## DECEMBER 2022

### Events

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>&quot;Christmas is doing a little something extra for someone.&quot;</td>
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<tr>
<td>Charles M. Schulz</td>
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<tr>
<td>3:30-5:00 YOGA with Julia</td>
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<tr>
<td>Let’s Get Fit!</td>
<td>3:30-5:00 ZUMBA with Jessica</td>
<td>3:30-5:00 Country Line Dancing with Shellie</td>
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"Christmas is doing a little something extra for someone." – Charles M. Schulz

**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 Dec. 4th, 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.

“Christmas is not as much about opening our presents as opening our hearts.” – Janice Maeditere

**LET’S GET FIT**

**EVENTS**
**ACTIVITY DETAILS**

**YOGA with Julia**
**Description:** 1 hour Yoga class with time to relax! Water & snack provided.
**Date/Time:** Monday, Dec. 5 ~ 3:30-5:00 p.m.
**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive
**Registration Fee:** $10 ~ **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. Plan to meet most weeks each month.
**Date/Time:** Wednesday, Dec. 7 ~ 3:30-5:00 p.m.
**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive
**Registration Fee:** $10 ~ **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, Dec. 12 ~ 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. Water & fruit provided. So much fun!
**Date/Time:** Tuesday, Dec. 13 ~ 3:30-5:00 p.m.
**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive
**Registration Fee:** $10 ~ **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. Plan to meet most weeks each month.
**Date/Time:** Wednesday, Dec. 14 ~ 3:30-5:00 p.m.
**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive
**Registration Fee:** $10 ~ **Group Limit:** 10
MOVIE Club
Description: We’ll get in the Christmas spirit with “The Grinch”. Popcorn & Beverages provided!
Date/Time: Thursday, Dec. 15 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh Café, 100 Commerce Dr., Canton (across the street from the main office.)
Registration Fee: $5 ~ Group Limit: 15

Holiday Dinner Party
Description: Dinner catered by New England Pasta, dancing and grab bag, $10 value (if you choose to participate.)
Date/Time: Friday, Dec. 16 ~ 6:30-8:30 p.m.
Drop Off/Pick Up: Avon Senior Center, Sycamore Hills Park, 635 West Avon Road, Avon
Registration Fee: $20 ~ Group Limit: None

YOGA with Julia
Description: 1 hour Yoga class with time to relax! Water & fruit provided.
Date/Time: Monday, Dec. 19 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive
Registration Fee: $10 ~ Group Limit: 15

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 drum sticks to make beautiful music together!
Date/Time: Tuesday, Dec. 20 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive
Registration Fee: $10 ~ Group Limit: 10

Craft Club
Description: We’ll make Holiday Gnomes, colors may vary.
Date/Time: Tuesday, Dec. 22 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh, 225 Commerce Drive, Canton (lower level)
Registration Fee: $10 ~ Group Limit: 10

Country Line Dancing with Shellie
Description: A 45 minute beginner level Country Line Dance instruction. Water & fruit provided. Hee Haw!
Date/Time: Tuesday, Dec. 27 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive
Registration Fee: $10 ~ Group Limit: 15
## Participant Information

<table>
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<tr>
<th>Name:</th>
<th>Phone:</th>
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<tr>
<td>DOB:</td>
<td>Sex (M or F):</td>
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<td>Address:</td>
<td>City:</td>
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<td>State:</td>
<td>Zip Code:</td>
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<td>Emergency contact name &amp; number:</td>
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<td>Email:</td>
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## Parents/Guardian if applicable

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<thead>
<tr>
<th>Father/Guardian Name:</th>
<th>Mother/Guardian Name:</th>
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<tr>
<td>Cell Phone:</td>
<td>Cell Phone:</td>
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<td>E-mail:</td>
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## Activity Schedule

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<tr>
<th>Activity</th>
<th>Ticket or Supply Fee</th>
<th>√ if volunteering</th>
<th>Bring Extra Cash for:</th>
<th>Total Fees</th>
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<tbody>
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<td>YOGA 12/5</td>
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<td>Let’s Get Fit 12/7</td>
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<td>ZUMBA 12/12</td>
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<td>Country Line 12/13</td>
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<td>Let’s Get Fit 12/14</td>
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<tr>
<td>Movie Club 12/15</td>
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<td>Holiday Party 12/16</td>
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<td>YOGA 12/19</td>
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<td>Drumming 12/20</td>
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<td>Country Line 12/27</td>
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<tr>
<td>Long Sleeve Favahhr Tee</td>
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### Cancellations
- Accepted up to 2 days before event. **No show, no credit.**
- 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. (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