

ALL REGISTRATIONS RECEIVED BY THE **OCTOBER 1ST DEADLINE** WILL BE ENTERED INTO A RAFFLE TO WIN A FAVARH TEE SHIRT OR BAG!



# Favarh Recreation, Wellness & Education

# October 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The best and most beautiful things in the world cannot be seen or even touched - They must be felt with the heart. <i>Helen Keller</i>		3	4	5	6	7
8	9	10	11	12	13	14
3:30-5:00 Walk-Fit	3:30-5:00 Yoga Class	3:30-5:00 Zumba	6:00-8:00 Blue Fox Bowling			
15	16	17	18	19	20	21
3:30-5:00 Walk-Fit		3:30-5:00 Zumba		6:30-9:30 Movie Club	10:45-1:30 Hiking Club	
22	23	24	25	26	27	28
3:30-5:00 Walk-Fit	3:30-5:00 Yoga Class	3:30-5:00 Let's Paint		7:00-9:00 Favarh Halloween Dance		
29	30	31			Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. <i>Albert Schweitzer</i>	
						

# 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 OCTOBER 1<sup>ST</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.**

## **Hike to Heublein Tower from MDC Reservoir #6, West Hartford** **Not recreation supervised. Please RSVP directly to Steve. Friends and family welcome!**

Distance: 5.0 miles, round trip

Pace: moderate

Terrain: starts flat along reservoir with moderate to steep sections up to the Tower

Date: **Saturday, October 20, 2018**

Leader(s): Steve Morris, 860-841-4604 smorris@favarrh.org and Patrick Kral

Meet at 10:45 am at the Water Treatment Facility in the far back parking lot.

Return Time: approximately **1:30 pm** (depending on the speed of the group)

***Hike Description***: We'll start out on the flat and wide path along the north end of Reservoir 6 heading north from the parking lot. The trail will intersect with the Metacomet trail north of the reservoir and head west on the Tower Trail. At this point the trail gets rocky and somewhat steeper for the second half of the hike up to the picnic area and Heublein Tower. We'll have hot chili for lunch and then climb to the top of the tower for 360 degree vistas! Our return trip retraces our steps.

***Directions From the North, South and East***: Take I-91 North or South to I-84 West to Exit 40 (New Britain Avenue/Corbin's Corner). At the end of exit ramp, take a right onto Ridgewood Road. Follow Ridgewood Road to the end. Take a left onto Farmington Avenue and then take the first right onto Mountain Road. At the second traffic light, take a left onto Albany Avenue (Route 44). MDC Reservoir #6 is 1.1 miles on the right. Follow the access road to the end at the Water Treatment Facility. We'll meet in the parking lot.

***Directions From the West***: Take I-84 East to the New Britain Avenue/Corbin's Corner Exit. At the end of exit ramp, take a right onto New Britain Avenue. At the first light, take a right onto Ridgewood Road. Follow Ridgewood Road to the end. Take a left onto Farmington Avenue and then take the first right onto Mountain Road. At the second traffic light, take a left onto Albany Avenue (Rt 44). MDC Reservoir #6 is 1.1 miles on the right. Follow the access road to the end at the Water Treatment Facility. We'll meet in the parking lot.

### ***What to Bring, What to Know***

1. **Check the Hike Ratings** for the distance, pace, and the terrain. Start with a hike that you are sure is something you're comfortable with. We want everyone to have a good time!
2. **Wear sturdy footwear**, something that will support your ankles and has a strong sole that will protect your feet from the rocks and roots on the trail. Hiking boots are best for support and traction, although some people are comfortable hiking in sneakers. Ask the leader about trail conditions if you are not sure. Wool socks are a winner for all seasons, though some prefer double-layer hiking socks that wick the moisture away from your feet.
3. **Bring water!!** Even if it's winter or just a short hike. Your body needs water in every season -- not just when it's hot out -- to make your muscles function. Bring extra water in the hot weather, at least **two quarts** for a day hike.
4. **Lunch. Bring your own lunch.**
5. **Rain gear.** To paraphrase Mark Twain, if you don't like the Connecticut weather, just wait a minute: it'll change. At the very least, bring a large garbage bag...it's ultra-lightweight and makes a fine emergency raincoat that will keep you dry and warm.

Depending on where you're hiking, the time of year and the weather forecast... you might also want a hat, sunscreen, insect repellent, extra socks, and a sweater or jacket.

## ACTIVITY DETAILS

### Happy Harvest Bingo at Elmwood

Description: Reap the Bingo Harvest! Enjoy bingo, make new friends! Light refreshments will be served!

Leader: TBD Date/Time: **Friday, October 19, 6:00-8:00**

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

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

### Walk-Fit

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

Location: Favarh, **Monday, October 8, 15, 22~ 3:30-5:00 p.m.** Leader: Tammy Bridges

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

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, October 9 & 23, 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, October 10 & 17, 3:30-5:00 p.m.**

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

Registration Fee: \$10 (2 weeks) 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, October 11, 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

### **Movie Club**

Location: Simsbury Commons

Date/Time: **Friday, October 19, 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) Leader: Jean Miller

Date/Time: **Wednesday, October 24, 3:30-5:00 p.m.**

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

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

### **Favarh Halloween Dance Party**

Description: Wear your Halloween costume and we'll be the judge! Prizes will be awarded for the best costumes!!

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

Date/Time: **Friday, October 26, 7:00-9:00 pm**

Drop Off/Pick Up: Avon Senior Center

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



**FAVARH TEE SHIRTS FOR SALE! \$8.00 EACH SIZE MEDIUM & LARGE  
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  
**October 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"/> Harvest Bingo	\$15.00			\$ 5.00	\$20.00
<input type="checkbox"/> Walk-Fit - 3 weeks				\$15.00	\$15.00
<input type="checkbox"/> Yoga - 2 weeks			Bring \$5/week instructor fee	\$10.00	\$10.00
<input type="checkbox"/> ZUMBA – 2 WEEKS			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"/> Favarh Halloween Dance	\$10.00			\$ 5.00	\$15.00
<input type="checkbox"/> Tee Shirt					\$ 8.00
<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