



Exciting Update: New Recreation Registration System Launching in August!

Starting this August, we will be switching our online registration platform to TeamUp. This new software will allow us to streamline the registration process and continue growing our offerings with new and engaging recreation programs for everyone to enjoy.

Here's what you can expect with TeamUp:

- Register and view all your activities online or through the TeamUp app
- Pay directly through the platform — no PayPal account required
- Receive text notifications for faster, more convenient updates
- Join multi-week programs in addition to single-session activities

What You Need to Know:

Beginning in August, all recreation participants will need to create a TeamUp account and complete all required paperwork before registering for activities.

July will be the final month using our current system.

We expect to make the new platform publicly available by the first week of August. Once it's live, we will be available to help anyone who needs assistance with setup or registration. Please note that all registrations must be completed through TeamUp starting in August.



Favarh
Recreation,
Wellness &
Education



Registration Opens Friday, 6/27 at 12:00PM

JULY 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 3:30- 5 Workout Club	2	3	4 HAPPY 4th of July	5	6
7 3:30- 5 Zumba	8 3:30- 5 Workout Club	9 3:30- 5 Walk Fit	10	11	12	13
14 3:30- 5 Yoga	15 3:30- 5 Country Line Dancing	16 3:30- 5 Summer Collage Craft	17	18	19	20
21 3:30- 5 Zumba	22 3:30- 5 Workout Club	23 3:30- 5 Singing w/ Shello	24	25 6:00-8PM Rescheduled Hawaiian Summer Dance	26	27
28 3:30- 5 Open Gym	29 3:30-5 Drumming on the Ball	30	31 3:30- 5 Karaoke			<u>Click Here to Register</u> or visit Favarh.org

EVENTS

Contact~ Jean Miller, Recreation Director ~ 860-352-8749, jmiller@favarh.org
Hannah Bricker, Recreation Manager ~ 860-899-4560, hbricker@favarh.org
Special Olympics ~ solfarmingingtonvalley@gmail.com

JULY 2025 PROGRAM GUIDE

Workout Club

This is a medium intensity workout club. We will focus on building muscle and endurance through cardio and ground exercises.

Please bring: Water bottle, sneakers, workout clothing.

Date/Time: Tuesday, July 1st, 8th, and 22nd ~ 3:30-5:00 p.m.

Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$5 ~ Group Limit: 12

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, July 7th & 21st ~ 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

Walk Fit

We'll take a walk on the trail. Bring water!

Date/Time: Wednesday, July 9th ~ 3:30-5:00 p.m.

Drop Off/Pick Up: Favarh, 225 Commerce Drive, Canton (lower level) ~ Registration Fee: \$5 EACH WALK ~ Group Limit: 12

YOGA with Julia

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

Date/Time: Monday, July 14th ~ 3:30-5:00 p.m.

Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$10 ~ Group Limit: 25

Country Line Dancing with Shellie

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

Date/Time: Tuesday, July 15th ~ 3:30-5:00 p.m. Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$10 ~ Group Limit: 25

Summer Collage Craft

Using Shells, stickers, and flowers we will create beautiful summer collages.

Date/Time: Wednesday, July 16th, 3:30-5:00PM. Drop off/Pick up: Lower Lever at 225 Commerce Drive Registration Fee: \$10 EACH ~ Group Limit: 10

SINGING with Shello

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, July 23rd ~ 3:30-5:00 p.m. Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$10 ~ Group Limit: 15

JULY 2025 PROGRAM GUIDE

Open Gym

Looking to shoot some hoops? Kick a ball around? Just hang out and move? The gym is yours — all equipment will be available. Great music provided!

Date/Time: Monday, July 28th ~ 3:30–5:00 p.m. Drop Off/Pick Up: Favarrh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$5 EACH ~ Group Limit: 20

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, July 29th ~ 3:30–5:00 p.m. Drop Off/Pick Up: Favarrh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$10 EACH CLASS ~ Group Limit: 15

Karaoke Night

Karaoke Night is back! Whether you're a shower singer or a stage slayer, this night's for YOU.

Pop, rock, hip hop, country—whatever your jam, bring it to the stage. 🎵

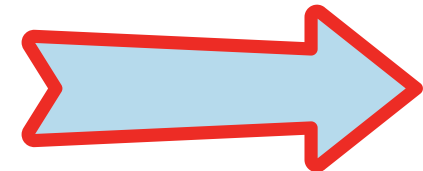
Date/Time: Thursday, July 31st ~ 3:30–5:00 p.m. Drop Off/Pick Up: Favarrh Cafe, 150 Commerce Drive ~ Registration Fee: \$10 ~ Group Limit: 15

JUNE HIGHLIGHTS



Check
it
out

**DON'T MISS THE EXCITING
EVENTS HAPPENING THIS
JULY!**



JULY 2025




ON THE TOWN

THESE EVENTS ARE NOT SUPERVISED BY FAVARH RECREATION



Improv in the Park




local improviser Justin is back to host more improv games with the sociall! come hang out for 'prov in the park and let's be silly and make each other laugh

 July 28th from 5:30-7
 Fern Park, West Hartford
 \$22/ Pre registration required


Carnival, Fireworks and Parade!- Unionville



[CLICK HERE](#) 

 July 11th- 13th- times vary
 11 School Street, Unionville, CT
 Cost varies- CASH ONLY

Railroad Museum of New England- Thomaston






I Scream, You Scream, We All Scream for Ice Cream! 🍦
 The Naugatuck Railroad is proud to announce The Connecticut Ice Cream Train is back for 2025!
 On June 27th, 28th, July 9th, 10th, 11th, 18th, 19th, 25th, 26th, August 2nd, 8th, and 10th take a break from the heat of summer and enjoy a 30-minute scenic train ride through the Naugatuck River Valley and over the Thomaston Dam.

 Multiple Dates
 242 East Main St, Thomaston CT
 \$12/Person- Dairy Free Available \$1

Southington Italian- American Festival



Our 20th Italian-American Festival will feature weekend-long entertainment, food booths, an Italian Marketplace, the outdoor Italian Mass and procession Sunday morning at 10 am, and free children's activities throughout the weekend.

 July 25th-27th- Times Vary
 250 Center Street, Southington CT
 Free Admission

Apple Barrel Farm Market- Middlefield






Blueberry Festival
 SAT, JULY 19TH 10:00 AM-4:00 PM

 Sat, 19 July, 2025 at 10 am- 4PM
 32 Reeds Gap Rd, Middlefield CT
 Free Admission



Held rain or shine under a large tent in our scenic upper farm Christmas tree field, this festive event features talented artisans showcasing handcrafted, locally made goods—no imports. Enjoy a unique shopping experience while supporting small businesses, plus delicious food trucks serving pizza, burgers, and more. Indulge in baked goods, and other tasty treats while you browse

 Sat, 26 July, from 11 am- 4 pm
 40 Angevine Rd, Warren CT
 \$5 Entry