







JANUARY

Registration Opens
on 12/18 at 12PM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
5 3:30-5 Yoga	6 3:30-5 Country Line Dancing	7	8	9 6:00-8:00 New Year's Party	10	11
12 3:30-5 Zumba	13 3:30-5 Drumming on the Ball	14	15 NEW 3:30-5 Intro to Karate	16 3:30-4:45 Workout Club	17	18
19 3:30-5 Country Line Dancing	20 3:30-4:45 Workout Club	21 3:30-5 Baton Twirling	22 February Registration opens at 12pm	23	24	25
26 3:30-5 Zumba	27 3:30-5 Drumming on the Ball	28 3:30-5 The Favarh Singers	29 3:30-5 Vision Board Craft	30		CLICK HERE TO REGISTER

EVENTS

Hannah Bricker, Recreation Manager ~ 860-899-4560, hbricker@favarh.org
Special Olympics ~ sofarmingtonvalley@gmail.com

HAPPY
New Year

SPARKLE INTO 2026
AT THE

SHIMMER & BEATS
NEW YEARS PARTY

Friday, January 9th

6:00-8:00pm/ Cost \$12.00

Favarh Adaptive Wellness Center
325 Commerce Drive, Canton CT 06019

[Register Here](#) or online at Favarh.org by Jan.5th

PRE-REGISTRATION REQUIRED!

NO CHECKS, CASH, OR WALK-INS

Snack and Dessert provided



2026 Starts on the Dance Floor

BROUGHT TO YOU BY FAVARH RECREATION

Hannah Bricker
Recreation Manager
hbricker@favarh.org
(860)-899-4560

JANUARY 2026 EVENT GUIDE

YOGA with Julia

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

Date/Time: Monday, 1/5 ~ 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 Kate

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

Date/Time: Tuesday, 1/6 & Monday 1/19 ~ 3:30-5:00 p.m.

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



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, 1/12 and 1/26 ~ 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, 1/13 and 1/27 ~ 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

Introduction to Karate with Dan

A 45 minute Introduction to Karate class with Dan, Co-owner of Level Up Karate. Bring water, snack provided.

Date/Time: Thursday 1/15 ~ 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



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: Friday, 1/16 and Tuesday 1/20- 3:30-4:45 PM.

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

JANUARY 2026 EVENT GUIDE

Baton Twirling for Fitness & Fun

An exciting activity brought to us by a family member, Jaymie Bianca. Jaymie has been baton twirling for the past 22 years, and teaching for 10. Participants will learn various different one baton tricks, as well as how to twirl a ribbon. Jaymie also incorporates adaptive dance moves and breathing techniques to create a class that is inclusive, fun, and focuses on overall lifestyle and wellness. Bring water, snack provided.

Date/Time: Wednesday, 1/21 ~ 3:30-5:00 p.m. Drop Off/Pick Up:

Favarh Adaptive Wellness Center, 325 Commerce Drive ~

Registration Fee: \$10 EACH CLASS ~ Group Limit: 12

Vision Board Craft

Design a meaningful collage that brings your dreams, goals, and favorite inspirations to life. Craft a beautiful visual reminder of what you want to invite into the year ahead.

Date/Time: Thursday, 1/29, 3:30-5:00PM.

Drop off/Pick up: Lower Lever at 225 Commerce Drive

Registration Fee: \$10 EACH ~ Group Limit: 10



New Program

Programs are an activity that has several scheduled sessions that you can register for all at once.

The Favarh Singers Performance Troupe

Love to sing? Then The Favarh Singers is the place for you!

Whether you have a gorgeous voice, belt it out in the car, sing in the shower, or feel like you can barely carry a tune in a bucket, this program is all about feeling good, having fun, and making music together. As an ongoing singing group, we'll explore a variety of musical styles so there's something for everyone. We'll wrap up the session with a joyful performance to share our hard work and celebrate our music together!

Session 1: Wednesdays- 3:30-5:00pm

1/28, 2/25, 3/25, 4/22, 5/27, 6/24

3:30pm-5:00pm

150 Commerce Drive- Favarh Cafe

\$60 Whole Program

