



The New Recreation Portal is Live!

Registration for August Events opens on 8/7 at 12:00 PM

Sign up now at favarh.org/rec.

1. Sign up using your preferred email address *best for notifications*
2. Fill out forms for anyone who will be participating in Favarh Recreation events.
 - a. Participant refers to anyone who will be participating in recreation events
 - b. Parent may also refer to a manager, guardian, or other person who may make registrations on behalf of the participant (s).
3. Activities will become available for registration on Thursday 8/7 at 12:00 PM. You will be asked to fill out additional information at that time.

A screenshot of a web form titled "Welcome to Favarh Recreation". At the top right is the "The Arc Favarh" logo. Below the title, it says "Enter your email to get started". There is a text input field labeled "Email Address*" with the placeholder text "you@yourdomain.com". At the bottom of the form is a dark button labeled "Next" with a right-pointing arrow.

👉 Need Help?
please contact:
Hannah Bricker
✉ hbricker@favarh.org
☎ (860) 899-4560
Available Monday 8/4–Thursday
8/7 from 9 AM–5 PM, and Friday
from 9 AM–3 PM via phone or
email.

Sean McCarthy
✉ smccarthy@favarh.org

AUGUST 2025



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------------|---|--|---|--|----------|---|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 12:00 PM <u>Registration</u> <u>Opens</u> | 8 | 9 | 10 |
| 11 3:30- 5 Yoga | 12 3:30- 5 Drumming on the Ball | 13 3:30- 5 Singing w/ Shello | 14 | 15 | 16 | 17 |
| 18 3:30- 5 Zumba | 19 3:30- 5 Country Line Dancing | 20 3:30-5 Volleyball Clinic | 21 | 22 3:30-5 Free Event!!! Open Mic Night | 23 | 24 |
| 25 3:30- 5 Zumba | 26 3:30- 5 Workout Club | 27 | 28 | 29 | 30 | 31 <u>CLICK TO</u> <u>SIGN UP</u> |

EVENTS

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

AUGUST 2025 PROGRAM GUIDE

YOGA with Julia

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

Date/Time: Monday, August 11th~ 3:30-5:00 p.m.

Drop Off/Pick Up: Favarrh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$10 ~ 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, August 12th~ 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

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, August 13th ~ 3:30-5:00 p.m.

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

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, August 18th & 25th~ 3:30-5:00 p.m.

Drop Off/Pick Up: Favarrh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$10 EACH CLASS ~ Group Limit: 30

Country Line Dancing with Shellie

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

Date/Time: Tuesday, August 19th~ 3:30-5:00 p.m. Drop

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

Volleyball Clinic

Learn the basics, sharpen your skills, and have a blast on the court! All levels welcome!

Date/Time: Tuesday, August 20th, 3:30-5:00 p.m.

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

AUGUST 2025 PROGRAM GUIDE

FREE EVENT- Open Mic Night

It's open mic night! Come and sing your favorite song, read a poem, perform a dance, or come watch and cheer on your friends! Snacks and drinks will be provided. Come out for an afternoon of amazing performances.

Please be prepared with the title of your performance at the time of registration.

This event is brought to you by OpportunAbility- a 501c3 nonprofit dedicated to providing innovative opportunities for individuals with disabilities. OpportunAbility is operated by Favarrh client Brandon Bianca's sister and mother, Jaymie and Roberta Bianca.

Date/Time: Friday, August 22nd ~ 3:30-5:00 p.m.

Drop Off/Pick Up: Favarrh Cafe, 150 Commerce Drive ~

Registration Fee: Free ~ online registration required

Group Limit: 20

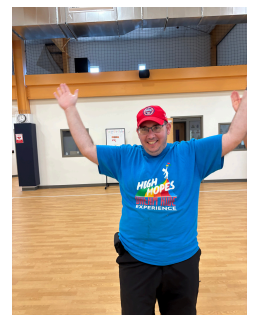
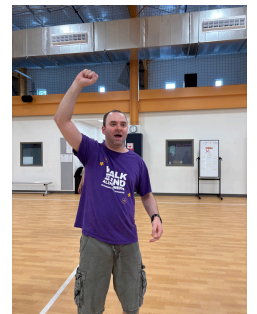
Workout Club

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, and workout clothing.

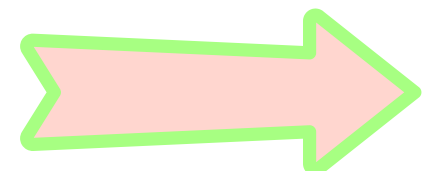
Date/Time: Tuesday, August 26th~ 3:30-5:00 p.m.

Drop Off/Pick Up: Favarrh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$7 ~ Group Limit: 12



Check
it
out

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




AUGUST 2025




ON THE TOWN

THESE EVENTS ARE NOT SUPERVISED BY FAVARH RECREATION

Outdoor Movie- Torrington, CT






Movie Night Under the Stars! ♦♦
Grab your blankets and head to the ballfield! Torrington Recreation is hosting Movie in the Outfield!
♦ Movie: Rookie of the Year (1993)
♦ Snacks and drinks will be available for purchase
Come early, grab a spot, and enjoy a night of family fun in the great outdoors. Bring your friends, your family, and your love of movies. See you on the field!
♦ More info: 860.489.2274

 Friday, August 8- Movie starts at 7:30PM
 Location: Fuessenich Park
 Free Admission. Free Parking.

The Farm Truck at Hein Farm






Our 5th Annual Summer Farm Festival and Art & Craft Fair. Join us for a weekend of celebrating summer with local artisans, live music, food trucks and more.
Greenhouse Tavern Food Truck
Coffeeology Street Cafe
Also enjoy live music, the grand opening of our cut your own flower garden and so much more!

 August 9th & 10th from 10AM-4PM
 303 Meadow Rd, Farmington CT
 Free Admission. Free Parking.

firefly Fridays
AUGUST 1ST 8TH 15TH 22ND

Come enjoy an evening on the farm Fridays in August with live music, food truck, adult beverages, cut your own flowers, cornhole, sunset and more.
Free admission, free parking.
Bring your own chair.
No outside food or beverage permitted.
August 1st - Dough Boy Pizza, Dawg Tour Hot Dogs & The Mobile Pub
August 8th - Dough Boy Pizza & The Mobile Pub
August 15th - Cousins Maine Lobster, Dawg Tour Hot Dogs & The mobile Pub
August 22nd - Not Just Blowin Smoke, The Mobile Pub
Bands TBA
Cut Your Own Flowers Open all evening. 5:30- 8:30

 August 1st, 8th, 15th, and 22nd 5:30-8:30
 303 Meadow Rd, Farmington CT
 Free Admission. Free Parking.




END OF THE SUMMER BLAST
SATURDAY AUGUST 23RD
5 PM - 8 PM

LIVE MUSIC, FOOD & FUN

PRESENTING SPONSORS:
THE ETHEL WALKER SCHOOL
THE FRIENDS OF SIMSBURY FARMS

Simsbury Culture Parks and Rec

Come out to Simsbury Farms on Saturday August 23rd, from 5-9 PM to celebrate the end of the summer with live music, fireworks, food and inflatables! Overflow parking will be available at the Apple Barn and Orkil Field. Handicapped parking will be at the pool lot.
Live Music by Rhythm City Band: 6:30-8:30 PM
Fireworks: 8:40 PM!

 August 23rd 5-9:00 PM
 100 Old Farms Rd, Simsbury CT
 Free for Simsbury Residents- Food for purchase