Welcome to
FARMINGTON COMMUNITY AND RECREATIONAL SERVICES
Fall 2019

DEPT. OF COMMUNITY & RECREATIONAL SERVICES
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Theresa Solla
Confidential Secretary
Leslie Cifone
Community Resource Specialist

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Ryan Deneen
Program Assistant

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Social Work Supervisor
Amanda Moffo
Program Assistant

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Youth Services Coordinator
Christopher Montes, MA, NCP, FDC, BCCP
Juvenile Justice Coordinator

SENIOR SERVICES
Sharyn Holmes
Senior Center Coordinator
Andrea Bouchard
Program Assistant
Sandra Bryant
Resident Service Coordinator

WESTWOODS GOLF COURSE
Larry Graham
Golf Professional

Cover Photo by John Cudworth

MESSAGE FROM THE DIRECTOR
We are happy to be distributing our Fall 2019 Program Guide for the Town of Farmington’s Community & Recreational Services Department.

The department is organized into seven divisions: Housing, Recreation, Senior & Social Services, Transportation, Youth Services, and Westwoods Golf Course. As a department, we collaborate to meet the needs of the town’s residents. Our goal is to strengthen community through programs, services and facilities that enhance personal development, promote healthy lifestyles, encourage community involvement, enhance well-being and meet basic needs while empowering individuals and families. You can find information in this brochure for a variety of sites and services such as: seasonal recreation programming, Westwoods Golf Course, financial assistance, teen center programming or transportation for senior citizens, family or crisis counseling, as well as resources if you have a concern about a homebound elderly neighbor or relative.

Fall is an exciting time for Community Services as we transition back to school and more structured programming as well as the preparation for the Holiday Giving Programs. We hope this brochure serves you well; please take advantage of the many opportunities our department provides. With all of our programs and services, we value and grow from your feedback—please contact me via email at parentn@farmington-ct.org or by phone at 860-675-2390 with any comments, questions and/or suggestions.

Sincerely,
Nancy E. Parent, Director of Community & Recreational Services

OFFICE LOCATIONS
SOCIAL & YOUTH SERVICES
2 Monteith Drive
Farmington, CT 06032
860-675-2390

RECREATIONAL SERVICES
1 Depot Place
Unionville, CT 06085
860-675-2540

SENIOR CENTER
321 New Britain Avenue
Unionville, CT 06085
860-675-2490

WESTWOODS GOLF COURSE
14 Westwoods Drive
Farmington, CT 06032
860-675-2548

YOUTH CENTER
23 School Street
Unionville, CT 06085

MISSION STATEMENT
The Community & Recreational Services Department manages resources, provides wholesome programming and coordinates opportunities to achieve creative solutions for a healthy community. The department is organized into seven divisions: Housing, Recreation, Senior & Social Services, Transportation, Youth, and Westwoods Golf Course.

TABLE OF CONTENTS
Fall Festival & Moonlight Movie ............ 1
Holiday Events .................................. 2
Recreation Dance ............................... 3
Recreation Martial Arts ....................... 4
Recreation Youth & Adult Running ....... 5
Recreation Sports ............................ 6
Recreation Basketball ....................... 7
Recreation Bus Trip ......................... 8
Recreation Tumble Bunnies ............... 8
Recreation Registration ..................... 8
Farmington Care Fair ....................... 9
Senior Center Trips ....................... 10
Senior Center Games & Activities ...... 11
Senior Send-Off Party ..................... 11
Senior Ctr Educational Programs ....... 12
Senior Center Fitness Programs ......... 13
Community & Youth Services .......... 14
Celebrate the Great Outdoors .......... 14
Social Services ............................. 15

WEATHER CONCERNS
Farmington programs follow the school cancellation policy. If school is cancelled or dismissed early then all programs will be cancelled. Announcements will be made on CBS Channel 3 Eyewitness News First Alert and NBC Connecticut 30.
Farmington Community & Recreational Services in collaboration with Unionville Village Improvement Association presents the second annual Fall Festival & Moonlight Movie

Featuring

FREE DONUTS & CIDER!

October 20, 2019
Staples House Grounds
2 Monteith Drive • Farmington
4:00—7:00 PM

Halloween Activities
Pumpkin Decorating
Costume Contest
Civic Organizations
Movie, Music and more!

Food pantry donations will be accepted at this event!

