



Favarh Recreation,  
Wellness, and Education



# FEBRUARY

Registration Opens  
on 1/22 at 12PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 3:30-5 Country Line Dancing	3 3:30-5 Drumming on the Ball	4	5 3:30-5 Textured Paint Craft	6	7	8
9 3:30-5 Zumba	10 3:30-4:45 Workout Club	11 3:30-5:10 Movie Club A Cinderella Story	12	13 6:00-8:00 Sweet Hearts Dance	14	15
16 3:30-5 Yoga	17 3:30-5 Country Line Dancing	18	19 3:30-5 Karate with Coach Dan March Registration opens at 12pm	20	21	22
23 3:30-5 Zumba	24 3:30-5 Drumming on the Ball	25 <u>FULL</u> 3:30-5 The Favarh Singers Program	26 3:30-5 Peer Led Activity	27	28	<u>CLICK</u> <u>HERE TO</u> <u>REGISTER</u>

## EVENTS

Hannah Bricker, Recreation Manager ~ 860-899-4560, [hbricker@favarh.org](mailto:hbricker@favarh.org)  
Special Olympics ~ [sofarmingtonvalley@gmail.com](mailto:sofarmingtonvalley@gmail.com)



You're Invited to the  
Sweet Hearts  
**VALENTINE'S DANCE**

*Friday, February 13<sup>th</sup>*  
*6:00-8:00 PM*

**Favarh Adaptive Wellness Center  
325 Commerce Drive, Canton CT 06019**

Register Here or online at [Favarh.org](http://Favarh.org) by Feb. 6<sup>th</sup>

**PRE-REGISTRATION REQUIRED!**

**NO CHECKS, CASH, OR WALK-INS**

*Snack and Dessert provided*



**BROUGHT TO YOU BY FAVARH RECREATION**

# FEBRUARY 2026 EVENT GUIDE

## Country Line Dancing with Kate

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

**Date/Time:** Monday 2/2 & Tuesday 2/17 ~ 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, 2/3 and 2/24 ~ 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

## Textured Paint Craft

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

**Date/Time:** Thursday, 2/5 , 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, 2/9 and 2/23 ~ 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

## Workout Club

1-Hour Full Body Workout | Endurance • Cardio • Strength | A structured, full-body workout designed to improve overall fitness. The session combines strength training, cardio work, and endurance-focused movements.

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

**Date/Time:** Tuesday, 2/10- 3:30-4:45 PM.

**Drop off/Pick up:** The Adaptive Wellness Center, 325 Commerce Drive. **Registration Fee:** \$7/ class ~ **Group Limit:** 10



# FEBRUARY 2026 EVENT GUIDE

## Movie Club- A Cinderella Story 2004

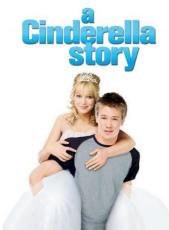
Let's get together and watch A Cinderella Story! Snack provided.

**Synopsis:** Samantha "Sam" Montgomery lives with her cruel stepmother and stepsisters, who force her to work at her late father's diner while she dreams of attending Princeton. She forms an online bond with "Nomad," unaware he is actually Austin Ames, the popular quarterback at her school. They meet at the Halloween dance, where Sam attends in disguise, shares a magical moment with Austin, and flees at midnight, leaving behind her cell phone.

**Movie Length: 1 Hour and 35 Minutes**

**Date/Time:** Wednesday, February 11th ~ 3:30-5:10 p.m. **Drop Off/Pick Up:** Favarh Café, 150 Commerce Dr., Canton (across the street from the main office.)

**Registration Fee:** \$7 ~ **Group Limit:** 20



## YOGA with Julia

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

**Date/Time:** Monday, 1/16 ~ 3:30-5:00 p.m.

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

## 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, 2/19 ~ 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:** 10



## Peer Led Activity

**Description:** The Advocacy group has been hard at work deciding on what activity to run. The chosen activity will be announced on January 23rd!

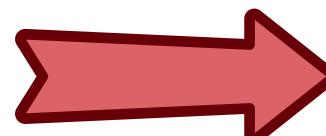
**Date/Time:** Thursday, 2/26 ~ 3:30-5:00 p.m.

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

**\$FREE ~ Group Limit:** TBD

Check it out

**DON'T MISS THE EXCITING  
EVENTS HAPPENING THIS  
FEBRUARY!!!**



# ON THE TOWN

THESE EVENTS ARE NOT SUPERVISED BY FAVARH RECREATION



**2026**  
*Celebrity Gala*  
Friday, February 6<sup>th</sup> from 6:00-9:00 pm  
Aqua Turf Club  
\$20.00 per person

**CLICK HERE**

Friday, February 6<sup>th</sup> from 6:00-9:00 pm  
Aqua Turf Club  
\$20.00 per person

**CLICK HERE**

Dinner, Sparkle Station, DJ, Photobooth, Glow Station, and More... all included with your registration!

Pre-registration required by Feb. 1st

Unified Art at Ethel Walker, Simsbury, CT



Sundays- 1:00-2:00 PM  
1/25, 2/15, 2/22, 3/29, 4/12, 4/26

Questions?  
Contact Clarissa at  
(860)680-8389

**CLICK HERE**

Free-- Registration Required



**AMERICAN FLATBREAD**

**A PIZZA PARTY FOR A CAUSE**  
**FAVARH PLAYERS PRESENT**

**Disney THE LITTLE MERMAID JR**

**CLICK HERE**

A poster for a pizza party. It features the American Flatbread logo with an American flag graphic. The text "A PIZZA PARTY FOR A CAUSE" and "FAVARH PLAYERS PRESENT" are prominently displayed. Below this, it says "Disney THE LITTLE MERMAID JR". At the bottom left is a cartoon illustration of Ariel the Little Mermaid. The background is a light blue with bubbles.

Tuesday, February 10<sup>th</sup>

at 5PM

Come out for pizza, 50/50 raffle, and conversation in support of the Favarh Players and this years show!

*Favarh Players receive a portion of each pizza sold from 5-9PM, including pick-up.*