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<th>Monday</th>
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<td>Some of the best memories are made in flip-flops.  <strong>Kellie Elmore</strong></td>
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<td>YOGA with Julia</td>
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<td>ZUMBA</td>
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<td>Drumming on the Ball with Mary</td>
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<td>CORNHOLE</td>
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<td>YOGA with Julia</td>
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<td>CLICK HERE TO REGISTER</td>
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<td>Country Line Dancing with Shellie</td>
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<td>MOVIE</td>
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Rise above the storm and you will find the sunshine.  **Mario Fernández**

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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 **Aug. 5 - 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.
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

LIVE OUTDOOR BENEFIT CONCERT
Favarh - The Arc of the Farmington Valley
YOGA with Julia
Description: 1 hour Yoga class with time to relax! Bring water, snack provided.
Date/Time: Monday, August 7 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: $10 ~ Group Limit: 25

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, August 9 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: $5 ~ Group Limit: 12

ZUMBA
Description: A 45 min. beginner level ZUMBA class for fun and fitness! Bring water, snack provided.
Date/Time: Monday, August 14 ~ 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, August 15 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: $10 ~ Group Limit: 13

CORNHOLE
Description: A fun beanbag toss game!
Date/Time: Wednesday, August 16 ~ 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, August 17 ~ 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, August 21 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: $10 ~ Group Limit: 25

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, August 23 ~ 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: We’ll watch a follow up to “Surf’s Up”, a summertime movie, “Surf’s Up 2”, Wave Mania! Of course there will be popcorn!
Date/Time: Thursday, August 24 ~ 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

Country Line Dancing with Shellie
Description: A 45 minute beginner level Country Line Dance instruction. So much fun! Bring water, snack provided.
Date/Time: Tuesday, August 29 ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: $10 ~ Group Limit: 20
**Participant Information**

Name: 
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: 

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<th>Activity</th>
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<th>☐ if volunteering</th>
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**Total Enclosed $**

**Cancellations** accepted for credit up to 1 day 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 Favarh for the taking and use of photographs of the above-named individual while participating in these activities.

__________________________  
Signature

__________________________  
Date

It is required that all registrations be completed on our website at www.favarh.org, Healthy Lifestyle. If sending in this form, only checks will be accepted as a form of payment. CASH payments will be returned. Thank you!