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<td>“By all these lovely tokens, September days are here. With summer’s best of weather and autumn’s best of cheer.” Hellen Hunt Jackson</td>
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<td>MUSIC with Shello</td>
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**EVENTS**

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 Sept. 5th - 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.

“Happily we bask in this warm September sun, which illuminates all creatures.”
Henry David Thoreau
Mike DelGuidice

MUSIC OF BILLY JOEL
and much more

UNDER THE STARS

FRIDAY, SEPTEMBER 8, 2023
GATES OPEN 6 PM
CONCERT BEGINS 7 PM

AT SIMSBURY MEADOWS
PERFORMING ARTS CENTER
SIMSBURY, CONNECTICUT

TICKETS at www.favarh.org/concert

LIVE OUTDOOR BENEFIT CONCERT
Favarh - The Arc of the Farmington Valley
**ACTIVITY DETAILS**

**MOZAIC CRAFT**  
*Description:* We’ll create a mosaic wall hanging with glass pieces and more.  
*Date/Time:* Thursday, September 7 ~ 3:30-5:00 p.m.  
*Drop Off/Pick Up:* Favarh, 225 Commerce Drive, Canton (lower level) ~ *Registration Fee:* $10 ~ *Group Limit:* 10

**YOGA with Julia**  
*Description:* 1 hour Yoga class with time to relax! Bring water, snack provided.  
*Date/Time:* Monday, September 11 ~ 3:30-5:00 p.m.  
*Drop Off/Pick Up:* Favarh Adaptive Wellness Center, 325 Commerce Drive ~ *Registration Fee:* $10 ~ *Group Limit:* 25

**ZUMBA with Denise**  
*Description:* A 45 min. beginner level ZUMBA class for fun and fitness! Bring water, snack provided.  
*Date/Time:* Tuesday, September 12 ~ 3:30-5:00 p.m.  
*Drop Off/Pick Up:* Favarh Adaptive Wellness Center, 325 Commerce Drive ~ *Registration Fee:* $10 ~ *Group Limit:* 30

**MUSIC 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, too, so there is something for everyone.  
*Date/Time:* Wednesday, September 13 ~ 3:30-5:00 p.m.  
*Drop Off/Pick Up:* Favarh Adaptive Wellness Center, 325 Commerce Drive ~ *Registration Fee:* $10 ~ *Group Limit:* 15

**BINGO**  
*Description:* We’ll enjoy a few rounds of BINGO with prizes and refreshments!  
*Date/Time:* Thursday, September 14 ~ 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:* 20

**ZUMBA with Jessica**  
*Description:* A 45 min. beginner level ZUMBA class for fun and fitness! Bring water, snack provided.  
*Date/Time:* Monday, September 18 ~ 3:30-5:00 p.m.  
*Drop Off/Pick Up:* Favarh Adaptive Wellness Center, 325 Commerce Drive ~ *Registration Fee:* $10 ~ *Group Limit:* 30

**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, September 19 ~ 3:30-5:00 p.m.  
*Drop Off/Pick Up:* Favarh Adaptive Wellness Center, 325 Commerce Drive ~ *Registration Fee:* $10 ~ *Group Limit:* 13
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, September 20 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: $5 ~ Group Limit: 12

Walk Fit

Description: We’ll take a walk on the trail. Bring water!

Date/Time: Thursday, September 21 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh, 225 Commerce Drive, Canton (lower level) ~ Registration Fee: $5 ~ Group Limit: 15

YOGA with Julia

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

Date/Time: Monday, September 25 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: $10 ~ Group Limit: 25

CORNHOLE

Description: A fun beanbag toss game!

Date/Time: Wednesday, September 27 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: $5 ~ Group Limit: 12

MOVIE CLUB

Description: A movie all will enjoy and of course there will be popcorn!

Date/Time: Thursday, September 28 ~ 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: $5 ~ Group Limit: 20

ACTIVITY SIGN UPS WITH CHECKS OR CASH WILL NO LONGER BE ACCEPTED AND WILL BE RETURNED.

ALL ACTIVITY REGISTRATIONS MUST BE DONE ONLINE.

THANK YOU FOR UNDERSTANDING!