

ALL REGISTRATIONS RECEIVED BY THE **DEC. 5TH DEADLINE** WILL BE ENTERED INTO A RAFFLE TO WIN A FAVARH SHIRT!



Favarh Recreation, Wellness & Education

DECEMBER 2019



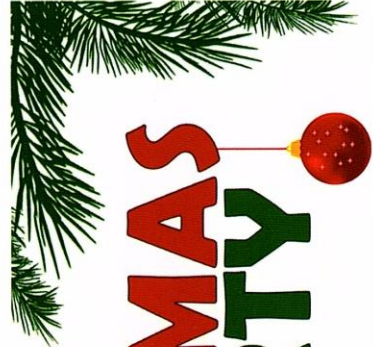
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>No one can predict to what heights you can soar until you spread your wings.</i>		4	5	6	7	8
9	10	11	12	13	14	15
3:30-5:00 Country Line Dancing	3:30-5:00 Self-Advocacy Workshop w/DDS		6:00-8:30 Holiday Dinner Dance	6:30-9:30 Movie Club		
16	17	18	19	20	21	22
	3:30-5:00 Yoga Class	3:30-5:00 Zumba	6:00-8:00 Blue Fox Bowling			HANUKKAH
23	24	25	26	27	28	29
		CHRISTMAS	KWANZAA			
30	31				<i>The weather might be cold but at least our hearts are warm.</i>	
	NEW YEARS EVE					
Happy Holidays		Line Dancing	CHRISTMAS PARTY	MOVIE NIGHT!		

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
RAFFLE DEADLINE DEC. 5TH
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.



CHRISTMAS PARTY

FAVARH RECREATION DINNER & DANCE

FRIDAY, DEC. 12TH, 6:00 – 8:30



MUSIC

SANTA

DANCING

DINNER

Avon Senior Center
635 West Avon Road, Avon

Cost \$20

Questions; jmiller@favarh.org

Please sign up using the recreation calendar.

860-693-6662 ext. 128

ACTIVITY DETAILS

Country Line Dancing with Shellie

Description: We'll wear our cowboy hats (provided or bring your own) and learn basic country line dancing with Shellie! Hee Haw!!

Date/Time: **Monday, Dec. 9, 3:30-5:00 pm** Leader: Janei Hemmings

Drop Off/Pick Up: 225 Commerce Drive, Canton

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

Self-Advocacy Workshop with DDS Yana Razumnaya

Description: Yana will discuss "What is Self-Advocacy?" as well as discussing "Money Management." This is an important workshop for those that want to become more independent. If we have a good attendance, there will be more workshops to follow!

Date/Time: **Tuesday, Dec. 10, 3:30-5:00** Leader: Jean Miller

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

Registration Fee: FREE Fee: None Group Limit: None

Holiday Dinner Dance

Description: Enjoy an evening of dinner, provided by "The New England Pasta Company," and dancing to celebrate the holiday!

Leader: Jean Date/Time: **Thursday, Dec. 12, 6:00-8:30**

Yes, I'm sorry it's a Thursday night again. There were no Friday nights available in December so I took a Thursday and started it earlier. Sorry there will not be a Grab Bag this year. It caused disappointment for those that didn't bring one, as well as waiting in a long line most of the evening. There will still be photos with Santa!

Drop Off/Pick Up: Avon Senior Center, 635 West Avon Road, Avon

Registration Fee: \$20 Activity Fee: None Group Limit: None

Since dinner is being ordered/person, staff attending, that plan to eat, will need to pay \$12.95/person. Please include # of staff on your registration form so they can be included when I order dinner.

Movie Club

Location: Simsbury Commons

Date/Time: **Friday, Dec. 13, 6:30-9:30 pm** Leader: TBD

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

Yoga with Sharon

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

Date/Time: **Tuesday, Dec. 17, 3:30-5:00** Leader: Jean Miller

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

Registration Fee: \$10 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 and getting fit!

Location: Favarh, 225 Commerce Drive, Canton (lower level)

Date/Time: **Wednesday, Dec. 18, 3:30-5:00 p.m.** Leader: Janei Hemmings

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

Bowling

Description: Show off your bowling skills and have fun with your friends! **Space is limited, must be pre-registered to participate.**

Date/Time: **Thursday, Dec. 19, 6:00 -8:00 pm** Leader: TBD

Drop Off/Pick Up: Blue Fox Rock 'n Bowl, 1603 Hopmeadow St, Simsbury, CT

Registration Fee: \$11 Group Limit: 24 Volunteers needed: 2

Activity Fee: **Cost of bowling is now included in the registration fee** (free shoe rental) extra \$ for refreshments.



Purchase a Favarh tee shirt on the form below.

Only \$8.00 each, sizes S, M, L, XL, 2XL, 3XL, 4XL

Color: Ash Gray



I have some size Medium (only size) long sleeve tees from last Fall which I am selling for \$10 each if interested.



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
DECEMBER 2019 Registration Form

Participant Information

Name:	Phone:
Seizures:	Allergies/Food Sensitivities or Guidelines:
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"/> Country Line	1 week				\$ 10.00
<input type="checkbox"/> Zumba	1 week				\$ 10.00
<input type="checkbox"/> Dinner/Dance					\$ 20.00
<input type="checkbox"/> Staff Dinner #attending	#		@ \$12.95 each	Total \$	\$
<input type="checkbox"/> Movie Club					\$ 14.00
<input type="checkbox"/> Yoga	1 week				\$ 10.00
<input type="checkbox"/> Bowling					\$ 11.00
<input type="checkbox"/> Self-Advocacy					FREE
<input type="checkbox"/> Tee Shirt		Quan	Size	\$8 each	
<input type="checkbox"/> Long Sleeve	Med Only	Quan	Size	\$10 each	
Registered volunteers will receive a FREE ticket to events attended. Name of Volunteer attending:					TOTAL

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