



# Favarrh Recreation, Wellness & Education

# MAY 2022



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2	3	4	5	6	7	8
3:30-5:00 YOGA with Julia			3:30-5:00 Acrylic Pour Vase			MOTHER'S DAY
9	10	11	12	13	14	15
3:30-5:00 ZUMBA with Jessica		3:30-5:00 Walk Fit			Avon/Canton Rotary Taste of the Valley	
16	17	18	19	20	21	22
3:30-5:00 YOGA with Julia	3:30-5:00 Country Line Dancing with Shellie		3:30-5:00 BINGO			
23	24	25	26	27	28	29
3:30-5:00 ZUMBA with Jessica		3:30-5:00 Walk Fit	3:30-5:00 Let's Get Fit!			
30	31					
MEMORIAL DAY	3:30-5:00 Country Line Dancing with Shellie					May we never forget our fallen comrades. Freedom isn't free. Sgt. Major Bill Paxton

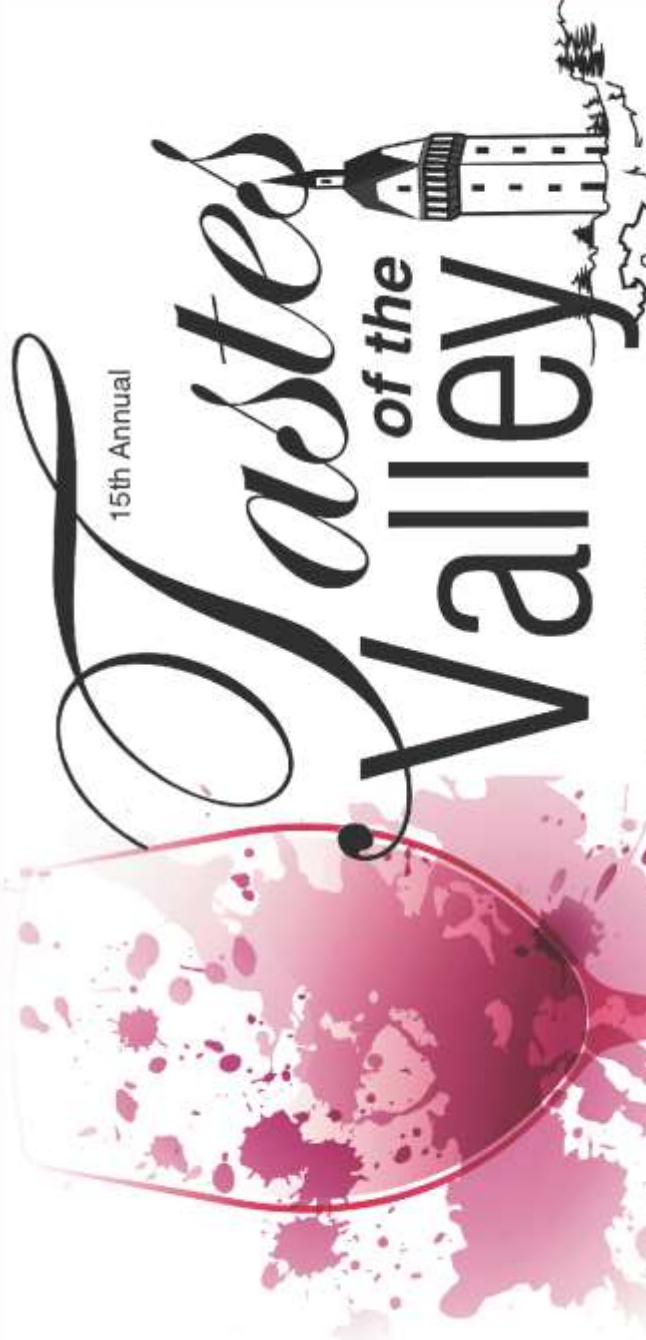


# EVENTS

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

To register and confirm in a timely manner  
please sign up for activities by  
**APRIL 30th, Space is limited!**  
Jean Miller, Family & Recreation  
Services Director  
[jmiller@favarrh.org](mailto:jmiller@favarrh.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.



15th Annual

# Tastes of the Valley

Sponsored By:

**Rotary of Avon-Canton**

**Saturday, May 14, 2022**

**6:00 P.M. Food, Wine, Music, Auction**

**Golf Club of Avon**

**160 Country Club Road, Avon**

**A Food & Wine Festival**

"Tastes-of-the-Valley"  
is featuring

**No Shoes**

**Nation Band**

Kenny Chesney sounds  
for your music and  
dancing entertainment!



