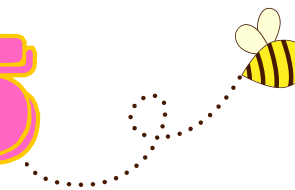




MAY 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
3:30-5 ⁵ Open Gym	3:30-5 ⁶ Drumming on the Ball	3:30-5 ⁷ Walk Fit	3:30-5 ⁸ Pot & Plant Craft	9	10	11 HAPPY Mother's Day
3:30-5 ¹² Zumba	3:30-5 ¹³ Workout Club	14	15	16	17	18
3:30-5 ¹⁹ Yoga	3:30-5 ²⁰ Country Line Dancing	3:30-5 ²¹ Baton Twirling	22	3:30-5 ²³ Karaoke	24	25
26 MEMORIAL DAY	3:30-5 ²⁷ Workout Club	3:30-5 ²⁸ Singing with Shello	3:30-5 ²⁹ Bingo	30	31	Click Here to Register or visit Favarrh.org

EVENTS

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

MAY 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, May 5th ~ 3:30–5:00 p.m. Drop Off/Pick Up: Favarh 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, May 6th ~ 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

Walk Fit

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

Date/Time: Wednesday, May 7th~ 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



Pot & Plant Craft

We will decorate a pot and plant some flowers. A beautiful gift or to keep!

Date/Time: Thursday, May 8th– 3:30–5:00PM. Drop off/Pick up: Lower Lever at 225 Commerce Drive Registration Fee: \$10 EACH ~ 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, May 12th~ 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

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, May 13th & 27th~ 3:30–5:00 p.m. Drop Off/Pick Up: Favarh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$5 ~ Group Limit: 12

MAY 2025 PROGRAM GUIDE

YOGA with Julia

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

Date/Time: Monday, May 19th ~ 3:30–5:00 p.m.
Drop Off/Pick Up: Favarrh 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, May 20th ~ 3:30–5:00 p.m. Drop Off/Pick Up: Favarrh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$10 ~ Group Limit: 20

BATON TWIRLING FOR FITNESS & FUN

An exciting activity brought to us by a family member, Jaymie Bianca. Jaymie has been baton twirling for the past 22 years, and teaching for 10. Participants will learn various different one baton tricks, as well as how to twirl a ribbon.

Jaymie also incorporates adaptive dance moves and breathing techniques to create a class that is inclusive, fun, and focuses on overall lifestyle and wellness. Bring water, snack provided.

Date/Time: Wednesday, May 21st ~ 3:30–5:00 p.m. Drop Off/Pick Up: Favarrh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$10 EACH CLASS ~ Group Limit: 12

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: Friday, May 23rd ~ 3:30–5:00 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, May 28th ~ 3:30–5:00 p.m.
Drop Off/Pick Up: Favarrh Adaptive Wellness Center, 325 Commerce Drive ~ Registration Fee: \$10 ~ Group Limit: 15

BINGO

Description: What's more fun than an afternoon of BINGO. Everyone wins! Snack provided!!

Date/Time: Thursday, May 29th ~ 3:30–5:00 p.m.
Drop Off/Pick Up: Favarrh Cafe, 150 Commerce Drive ~ Registration Fee: \$5 ~ Group Limit: 20

MAY 2025 ON THE TOWN

THESE EVENTS ARE NOT SUPERVISED BY FAVARH RECREATION

Spring Market



Get ready to celebrate spring in full bloom! On Saturday, May 10, from 10am to 4pm, Holcomb Farm will host our Spring Marketplace, featuring an incredible lineup of vendors, crafters, and small businesses.

It's the perfect way to find unique treasures, enjoy the season, and maybe even pick up the perfect gift for Mother's Day!

When: Saturday, May 10th from 10am- 4pm

113 Simsbury Road, Granby, CT

Purchases of local goods available

May Market Hill-Stead Museum



Sun, 04 May, 2025 at 10:00 am to 04:00 pm (EDT)

Add to Calendar

35 Mountain Rd,
Connecticut 06032

35 Mountain Rd, Ct 06032-
2372, Connecticut,
Farmington, United States

When: Sunday, May 4th from 10 AM- 4 PM

Where: 35 Mountain rd, Farmington, CT

Free-Purchases available

Collinsville Jamboree



When: May 21st- 24th- 6PM- 10PM

Where: 91 Powder Mill Rd, Canton

\$5 Parking, Rides and food available for purchase.

New Hartford Lions Club Giant Flee Market



Rain or Shine
No Pets Allowed
Antiques, Arts and Crafts,
Tag Sale Items, Food, Free
Parking, Live Music

When: Saturday, June 1st, 8AM- 3PM

Where: Brodie Park, New Hartford CT

\$3.00 Admission- Purchases available

2025 Enfield Food Truck Fest & Carnival



When: Saturday May 10th & 11th - 11AM- 7PM

Where: 90 Elm Street, Enfield, CT

Food available for purchase

Torrington Strawberry Festival



This features all the flavors, sounds, and fun of Summer... with over 80 vendors exhibiting arts, crafts and all sorts of unique products and gifts. Fun for the entire family!

When: Saturday, May 31st 10 AM- 3PM

Where: Coe Memorial Park, Torrington, CT

Free Admission- Purchases available