

ALL REGISTRATIONS RECEIVED BY THE **MARCH 3<sup>rd</sup> DEADLINE** WILL BE ENTERED INTO A RAFFLE TO WIN A FAVARH SHIRT!



## Favarh Recreation, Wellness & Education

# March 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>"A friend is one that knows you as you are, understands where you have been, accepts what you have become, and still, gently allows you to grow." William Shakespeare</p>				1	2	3
4	5	6	7	8	9	10
	3:30-5:00 Yoga Class					
11	12	13	14	15	16	17
3:30-5:00 Country Line Dancing		3:30-5:00 Zumba	6:00-8:00 Blue Fox Bowling	7:00-9:00 St. Patty's Dance Elmwood Comm. Ctr.		
18	19	20	21	22	23	24
	3:30-5:00 Yoga Class			6:30-9:30 Movie Night		
25	26	27	28	29	<p>Don't walk behind me; I may not lead. Don't walk in front of me; I may not follow. Just walk beside me and be my friend." Albert Camus</p>	
3:30-5:00 Country Line Dancing		3:30-5:00 Zumba		6:00-8:00 Klub Karaoke Elmwood		
						

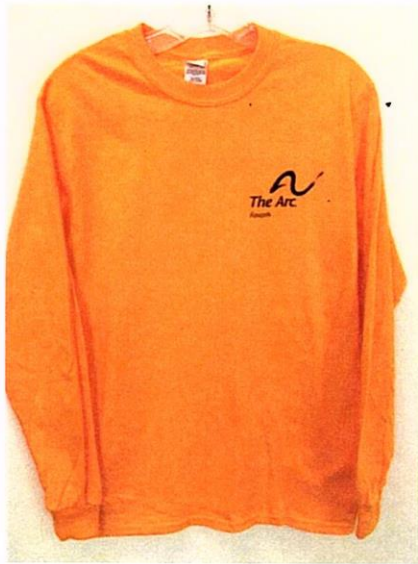
# EVENTS

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

To register and confirm in a timely manner  
please sign up for activities by  
**DEADLINE MARCH 3<sup>rd</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**

### **Yoga with Sharon**

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

Date/Time: **Tuesday, March 5 & 19, 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: Group Limit: none

### **Country Line Dancing with Shellie**

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

Date/Time: **Monday, March 11 & 25, 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, March 13 & 27, 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, March 14, 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

### **St. Patty's Dance**

Description: Wear your green and join us at the Elmwood Community Center for an evening of dancing to DJ Marc.

Leaders: TBD

Date/Time: **Friday, March 15~7:00-9:00**

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

Registration Fee: \$20.00 Activity Fee: None Group Limit: 10

### **Movie Club**

Location: Simsbury Commons

Date/Time: **Friday, March 22, 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

### **Klub Karaoke**

Description: Sing your heart out at the Elmwood Community Center!

Leaders: TBD

Date/Time: **Friday, March 29~6:00-8:00**

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

Registration Fee: \$20.00 Activity Fee: None Group Limit: 10

**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**  
**March 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"/> 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"/> Elmwood Dance					\$ 20.00
<input type="checkbox"/> Zumba	2 weeks				\$ 20.00
<input type="checkbox"/> Elmwood Karaoke					\$ 20.00
<input type="checkbox"/> Movie Night			Bring \$ for snacks		\$ 14.00
<input type="checkbox"/>					
<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