



Favarrh Recreation, Wellness & Education

APRIL 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
“Wherever you go, no matter the weather, always bring your own sunshine.” Anthony J. D’Angelo		3	4	5	6	73
8	9	10	11	12	13	14
3:30-5:00 Country Line Dancing with Shellie	3:30-5:00 ZUMBA with Denise		3:30-5:00 MOVIE CLUB			
15	16	17	18	19	20	21
	3:30-5:00 Drumming on the Ball with Mary	3:30-5:00 Singing with Shello	3:30-5:00 LET’S PAINT			
22	23	24	25	26	27	28
3:30-5:00 YOGA with Julia	3:30-5:00 ZUMBA with Denise	3:30-5:00 Let’s Get Fit		6:00-8:00 Spring Fling Dance		
29	30		<u>CLICK HERE TO REGISTER</u>		“Sweet April showers do spring May flowers.” Thomas Tusser	
3:30-5:00 YOGA with Julia	3:30-5:00 Drumming on the Ball with Mary					

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
April 5 - Space is limited
Jean Miller, Family & Recreation
Services Director
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.

The Arc. **Favarh**
Thrift Shop

*Your purchase helps support programs
and services for Individuals with intellectual
and developmental disabilities.*

CELEBRATE OUR 60th ANNIVERSARY WITH

50% OFF THE ENTIRE STORE

Thurs ~ April 25th ~ 10:00 - 6:00

RAFFLES



REFRESHMENTS

All men's, women's, & children's clothing, shoes & accessories, jewelry (locked case not included), music, movies, books, housewares, antiques, collectibles & more!

250 Albany Turnpike, Rt. 44, Canton ~ 860-693-2899 ~ www.favarh.org

ACTIVITY DETAILS

Country Line Dancing with Shellie

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

Date/Time: *Monday, April 8 ~ 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 Denise

Description: Denise will do a 45 min. beginner level ZUMBA class for fun and fitness! Bring water, snack provided.

Date/Time: *Tuesday, April 9 & 23 ~ 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

MOVIE CLUB

Description: We'll watch "Lyle, Lyle, Crocodile" a live-action, family friendly movie. Popcorn and beverages provided!

Date/Time: *Thursday, April 11 ~ 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:** \$5 ~ **Group Limit:** 20

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, April 16 & 30 ~ 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

SINGING 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 so there is something for everyone.

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

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

LET'S PAINT

Description: Let's get creative and paint a masterpiece. Come with an idea and I'll help you create it.

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

Drop Off/Pick Up: 225 Commerce Drive, 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, April 22 & 29 ~ 3:30-5:00 p.m.*

Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee:** **\$10 EACH CLASS** ~ **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, April 24 ~ 3:30-5:00 p.m.*

Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee:** \$5 ~ **Group Limit:** 10

Spring Fling Dance

Description: Let's celebrate Spring with a "Dance Party." Join your friends for a fun evening!

Date/Time: *Friday, April 26 ~ 6:00-8:00 p.m.*

Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ **Registration Fee:** \$10 ~ **Group Limit:** 80