Movie begins at 6:30 PM
(Don't forget your lawn chairs and blankets)
Costume Contest winners announced at 6:00 PM

@FarmingtonCommunityServices

www.farmington-ct.org
NOVEMBER

23 Thanksgiving Food Drive
co-sponsored by Farmington Police Dept.

This event supports low-income families in Farmington and Unionville by providing all the essentials for a complete Thanksgiving meal. Interested donors can participate by sponsoring one or more families through our office or by contributing at the annual Thanksgiving food drive held at Stop & Shop, 1799 Farmington Avenue, Unionville (food drive is typically 9 am to 2 pm).

28 Community Thanksgiving Dinner

Community & Senior Center
321 New Britain Avenue, Unionville

Please join us as Farmington Community Services hosts its annual town-wide Thanksgiving Day Dinner Gathering!

12:00 p.m. – 2:00 p.m.*

Participants, volunteers, and donors needed. Please contact Community Services at 860-675-2390 to make your reservation or for more information.

*Reservations are required

DECEMBER

13 Stuff-a-Cruiser Toy Drive
co-sponsored by Farmington Police Dept.

Help make holiday wishes come true at the annual FCS and FPD toy drive. This event helps provide toys, clothes and lots of good cheer to more than 200 local children. Donations can also be dropped off at our office. To sponsor a child, please contact FCS at 860-675-2390.

Walmart,
255 W. Main Street, Avon

21 Winter Holidays Food Drive
co-sponsored by Tunxis Hose & Farmington Fire Depts.

This event offers Farmington and Unionville residents in need all the essentials for a complete holiday meal. Interested donors can participate by sponsoring one or more families through our office or by contributing at the two annual food drive locations Stop & Shop, 1799 Farmington Avenue, Unionville Highland Park Market, 204 Main Street, Farmington (food drives are typically 9 am to 2 pm)

The Little Shoppers Program

GIVE THE JOY OF GIVING TO A CHILD THIS SEASON

Little Shoppers is a new program that will give children from low-income families the opportunity to “shop” for a gift for their loved ones. We need your help!

This program relies on donations of new and unused items that are appropriate for moms, dads, grandparents, etc. Donations can be dropped off at the Staples House Monday—Friday, 9 am to 4 pm until December 1st.

www.farmington-ct.org
CREATIVE MOVEMENT, Ages 2 & 3
Fun, energetic music and the basic knowledge of dance movement will be introduced children in the beginner Creative Movement class.
Instructor: Phyllis Boucher
Location: Farmington Community & Senior Ctr
Min/Max: 5/10
Session Fee: $89.00 [Res] $99.00 [NR]
Saturdays: 9:00 – 9:45 a.m.
Thursdays: 9:45 – 10:30 a.m.
[No Class: 10/5, 11/9, 11/30]
Th., Sept. 26 – Dec. 12 Code: 312210-02
[No Class: 10/3, 10/24, 11/28]

BALLET, TAP and JAZZ COMBO, Ages 3 – 5
Fun, energetic music and the basic knowledge of Ballet, Tap and Jazz will be incorporated into these classes. Leotard, tights, and tap shoes are required.
Instructor: Phyllis Boucher
Location: Farmington Community & Senior Ctr
Min/Max: 5/10
Session Fee: $89.00 [Res] $99.00 [NR]
Saturdays: 9:50 – 10:35 a.m.
Fridays: 9:15 – 10:00 a.m.
[No Class: 10/5, 11/9, 11/30]
Fri., Oct. 4 – Dec. 6 Code: 312211-02
[No Class: 11/29]

TAP & JAZZ DANCE COMBO, Ages 3 – 5
A little Tap and a little bit of Jazz will be incorporated into this unique dance combination class.
Instructor: Phyllis Boucher
Location: Farmington Community & Senior Ctr
Min/Max: 5/10
Session Fee: $89.00 [Res] $99.00 [NR]
Time: 9:00 – 9:45 a.m.
Th., Sept. 26 – Dec. 12 Code: 312212-01
[No Class: 10/3, 10/24, 11/28]

BALLET, Ages 5 – 8
Children will learn ballet skills while exploring movements such as jumping, running, turning and leaping through the use of music and rhythms.
Instructor: Nadia Boucher
Location: Farmington Community & Senior Ctr
Min/Max: 5/10
Session Fee: $89.00 [Res] $99.00 [NR]
Time: 4:30 – 5:15 p.m.
Mon., Oct. 7 – Dec. 16 Code: 312213-01
[No Class: 10/14, 11/4]

