

ALL REGISTRATIONS RECEIVED BY THE **APRIL 1<sup>ST</sup> DEADLINE** WILL BE ENTERED INTO A RAFFLE TO WIN A FAVARH SHIRT!



## Favarh Recreation, Wellness & Education

# April 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
“Follow your heart, listen to your inner voice, stop caring about what others think.” <b>Roy T. Bennett</b>		3	4	5	6	7
8	9	10	11	12	13	14
3:30-5:00 Country Line Dancing		3:30-5:00 Zumba	6:00-8:00 Blue Fox Bowling			
15	16	17	18	19	20	21
	3:30-5:00 Yoga Class	3:30-5:00 Let's Paint!		6:30-9:30 Movie Night		<b>EASTER</b>
22	23	24	25	26	27	28
3:30-5:00 Country Line Dancing		3:30-5:00 Zumba		7:00-9:00 Favarh Spring Dance		12:00-5:00 Hartford Yard Goats
29	30				“Be mindful. Be grateful. Be positive. Be true. Be kind.” <b>Roy T. Bennett</b>	
	3:30-5:00 Yoga Class					

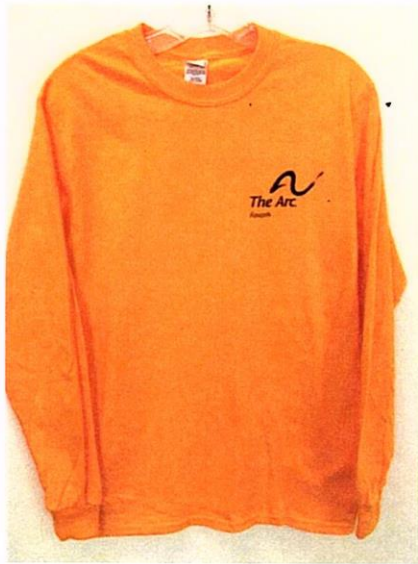
# EVENTS

**SOCT/ Special Olympics  
Farmington Valley CT/Unified**  
For more information contact the  
local coordinator at:  
[sofarmingtonvalley@gmail.com](mailto:sofarmingtonvalley@gmail.com)

To register and confirm in a timely manner  
please sign up for activities by  
**DEADLINE APRIL 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.**

# **Favarh Long Sleeve Tee Shirts**



**\$12.00 Each**

**Gold ~ Sizes S, M, L, XL**

Send to; Jean Miller, Favarh Recreation

225 Commerce Drive, Canton 06019

860-693-6662 ext. 128 ~ [jmiller@favarh.org](mailto:jmiller@favarh.org)

**Order on recreation registration form.**

## **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, April 8 & 22, 3:30-5:00 pm***

Drop Off/Pick Up: 225 Commerce Drive, Canton

Registration Fee: \$20 (Covers 2 weeks and instructors fee) Activity Fee: None 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, April 10 & 24, 3:30-5:00 p.m.***

Registration Fee: \$20 (Covers 2 weeks and instructors fee) Activity Fee: None Group Limit: None

### **Bowling**

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

Date/Time: ***Thursday, April 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

### **Yoga with Sharon**

Description: 45 minutes of yoga stretches and relaxation followed by a healthy snack.

Date/Time: ***Tuesday, April 16 & 30, 3:30-5:00*** Leader: Jean Miller

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

Registration Fee: \$20 (Covers 2 weeks and instructors fee) Activity Fee: None Group Limit: None

### **Let's Paint**

Description: Let's get creative on canvas and paint your own masterpiece!

Date/Time: ***Wednesday, April 17, 3:30-5:00 pm.***

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

Registration Fee: \$15

Activity Fee: None Group Limit: None Volunteers Needed: 1

### **Movie Club**

Location: Simsbury Commons

Date/Time: **Friday, April 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

### **Favarh Spring Dance Party**

Description: Spring is finally here and we want to celebrate! Join us for an evening of music and dancing. Light refreshments will be served!

Leaders: Jean Miller

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

Drop Off/Pick Up: Avon Senior Center, Sycamore Hills Recreation Area, 635 West Avon Road, Avon

Registration Fee: \$15.00 Activity Fee: None Group Limit: None

### **Hartford Yard Goats vs. Harrisburg Senators**

Description: Are you ready for some baseball!!

Leaders: TBD

Date/Time: **Sunday, April 28, 12:00-5:00**

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

Registration Fee: \$25.00 Activity Fee: Bring \$ for food and souvenirs Group Limit: 8 (tickets together were very limited)

**You can also register on-line at [www.favarh.org](http://www.favarh.org).....It's easy for you and easier for us!**

**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](mailto:jmiller@favarh.org). Thanks!**



We have gold, long sleeve tee shirts available at a cost of \$12 each. Please indicate size (S) small, (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](mailto:jmiller@favarh.org) with questions**  
**April 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!

**Note:** All activities are managed by one paid Leader plus volunteers.

Activity		✓ if volunteering	Bring Extra Cash for:		Pay this amount
<input type="checkbox"/> Yoga	2 weeks				\$ 20.00
<input type="checkbox"/> Country Line	2 weeks				\$ 20.00
<input type="checkbox"/> Bowling			Bring \$ for snacks		\$ 11.00
<input type="checkbox"/> Avon Dance					\$ 20.00
<input type="checkbox"/> Zumba	2 weeks				\$ 20.00
<input type="checkbox"/> Hartford Yard Goats			Bring \$ for food/souvenirs		\$ 25.00
<input type="checkbox"/> Movie Night			Bring \$ for snacks		\$ 14.00
<input type="checkbox"/> Let's Paint					\$ 15.00
<input type="checkbox"/> Purchase Shirt	Quantity		Size		\$ 12.00
<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 \_\_\_\_\_