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<th>Monday</th>
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<td>“There are far better things ahead than any we leave behind.”&lt;br&gt;C. S. Lewis, author</td>
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<td>3:30-5:00 Let’s Get Fit</td>
<td>3:30-5:00 Birch Tree Craft</td>
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<td>3:30-5:00 Drumming on the Ball with Mary</td>
<td>3:30-5:00 Singing with Shello</td>
<td>3:30-5:00 Movie Club</td>
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**EVENTS**

SOCT/ Special Olympics<br>Farmington Valley CT/Unified<br>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 Jan. 5th - Space is limited<br>Jean Miller, Family & Recreation Services Director<br>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.

“Take a leap of faith and begin this wondrous New Year by believing.”<br>Sarah Ban Breathnach, author
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: Monday, January 8 & 15 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favahr Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: $10 ~ Group Limit: 30

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, January 10 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favahr Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: $5 ~ Group Limit: 12

Birch Tree Craft
Description: We’ll tape and paint and sprinkle to create a cool painting.
Date/Time: Thursday, January 11 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favahr, 225 Commerce Drive, Canton (lower level) ~ Registration Fee: $10 ~ Group Limit: 10

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, January 16 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favahr Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: $10 ~ Group Limit: 14

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, January 17 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favahr Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: $10 ~ Group Limit: 15

MOVIE CLUB
Description: We'll watch “Yes Day”, a fun film PG where parents have to say yes to everything for one day. Of course well have popcorn!
Date/Time: Thursday, January 18 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favahr Café, 150 Commerce Dr., Canton (across the street from the main office.) Registration Fee: $5 ~ Group Limit: 20
YOGA with Julia  
**Description:** 1 hour Yoga class with time to relax! Bring water, snack provided.  
**Date/Time:** Monday, January 22 & 29 ~ 3:30-5:00 p.m.  
**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee:** $10 ~ **Group Limit:** 25

DANCE FITNESS with Mary  
**Description:** Famous for her dance moves, Mary will play your favorite tunes to have fun & dance to! Bring water, snack provided.  
**Date/Time:** Tuesday, January 23 ~ 3:30-5:00 p.m.  
**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee:** $10 ~ **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:** Wednesday, January 24 & 31 ~ 3:30-5:00 p.m.  
**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee:** $10 ~ **Group Limit:** 20
Favarh Tee Shirts
$10.00 Each
Blue ~ Sizes M, L, XL, 2XL, 3XL
Purchase through your Favarh Recreation Registration account or send check (no cash)
Favarh Recreation Shirts, 225 Commerce Drive, Canton 06019
860-693-6662 x128 ~ jmiller@favarh.org

FAVARH TEE-SHIRT ORDER FORM

NAME
_______________________________________________________________

QUANTITY
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SIZE
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PHONE #
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PROGRAM
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COMMENTS
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