BALLET, TAP and JAZZ COMBO, Ages 5 – 8
A little Ballet, a little Tap and a little bit of Jazz will be incorporated into this unique dance combination class.
Instructor: Phyllis Boucher
Location: Farmington Community & Senior Ctr
Min/Max: 5/10
Session Fee: $89.00 [Res] $99.00 [NR]
Time: 10:40 – 11:25 a.m.
[No Class: 10/5, 11/9, 11/30]

TAP & JAZZ DANCE COMBO, Ages 8 – 11
A little Tap and a little bit of Jazz will be incorporated into this unique dance combination class.
Instructor: Phyllis Boucher
Location: Farmington Community & Senior Ctr
Min/Max: 5/10
Session Fee: $89.00 [Res] $99.00 [NR]
Time: 11:30 a.m. – 12:15 p.m.
Sat., Sept. 28 – Dec. 14 Code: 312212-02
[No Class: 10/5, 11/9, 11/30]

BALLET, Ages 8 – 11
Children will learn ballet skills while exploring movements such as jumping, running, turning and leaping using music and rhythms.
Instructor: Nadia Boucher
Location: Farmington Community & Senior Ctr
Min/Max: 5/10
Session Fee: $89.00 [Res] $99.00 [NR]
Time: 5:15 – 6:00 p.m.
Mon., Oct. 7 – Dec. 16 Code: 312213-02
[No Class: 10/14, 11/4]
MARTIAL ARTS – Mighty Mites, Ages 4 - 6
Flexibility, coordination, balance, and self-confidence will be developed through participation in this introduction to Martial Arts. Please wear socks, sneakers and comfortable clothing.
Instructor: Matthew Rumpf
Location: Farmington Youth Center
Min/Max: 4/12
Session Fee: $49.00 [Res] $59.00 [NR]
Time: 4:30 – 5:00 p.m.
Tuesdays & Thursdays
Sept. 10 – Oct. 8 Code: 301041-01
Oct. 17 – Nov. 21 Code: 301041-02
*Six-Classes: $35.00 [Res] $45.00 [NR]
Jan. 9 – Feb. 6 Code: 201041-01
Feb. 20 – Mar. 19 Code: 201041-02
Mar. 26 – Apr. 30 Code: 201041-03
[No Class: 4/14, 4/16]
May 7 – June 4 Code: 201041-04

MARTIAL ARTS – Beginner, Ages 6 – 10
Flexibility, coordination, strength, and self-confidence will be developed through participation in this ancient practice. Students will be introduced to the traditional techniques of karate and jujitsu. The karate gi is recommended.
Instructor: Matthew Rumpf
Location: Farmington Youth Center
Min/Max: 4/12
Session Fee: $79.00 [Res] $89.00 [NR]
Time: 5:00 – 6:00 p.m.
Tuesdays & Thursdays
Sept. 10 – Oct. 8 Code: 311041-01
Oct. 17 – Nov. 21 Code: 311041-02
*Six-Classes: $69.00 [Res] $79.00 [NR]
Jan. 9 – Feb. 6 Code: 211041-01
Feb. 20 – Mar. 19 Code: 211041-02
Mar. 26 – Apr. 30 Code: 211041-03
[No Class: 4/14, 4/16]
May 7 – June 4 Code: 211041-04

MARTIAL ARTS – Intermediate
Ages 10+ (Instructor Discretion)
Flexibility, coordination, strength, and self-confidence will be developed through participation in this ancient practice. Students will be introduced to the traditional techniques of karate & jujitsu. The karate gi is recommended.
Instructor: Earl Lockhart
Location: Farmington Youth Center
Min/Max: 4/12
Session Fee: $99.00 [Res] $109.00 [NR]
Time: 6:00 – 7:30 p.m.
Tuesdays & Thursdays
Sept. 10 – Oct. 8 Code: 321041-01
Oct. 17 – Nov. 21 Code: 321041-02
*Six-Classes: $69.00 [Res] $79.00 [NR]
Jan. 9 – Feb. 6 Code: 221041-01
Feb. 20 – Mar. 19 Code: 221041-02
Mar. 26 – Apr. 30 Code: 221041-03
[No Class: 4/14, 4/16]
May 7 – June 4 Code: 221041-04

