Date/Time: *Friday, November 16, 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

Walk-Fit

Description: Enjoy a vigorous walk on the trail from Favarh, followed by a healthy snack. This will be our last walk of the season. One week only.

Location: Favarh, *Monday, November 19~ 3:30-5:00 p.m.* Leader: Tammy Bridges

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

Registration Fee: \$5 (1 week) Activity Fee: none Group Limit: none *Volunteers needed: 2

Klub Karaoke at Elmwood

Description: Show off your talents singing your favorite songs! Light refreshments will be served!

Leader: TBD Date/Time: *Friday, November 30~ 6:00-8:00*

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

Registration Fee: \$20 Activity Fee: None Group Limit: 8 Volunteers needed: 2

They fill up fast so if you're interested in karaoke get your registrations in EARLY!

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!



FAVARH TEE SHIRTS FOR SALE! \$8.00 EACH SIZE MEDIUM & LARGE ONLY 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 with questions
November 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	Pay this amount
<input type="checkbox"/> Klub Karaoke	\$15.00			\$ 5.00	\$20.00
<input type="checkbox"/> Walk-Fit – 1 week	None			\$ 5.00	\$ 5.00
<input type="checkbox"/> Yoga - 2 weeks	None		Bring \$5/week instructor fee	\$10.00	\$10.00
<input type="checkbox"/> ZUMBA – 2 WEEKS	None		Bring \$5/week instructor fee	\$10.00	\$10.00
<input type="checkbox"/> Bowling	\$ 6.00		\$ for snacks	\$ 5.00	\$11.00
<input type="checkbox"/> Movie Club	\$ 9.00		\$ for snacks	\$ 5.00	\$14.00
<input type="checkbox"/> Let's Paint	\$10.00			\$ 5.00	\$15.00
<input type="checkbox"/> Country Line Dancing	None		Bring \$5/week instructor fee	\$10.00	\$10.00
<input type="checkbox"/> Tee Shirt			Size		\$ 8.00
<input type="checkbox"/>					
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