



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
“I was lucky. I found what I loved to do early in life.” — Steve Jobs				1	2	3
4	5	6	7	8	9	10
	3:30-5:00 ZUMBA with Denise					
11	12	13	14	15	16	17
3:30-5:00 YOGA with Julia	3:30-5:00 Drumming on the Ball with Mary	3:30-5:00 Let’s Get Fit	3:30-5:00 MOVIE CLUB Lion King	<i>LION</i> <u>PURCHASE TICKETS</u>	<i>KING</i>	<i>PERFORMANCE</i> <i>on your own</i>
18	19	20	21	22	23	24
3:30-5:00 Country Line Dancing with Shellie	3:30-5:00 ZUMBA with Denise	3:30-5:00 Singing with Shello	3:30-5:00 BINGO			
25	26	27	<u>CLICK HERE TO REGISTER</u>		“Luck is believing you’re lucky.” — Tennessee Williams	
3:30-5:00 YOGA with Julia	3:30-5:00 Drumming on the Ball with Mary	3:30-5:00 CORN HOLE				
						

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 **March 4 - 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.

FAVARH PLAYERS
THEATRE TROUPE
2024
PRESENTS

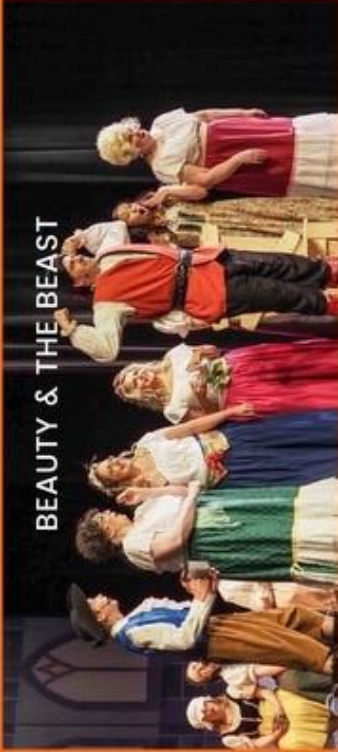


Favarh Players proudly returned to the stage in 2023 with a very successful production of Aladdin Jr.! We are now excited to announce our 2024 upcoming production of **The Lion King Jr.**

PRODUCTION MEMORIES



BEAUTY & THE BEAST



WIZARD OF OZ



You won't want to miss it!

March 15 & 16 @ 7:00pm
March 17th @ 1:00pm

Kingswood Oxford School
170 Kingswood Road
West Hartford, CT 06119

Tickets Online: \$15.00
www.favarh.org/theater

Call 860-693-6662 x116 or
ronelle.cipolla@gmail.com
for more information

The Lion King Jr. will be Favarh Player's 9th show since the program began! The pandemic slowed the Players down a bit...but they are back! You can't stop these actors... cause as you know....

The Show Must Go On!

The Favarh Players program is designed to include people with and without disabilities working together to achieve their personal best. The stage is their platform to shine.

Shine they do!
So mark your calendars because you do not want to miss this show!

ACTIVITY DETAILS

ZUMBA with Denise

Description: Denise, filling in for Jessica, will do a 45 min. beginner level ZUMBA class for fun and fitness! Bring water, snack provided.

Date/Time: *Tuesday, March 5 & 19 ~ 3:30-5:00 p.m.*

Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee:** \$10 EACH CLASS ~ **Group Limit:** 30

YOGA with Julia

Description: 1 hour Yoga class with time to relax! Bring water, snack provided.

Date/Time: *Monday, March 11 & 25 ~ 3:30-5:00 p.m.*

Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee:** \$10 EACH CLASS ~ **Group Limit:** 25

DRUMMING on the Ball with Mary

Description: Mary, a local famous activity & fitness instructor, will bring” Drumming on the Ball” to our group. We will use large fitness balls and drumsticks to make beautiful music together! Expect some dance moves as well! Bring water, snack provided.

Date/Time: *Tuesday, March 12 & 26 ~ 3:30-5:00 p.m.*

Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee:** \$10 EACH CLASS ~ **Group Limit:** 15

Let's Get Fit

Description: This will be an on-going series to incorporate healthy eating, exercise, and weight control through a variety of activities. We'll weigh in privately, discuss nutrition with the group and keep a food and fitness journal to see what works best for everyone, with the goal of eating better, getting more exercise, and maintaining a healthy weight.

Date/Time: *Wednesday, March 13 ~ 3:30-5:00 p.m.*

Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee:** \$5 ~ **Group Limit:** 10

MOVIE CLUB

Description: In honor of the theatre production, we'll be watching the “LION KING” movie. We'll have snacks and beverages!

Date/Time: *Thursday, March 14 ~ 3:30-5:00 p.m.*

Drop Off/Pick Up: Favarh Café, 150 Commerce Dr., Canton (across the street from the main office.) **Registration Fee:** \$5 ~ **Group Limit:** 20

Country Line Dancing with Shellie

Description: A 45 minute beginner level Country Line Dance instruction. So much fun! Bring water, snack provided.

Date/Time: *Monday, March 18 ~ 3:30-5:00 p.m.*

Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee:** \$10 ~ **Group Limit:** 20

SINGING with Shello

Description: Love to sing? This singalong is for you! Whether you have a gorgeous voice, rock out to the radio, sing in the shower or can barely hold a tune in a bucket, singing is a great way to feel good, have fun and be together! Learn about your voice, how to warm up and stretch, and then bring your outside voice INSIDE. We'll explore a variety of styles of music so there is something for everyone.

Date/Time: *Wednesday, March 20 ~ 3:30-5:00 p.m.*

Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee: \$10~ Group Limit: 15**

BINGO

Description: BINGO with lots of prizes. Come ready to win!! We'll have snacks and beverages!

Date/Time: *Thursday, March 21 ~ 3:30-5:00 p.m.*

Drop Off/Pick Up: Favarh Café, 150 Commerce Dr., Canton (across the street from the main office.) **Registration Fee: \$5 ~ Group Limit: 20**

CORN HOLE

Description: We'll play multiple games of Corn Hole for fun!

Date/Time: *Wednesday, March 27~ 3:30-5:00 p.m.*

Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee: \$5 ~ Group Limit: 12**