



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I have chosen to be happy because it is good for my health ~ Voltaire	3	4	5 3:30-5:00 Karate w/Sensei Dave	6	7	
9 3:30-5:00 Zumba	10	11 3:30-5:00 Let's Paint	12 3:30-5:00 Karate w/Sensei Dave	13	14	15
16	17 3:30-5:00 Walk Fit	18	19 3:30-5:00 Karate w/Sensei Dave	20	21	22
23 3:30-5:00 Zumba	24	25 3:30-5:00 Tie Dye Shirts	26 3:30-5:00 Karate w/Sensei Dave	27	28	29
30	31 3:30-5:00 Walk Fit				To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life ~ William London	
						

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
Aug. 2nd Space is limited!
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.

Save The Date

*for Favarrh's Family Dinner
and Annual Meeting*

Tuesday,
September 21, 2021
5:30 PM

Tunxis Country Club in Farmington
Outdoors at the Pavillion

Dinner | Dancing | Music | Casual Attire



ACTIVITY DETAILS

Karate with Sensei Dave*

Description: 4 1-hour classes for fun and fitness! Water and fruit provided.

Date/Time: *Aug. 5, 12, 19, 26 ~ 3:30-5:00 p.m.*

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

Registration Fee: **FREE ~ Group Limit: 10**

ZUMBA with Jessica (Favarh theatre dance instructor)

Description: A 45 min. beginner level ZUMBA class for fun and fitness! Water and fruit provided.

Date/Time: *Monday, Aug. 9~ 3:30-5:00 p.m.*

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

Registration Fee: **\$10 ~ Group Limit: 10**

Let's Paint!

Description: Create your own masterpiece! We'll display your painting on the **Favarh Art Wall (to be returned next month.)**

Date/Time: *Wednesday, Aug. 11 ~ 3:30-5:00 p.m.*

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

Registration Fee: **\$10 ~ Group Limit: 8**

Walk-Fit

Description: It's always cooler on the walking trail. Water and fruit provided!

Date/Time: *Tuesday, Aug. 17 ~ 3:30-5:00 p.m.*

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

Registration Fee: \$5 ~ **Group Limit: 10**

ZUMBA with Jessica

Description: A 45 min. beginner level ZUMBA class for fun and fitness! Water and fruit provided.

Date/Time: *Monday, Aug. 23 ~ 3:30-5:00 p.m.*

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

Registration Fee: **\$10 ~ Group Limit: 10**

Tie Dye Shirts

Description: You'll create a cool shirt to wear this summer. We'll provide the shirt, just let me know your size.

Date/Time: *Wednesday, Aug. 25 ~ 3:30-5:00 p.m.*

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

Registration Fee: **\$10 ~ Group Limit: 8**

Walk-Fit

Description: Enjoy a walk on the trail with friends. Water and fruit provided!

Date/Time: *Tuesday, Aug. 31 ~ 3:30-5:00 p.m.* **Drop Off/Pick Up:** Favarh, 225 Commerce Drive, Canton **Registration Fee:** \$5 ~ **Group Limit: 10**

* Dave LaPorte, is a third-degree black belt with over 30 years of experience. He will introduce stranger safety, respect, self-control, listening skills with fun drills teaching valuable lessons, karate skills and most importantly having fun and getting exercise. Sensei Dave teaches ABC's of Conflict avoidance---avoid dangerous situations, be calm, communicate with confidence and do not make it worse by arguing or fighting. YOU'LL BENEFIT THE MOST IF YOU CAN COMMIT TO ALL 4 SESSIONS.

August 2021 Registration Form



Register on line at favarh.org OR mail your completed registration form & check payable to

Favarh to:

[Favarh Recreation & Wellness Department](#)

[225 Commerce Drive Canton, CT 06019](#)

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:

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

Activity	Ticket or Supply Fee	√ if volunteering	Bring Extra Cash for:			Total Fees
<input type="checkbox"/> Zumba 8/9						\$10.00
<input type="checkbox"/> Paint 8/11						\$10.00
<input type="checkbox"/> Walk 8/17						\$ 5.00
<input type="checkbox"/> Zumba 8/23						\$10.00
<input type="checkbox"/> Tie Dye 8/25			Shirt Size _____			\$10.00
<input type="checkbox"/> Walk Fit 8/31						\$ 5.00
<input type="checkbox"/> Karate w/Sensei Dave						FREE
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
TOTAL						

Cancellations accepted for credit up to 2 days before event.
No credit for cancellations if tickets have been pre-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