For tickets & information:

Contact Colleen at

[Tastesofvalley@gmail.com](mailto:Tastesofvalley@gmail.com)

or contact your favorite Rotarian

Tickets can also be purchased on-line by going to:

[www.RotaryClubofAvon-Canton.org](http://www.RotaryClubofAvon-Canton.org)

[rotaryclubofavoncanton@gmail.com](mailto:rotaryclubofavoncanton@gmail.com)

Please join us for the 2022 Tastes of The Valley, Celebrating our 15th Season.

This is a stellar evening showcasing restaurants, wineries, and breweries throughout the Farmington Valley, Greater Hartford and Litchfield Counties.

Destinations rich with expertise and talent revealing true culinary, brewing and wine making genius to be shared with our communities.

Proceeds go directly to local charities and the nonprofit initiatives of the Avon Canton Rotary

We will adhere to any CDC  
or State of Connecticut  
COVID protocol that is in  
practice at the time  
of our event



*Dress is casual*

## **ACTIVITY DETAILS**

### **YOGA with Julia**

**Description:** Welcome our new instructor for 1 hour Yoga class with time to relax! Water & fruit provided.

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

**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive

**Registration Fee:** \$10 ~ **Group Limit:** 20

### **Acrylic Pour Vases or Jars**

**Description:** We'll use our very cool acrylic pour technique on glass. You'll love the results!

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

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

**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, May 9 ~ 3:30-5:00 p.m.*

**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive

**Registration Fee:** \$10 ~ **Group Limit:** 20

### **Walk Fit**

**Description:** We'll take a walk on the trail! Water and fruit provided.

**Date/Time:** *Wednesday, May 11 ~ 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:** Welcome our new instructor for 1 hour Yoga class with time to relax! Water & fruit provided.

**Date/Time:** *Monday, May 16 ~ 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:** She's back! We'll boot scoot our bootie to country Music!

**Date/Time:** *Tuesday, May 17 ~ 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:** Back by popular demand! Great prizes and refreshments!

**Date/Time:** *Thursday, May 19 ~3:30-5:00p.m.*

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

**Registration Fee:** \$10 ~ **Group Limit:** 15

## **ZUMBA with Jessica**

**Description:** A 45 min. beginner level ZUMBA class for fun and fitness! Water and fruit provided.

**Date/Time:** *Monday, May 23 ~ 3:30-5:00 p.m.*

**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive

**Registration Fee:** \$10 ~ **Group Limit:** 20

## **Walk Fit**

**Description:** We'll take a walk on the trail! Water and fruit provided.

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

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

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

## **Let's Get Fit**

**Description:** This will be an ongoing series to incorporate healthy eating, exercise, and weight control through a variety of activities. We'll weigh in privately and keep a food and fitness journal to see what works best for each individual, with the goal of eating better, getting more exercise, and maintaining a healthy weight. Plan to meet weekly next month.

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

**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive

**Registration Fee:** \$5 ~ **Group Limit:** 10

## **Country Line Dancing with Shellie**

**Description:** She's back! We'll boot scoot our bootie to country Music!

**Date/Time:** *Tuesday, May 31 ~ 3:30-5:00 p.m.*

**Drop Off/Pick Up:** Favarh Adaptive Wellness Center, 325 Commerce Drive

**Registration Fee:** \$10 ~ **Group Limit:** 15



**MAY 2022**  
**Favarh Recreation & Wellness**  
**225 Commerce Drive Canton, CT 06019**

*Please contact Jean Miller 860-693-6662 X128, [jmiller@favarh.org](mailto:jmiller@favarh.org) with questions*

**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:

Activity	Ticket or Supply Fee	√ if volunteering	Bring Extra Cash for:		Total Fees
<input type="checkbox"/> Yoga 5/2					\$10.00
<input type="checkbox"/> Acrylic Pour 5/5					\$10.00
<input type="checkbox"/> Zumba 5/9					\$10.00
<input type="checkbox"/> Walk Fit 5/11					\$ 5.00
<input type="checkbox"/> Yoga 5/16					\$10.00
<input type="checkbox"/> Country Line 5/17					\$10.00
<input type="checkbox"/> Bingo 5/19					\$10.00
<input type="checkbox"/> Zumba 5/23					\$10.00
<input type="checkbox"/> Walk Fit 5/25					\$ 5.00
<input type="checkbox"/> Let's Get Fit 5/26					\$ 5.00
<input type="checkbox"/> Country Line 5/31					\$10.00
<input type="checkbox"/> Long Sleeve Favarh Tee			Size		\$10.00
<b>TOTAL</b>					

**Cancellations** accepted for credit up to 2 days before event.  
**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. (dba 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