

MAY



**Registration
Opens 4/23
at 12 PM**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 3:30-5 Yoga with Julia	5 3:30-5 Drumming on the ball	6	7 3:30-5 Balloon Printing Craft	8 3:30-5 Step 2 Workout	9	10 HAPPY Mother's DAY
11 3:30-5 Country Line Dancing	12 Drumming on the Ball 3:30-4:45 PM 4:45-5:45 PM	13 3:30-5 Textured Paint Craft	14 3:30-5 Textured Art Craft	15	16	17
18 3:30-5 Zumba with Jessica	19 3:30-5 Country Line Dancing	20	21 3:30-5 Karate 3:30-5 Walk Fit	22 3:30-5 Step 2 Workout	23	24
25  MEMORIAL DAY	26	27 3:30-5 The Favarh Singers	28 June Registration opens at 12pm	29	30	31 <u>CLICK HERE TO REGISTER</u>

EVENTS

Hannah Bricker, Recreation Coordinator ~ 860-899-4560, hbricker@favarh.org
Special Olympics ~ sofarmingtonvalley@gmail.com

May 2026 event guide

YOGA with Julia

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

Date/Time: Monday, 5/4 ~ 3:30-5:00 p.m.

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

Drumming on the Ball with Mary

We will use large fitness balls and drumsticks to play to the beat of our favorite songs! Expect some dance moves as well!
Bring water, snack provided.

Date/Time:

Tuesday, 5/5-3:30-5:00 pm

Tuesday 5/12

-3:30-4:45 pm

-4:45-5:45pm

Interested in our later session? Please contact Hannah

Bricker for admission to the class. *Note: There is no transportation to the later session. Participants would go home after program and then return for the 4:45 class.*

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

Balloon Printing Craft

Using balloons and the colors of your choice, we will be making beautiful prints that resemble a bushel of flowers.

Date/Time: Thursday, 5/7, 3:30-5:00PM.

**Drop off/Pick up: Lower Lever at 225 Commerce Drive
Registration Fee: \$10 EACH ~ Group Limit: 10**



Step 2 Workout

Take our normal Workout Club to the Next Level- Lead by Jessica Stewart, we will explore new exercises safely!

Please bring: Water bottle, sneakers, and workout clothing.

Date/Time: Friday, 5/ 8 & 5/22- 3:30-5:00 PM.

Drop off/Pick up: The Adaptive Wellness Center, 325 Commerce Drive. Registration Fee: \$10/ class ~ Group Limit: 10

Country Line Dancing with Kate

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

Date/Time: Monday 5/11 & Tuesday 5/19~ 3:30-5:00 p.m. Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$10 ~ Group Limit: 25

May 2026 event guide

Textured Paint Craft

Explore textured painting by using joint compound on canvas to create bold, raised designs.

Date/Time: Wednesday 5/13 , 3:30-5:00PM.

Drop off/Pick up:

Favarh Café, 150 Commerce Dr., Canton (across the street from the main office.)

Registration Fee: \$10 EACH ~ Group Limit: 15



Textured Art Craft

Explore textured art using lightweight spackle and piping bags to make swirls on canvas.

Date/Time: Thursday, 5/14 , 3:30-5:00PM.

Drop off/Pick up: Lower Lever at 225 Commerce Drive

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



ZUMBA with Jessica

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

Date/Time: Monday, 5/18 ~ 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

Karate with Coach Dan

A 45 minute Introduction to Karate class with Dan, Co-owner of Level Up Karate. Bring water, snack provided.

Date/Time: Thursday, 5/21 ~ 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: \$10 ~ Group Limit: 12

LOCATION CHANGE

Walk Fit

Let's take a walk on the trail together! Snack and water provided.

Date/Time: Thursday 5/21- 3:30-5:00PM.

Drop off/Pick up: Favarh Café, 150 Commerce Dr., Canton (across the street from the main office.)

Registration Fee: \$7 EACH ~ Group Limit: 10



The Favarh Players
Present
The Little Mermaid JR.

April 24th at 7:00 pm

April 25th at 7:00 pm

April 26th at 1:00 pm

JOIN US UNDER THE SEA!

[Click Here for Tickets](#)



Northwest Catholic High School, 29 Wampanoag Drive, West Hartford, CT 06117
[Friday, April 24, 7PM](#) | [Saturday, April 25, 7PM](#) | [Sunday, April 26, 1PM](#)
Tickets: \$15 General Admission | Purchase online at favarh.org/theater

Headshots by Jim Seabon