



Favarh
Recreation,
Wellness &
Education



MARCH 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3	4 3:30-5 Workout Club	5	6 3:30-5 Pine Cone Craft	7	8	9
10 3:30-5 ZUMBA	11 3:30-5 Drumming on the Ball	12 3:30-5 Let's Get Fit	13 3:30-5 Movie Club	14	15	16
17 <i>Happy St. Patrick's Day</i>	18 3:30-5 Country Line Dancing	19 3:30-5 Dog training & Safety	20	21 3:30-5 Talent Showcase	22	23
24 3:30-5 ZUMBA	25 3:30-5 Workout Club	26 3:30-5 Singing with Shello	27 3:30-5 Upcycled Journaling	28	29	30
31 3:30-5 Yoga						<u>CLICK TO REGISTER</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 ~ sofarmingtonvalley@gmail.com

MARCH 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, March 4th & 25th ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$5 ~ Group Limit: 8

Pine Cone Craft

Create a whimsical, nature-inspired masterpiece with our Painted Pine Cone Flower Frame. Turn simple pine cones into beautiful flowers with a splash of color.

Date/Time: Thursday, March 6th - 3:30-5:00PM.
Drop off/Pick up: Lower Lever at 225 Commerce Drive
Registration Fee: \$10 EACH CLASS ~ Group Limit: 10



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, March 10th & 24th~ 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, March 11th ~ 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

Let's Get Fit

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, March 12th ~ 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

Get ready for non-stop laughs in "Daddy Day Care"! Chaos, hilarity, and heartwarming moments follow as they discover they're more equipped than they thought to handle the wild world of children. Popcorn and beverages provided!

Date/Time: Thursday, March 13th ~ 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

MARCH 2025 PROGRAM GUIDE

Country Line Dancing with Shellie

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

**Date/Time: Tuesday, March 18th ~ 3:30-5:00 p.m. Drop
Off/Pick Up: Favarrh Adaptive Wellness Center, 325
Commerce Drive ~ Registration Fee: \$10 ~ Group Limit: 20**

NEW Dog Training & Safety with Brooke 🐾

Do you love dogs? Learn to build safe and positive relationships with them!

In this fun, hands-on class, we will learn essential safety tips, how to read body language, and dog training basics while working with Brooke's dog Franko!

**Date/Time: Wednesday, March 19th ~ 3:30-5:00 p.m. Drop
Off/Pick Up: Favarrh Adaptive Wellness Center, 325
Commerce Drive ~ Registration Fee: \$10 ~ Group Limit: 15**

NEW Talent Showcase: Where Your Talent Shines!

🌟 Looking for the perfect stage to display your talents? 🌟
Join us for the Talent Showcase, a fun-filled activity where YOU get to be the star! Whether you're a singer, dancer, comedian, or have any hidden talent, this is your moment to shine!

**Date/Time: Friday, March 21st ~ 3:30-5:30 p.m.
Drop Off/Pick Up: Favarrh Cafe, 150 Commerce Drive ~
Registration Fee: \$10 ~ Group Limit: 20**

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, March 26th ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarrh Adaptive Wellness Center, 325
Commerce Drive ~ Registration Fee: \$10 ~ Group Limit: 15**

NEW UPCYCLED JOURNALING WITH JEN

Transform everyday items into personal masterpieces with Upcycled Journaling! Every page tells a story — yours. ✨
What will you use your new journal for? Art? Doodling? Memory Keeping? Jen Cook will lead you down the path to creativity, mindfulness, and the joys of journaling.

**Date/Time: Thursday, March 27th ~ 3:30-5:00 p.m. Drop
Off/Pick Up: Favarrh lower level, 225 Commerce Drive ~
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, March 31st ~ 3:30-5:00 p.m.
Drop Off/Pick Up: Favarrh Adaptive Wellness Center, 325
Commerce Drive ~ Registration Fee: \$10 ~ Group Limit: 25**

ON THE TOWN

COMMUNITY OFFERINGS

THESE EVENTS ARE NOT SUPERVISED BY FAVARH RECREATION

Ethel Walker School
UNIFIED ART

[Click here to register](#)

Contact Clarissa Basch at
clarissa_basch@ethelwalker.org
 for more info

- 📅 **When: March 2nd and 30th 1PM-2 PM**
- 📍 **Where: Ethel Walker School, Simsbury, CT**
- 💰 **Free-Registration required**



- 📅 **When: Sat, 15 Mar, 2025 at 12:00 AM**
- 📍 **Where: Downtown Hartford**
- 💰 **Free**

GMHS DRAMATIC ARTS PRESENTS...

LEGALLY BLONDE

The Musical

Presented through special arrangement with Music Theatre International (MTI).
 All authorized performance materials are also supplied by MTI.

MAR 14 & 15 - 7PM
MAR 16 - 2PM

- 📅 **March 14th 7PM & 15th 2PM and 7PM**
- 📍 **Granby memorial High school**
- 💰 **\$18.00/ ticket**



Friendship Bracelet Bash

when: 3/4 from 5:30-7pm
 where: dom's creamery, avon ct
 cost: \$27 (incl. tax)

Mario Cart Night

when: 3/12 from 5-7pm
 where: parkville market, hartford ct
 cost: \$32 (incl. tax)

DIY Shamrock Shakes

when: 3/25 from 5:30-7pm
 where: 30 ash, hartford ct
 cost: \$27 (incl. tax)



- 📅 **March 26th 1PM-4PM**
- 📍 **Farmington Library Jay Johnston room**
- 💰 **Free**