



Favarh Recreation,  
Wellness, and  
Education

# MARCH



Registration Opens  
on 2/19 at 12PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3:30-5 Country Line Dancing	<b>3</b> <small>NEW</small> 3:30-5 Ignite your Story FITNESS CLASS	4	3:30-5 Suncatchers Craft	<b>6</b> <small>NEW</small> 3:30-5 Step 2 Workout	7
9 3:30-5 Zumba	10 3:30-5 Drumming on the Ball	11 3:30-5 Bingo	12	13	14	15
16 3:30-5 Yoga	17 3:30-4:45 Workout Club	18 3:30-5:15 Movie Club Cadet Kelly	19 3:30-5 Karate with Coach Dan	20 3:30-5 Karaoke Night	21	22
23 3:30-5 Zumba	24 3:30-5 Drumming on the Ball	<b>25</b> <u>FULL</u> 3:30-5 The Favarh Singers Program	<u>April</u> 26 Registration Opens at 12PM	27	28	29
30 3:30-5 Country Line Dancing	31 3:30-4:45 Workout Club					<u>CLICK HERE TO REGISTER</u>

## EVENTS

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

# MARCH 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:** Tuesday 3/3 & Monday 3/30~ 3:30-5:00 p.m.

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

## **IGNITE your story- Fitness Class**

**Description:** An inclusive class that combines strength training with an adventure story. Participants work as a team to choose their own adventure, and roll dice to seal their fate.

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

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

## Suncatcher Craft

**Using tissue paper, we will create beautiful suncatchers!**

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

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



## Step 2: Workout Club

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 3/6- 3:30-4:45 PM.

**Drop off/Pick up:** The Adaptive Wellness Center, 325 Commerce Drive. **Registration Fee:** \$10/ class ~ **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, 3/9 & 3/23 ~ 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

## 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, 3/10 and 3/24 ~ 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

# MARCH 2026 EVENT GUIDE

## BINGO

Description: What's more fun than an afternoon of BINGO. Everyone wins! Snack provided!!

Date/Time: Wednesday, 3/11 ~ 3:30-5:00 p.m.

Drop Off/Pick Up: Favarh Cafe, 150 Commerce Drive ~

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, 3/16 ~ 3:30-5:00 p.m.

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

## 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, 3/17 & 3/31- 3:30-4:45 PM.

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

## Movie Club- Cadet Kelly

A fashion-obsessed teen is sent to a strict military academy where discipline, uniforms, and marching replace glitter and freedom. Clashing with a hard-nosed cadet captain, she learns teamwork, confidence, and how to be herself within the rules.

Movie Length: 1 Hour and 40 Minutes

Date/Time: Wednesday, February 11th ~ 3:30-5:15 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

## 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, 3/19 ~ 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: 12

## Karaoke Night

Karaoke Night is back! Whether you're a shower singer or a stage slayer, this night's for YOU.

Pop, rock, hip hop, country—whatever your jam, bring it to the stage. 🎵

Date/Time: Thursday, 3/20 ~ 3:30-5:00 p.m.

Drop Off/Pick Up: Favarh Cafe, 150 Commerce Drive ~ Registration Fee: \$10 ~ Group Limit: 15



# ON THE TOWN

THESE EVENTS ARE NOT SUPERVISED BY FAVARH RECREATION

## COMING IN APRIL

The Favarh Players  
Present

### **The Little Mermaid JR.**

April 24<sup>th</sup> at 7:00 pm  
April 25<sup>th</sup> at 7:00 pm  
April 26<sup>th</sup> at 1:00 pm

JOIN US UNDER THE SEA!

[Click Here for Tickets](#)



## Glow Skating Night at Simsbury Farms



Saturday, March 7th-5 PM- 7:30PM

\$5 Admission  
\$5 Skate Rental

Join us for a glowing evening of ice skating featuring glow accessories and unforgettable fun! \$5 admission and \$5 rental skates.

## Saint Patrick's Day Scavenger Hunt



Date: 3/17 from  
10 AM- 5 PM  
Main Street, New  
Hartford CT

Celebrate Saint Patrick's Day by wandering thru downtown New Hartford following the clues that the Leprechauns have left behind. Collect treats and prizes from a pot of gold at each stop & a goodie bag from the final stop!

CLICK HERE  
THE FIRST CLUE  
Coming soon!



**It's Mexican Fiesta Time!**

*Favarh Players*  
**FUNDRAISER**



## Support The Favarh Players

Food- Drink- Family

**Wednesday, March 11th**

**3:00 PM to 9:00 PM**

**Dine-In or Takeout - Mention  
Favarh Players and a portion of  
your purchase is donated to us!**

**15 W Avon Road, Avon CT 06018  
(860)675-1999**