



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<a href="#"><u>CLICK HERE TO REGISTER</u></a>					1	2
		3	4	5	6	7
		3:30-5:00 Let's Get Fit!	3:30-5:00 Walk Fit			EASTER
10	11	12	13	14	15	16
3:30-5:00 ZUMBA with Jessica	3:30-5:00 Drumming on the Ball with Mary					
17	18	19	20	21	22	23
3:30-5:00 ZUMBA with Jessica	3:30-5:00 Country Line Dancing with Shellie				EARTH DAY	
24	25	26	27	28	"However difficult life may seem, there is always something you can do and succeed at." <i>S.Hawking</i>	
3:30-5:00 YOGA with Julia	3:30-5:00 Sit & Be Fit with Mary	3:30-5:00 Let's Get Fit!	3:30-5:00 Walk Fit			

# EVENTS

**SOCT/ Special Olympics  
Farmington Valley CT/Unified**  
For more information contact the  
local coordinator at:  
[sofarmingtonvalley@gmail.com](mailto:sofarmingtonvalley@gmail.com)

To register and confirm in a timely manner  
please sign up for activities by  
**April 7<sup>th</sup>, Space is limited**  
Jean Miller, Family & Recreation  
Services Director  
[jmiller@favarh.org](mailto: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.



## **ACTIVITY DETAILS**

### **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, April 5 ~ 3:30-5:00 p.m.*

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

### **Walk Fit**

**Description:** Nice weather is back!! We'll take a walk on the trail. Bring water, snack provided.

**Date/Time:** *Thursday, April 6 ~ 3:30-5:00 p.m.*

**Drop Off/Pick Up:** Favarh, 225 Commerce Drive, Canton (lower level)

**Registration Fee: \$5 ~ Group Limit: 15**

### **ZUMBA with Jessica**

**Description:** A 45 min. beginner level ZUMBA class for fun and fitness! Snack provided. In an effort to eliminate the quantity of plastic water bottles please bring your own water or use the fountain located in the Wellness Center.

**Date/Time:** *Monday, April 10 ~ 3:30-5:00 p.m.*

**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee: \$10 ~ Group Limit: None**

### **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! Expect some dance moves as well!

**Date/Time:** *Tuesday, April 11 ~ 3:30-5:00 p.m.*

**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee: \$10 ~ Group Limit: 12**

### **ZUMBA with Jessica**

**Description:** A 45 min. beginner level ZUMBA class for fun and fitness! Snack provided. In an effort to eliminate the quantity of plastic water bottles please bring your own water or use the fountain located in the Wellness Center.

**Date/Time:** *Monday, April 17 ~ 3:30-5:00 p.m.*

**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee: \$10 ~ Group Limit: None**

### **Country Line Dancing with Shellie**

**Description:** A 45 minute beginner level Country Line Dance instruction. So much fun! Snack provided. In an effort to eliminate the quantity of plastic water bottles please bring your own water or use the fountain located in the Wellness Center.

**Date/Time:** *Tuesday, April 18 ~ 3:30-5:00 p.m.*

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

### **YOGA with Julia**

**Description:** 1 hour Yoga class with time to relax! Snack provided. In an effort to eliminate the quantity of plastic water bottles please bring your own water or use the fountain located in the Wellness Center.

**Date/Time:** *Monday, April 24 ~ 3:30-5:00 p.m.*

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

### **Sit & Be Fit with Mary**

**Description:** This activity is designed to offer those that want to exercise but have mobility limitations. Exercises will be conducted while sitting in a chair or standing next to and holding on to the chair. Only do what you feel comfortable doing. Mary always makes it FUN!

**Date/Time:** *Tuesday, April 25 ~ 3:30-5:00 p.m.*

**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive **Registration Fee:** \$10 ~ **Group Limit:** 12

### **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, April 26 ~ 3:30-5:00 p.m.*

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

### **Walk Fit**

**Description:** Nice weather is back!! We'll take a walk on the trail. Bring water, snack provided.

**Date/Time:** *Thursday, April 27 ~ 3:30-5:00 p.m.*

**Drop Off/Pick Up:** Favarh, 225 Commerce Drive, Canton (lower level)

**Registration Fee:** \$5 ~ **Group Limit:** 15



**April 2023**  
**Favarh Recreation & Wellness**  
 225 Commerce Drive Canton, CT 06019  
 Jean Miller 860-693-6662 x128 ~ jmiller@favarh.org

**Participant Information**

Name:	Phone:
DOB:	Sex (M or F) :
Address:	City :
State:	Zip Code:
Emergency contact name & number:	
Email:	

**Parents/Guardian if applicable**

Father/Guardian Name:	Mother/Guardian Name:
Cell Phone:	Cell Phone:
E-mail:	E-mail:

**Cancellations** accepted for credit 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 Favarrh for the taking and use of photographs of the above named individual while participating in these activities.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

Activity	Ticket or Supply Fee		√ if volunteering	Bring Extra Cash for:		Total Fees
<input type="checkbox"/> Let's Get Fit 4/5						\$ 10.00
<input type="checkbox"/> Walk Fit 4/6						\$ 5.00
<input type="checkbox"/> ZUMBA 4/10						\$ 10.00
<input type="checkbox"/> Drumming 4/11						\$ 10.00
<input type="checkbox"/> ZUMBA 4/17						\$ 10.00
<input type="checkbox"/> Country Line 4/18						\$ 10.00
<input type="checkbox"/> YOGA 4/24						\$ 10.00
<input type="checkbox"/> Sit & Be Fit 4/25						\$ 10.00
<input type="checkbox"/> Let's Get Fit 4/26						\$ 10.00
<input type="checkbox"/> Walk Fit 4/27						\$ 5.00
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						
<input type="checkbox"/>						

**TOTAL ENCLOSED \$**

It is required that all registrations be completed on our website at [www.favarh.org](http://www.favarh.org), Healthy Lifestyle. If sending in this form, only checks will be accepted as a form of payment. Any other payment will be returned. Thank you!