MARTIAL ARTS – Advanced
Ages 13+ (Instructor Discretion)
Flexibility, coordination, strength, and self-confidence will be developed through participation in this ancient practice. Advanced students will be introduced to weaponry and kickboxing. The karate gi and sparring equipment are required for advanced students.
Instructor: Earl Lockhart
Location: Farmington Youth Center
Min/Max: 4/12
Session Fee: $99.00 [Res] $109.00 [NR]
Time: 7:30 – 9:00 p.m.
Tuesdays & Thursdays
Sept. 10 – Oct. 8 Code: 331041-01
Oct. 17 – Nov. 21 Code: 331041-02
*Six-Classes: $69.00 [Res] $79.00 [NR]
Jan. 9 – Feb. 6 Code: 231041-01
Feb. 20 – Mar. 19 Code: 231041-02
Mar. 26 – Apr. 30 Code: 231041-03
[No Class: 4/14, 4/16]
May 7 – June 4 Code: 231041-04
GIRLS IN STRIDE – RUNNING PROGRAM
Ages 6 – 14
Imagine the thrill your daughter will feel as she crosses the finish line in her first race. This non-competitive training program is designed for all levels of runners. Help your daughter gain confidence, build self-esteem, and lead her to a path of health and fitness. Focus will be on using games and drills that make running fun, while also improving athletic performance for those who play other sports. As part of the program, the girls will be exposed to goal setting, journaling of training, nutrition, and mental preparation. This dynamite training program will prepare your daughter for Jamie’s Run in Old Wethersfield on Sunday, November 3rd! The program fee includes a t-shirt and training journal. For more information, please visit the Girls in Stride website: www.girlsinstride.com. The race is not required to participate in the program.
Instructor: Girls in Stride
Location: Irving Robbins School Fields
Rain Loc.: Irving Robbins School Gymnasium
Min/Max: 15/30
Session Fee: $79.00 [Res] $89.00 [NR]
Time: 3:30 – 5:30 p.m.
Tues., Sept. 10 – Oct. 29 Code: 321420-01
[No Program: 10/15]

MPOWER BOYS – RUNNING PROGRAM
Ages 6 – 14
Finishing a 5K is an impressive achievement at any age. Imagine the sense of accomplishment and pride your son will feel when he crosses the finish line of Jamie’s Run in Old Wethersfield on November 3rd! MPower Boys Running will prepare him to do just that. Modeled after popular Couch-to-5K plans, MPower’s training program is designed for all levels of runners: from very beginners to experienced racers. We will concentrate on proper form and pacing while we build endurance over the weeks through a combination of running drills, games and core strength exercises. For more information, please visit: www.MpowerYouthSports.com. The program fee includes a t-shirt. For more information, please indicate your son’s t-shirt size. Race registration is not included in the program fee. The race is not required to participate in the program.
Instructor: MPower Youth Sports
Location: Irving Robbins School Fields
Rain Loc.: Irving Robbins School Gymnasium
Min/Max: 15/30
Session Fee: $79.00 [Res] $89.00 [NR]
Time: 5:00 – 6:15 p.m.
Th., Sept. 12 – Oct. 24 Code: 321410-01

RUN FOR THE HEALTH OF IT!, Adults
Envision the excitement you’ll feel as you cross the finish line of Jamie’s Run in Old Wethersfield on Sunday, November 3rd! This motivational training program is designed for all levels of runners. Gain confidence and pride and run with Farmington Recreation for the Health of It! Focus will be on warm-ups, plyometric drills and stretches that make running fun, while also improving your athletic performance. In case of inclement weather, please contact Farmington Recreation at 860.675.2540. The race is not required to participate in the program. Race registration is not included in the program fee.
Instructor: Rebecca Stephenson
Location: New Britain Ave./Oakridge Parking
Min/Max: 10/16
Session Fee: $59.00 [Res] $69.00 [NR]
Time: 5:30 – 6:30 p.m.
Th., Sept. 5 – Oct. 17 Code: 331410-01

www.farmington-ct.org
FALL TENNIS LESSONS, Youth & Adult
Whether you are a beginner or a more accomplished player, you’ll be sure to enjoy Farmington Recreation’s tennis lessons with United States Professional Tennis Association Pro, Paul Ratcliffe. All lessons are designed with the player's age and ability level in mind. Fitness, stroke development, game play, court movement and match strategy will be addressed. [Max. 10, Min. 2]
Instructor: Paul Ratcliffe
Location: Farmington High School
Min/Max: 2/10
Section 01: $54.00 [Res] $59.00 [NR]
Sections 02–06: $109.00 [Res] $119.00 [NR]
Sun., Sept. 8 – Oct. 13 Code: 321711-
Section 01 Ages 4 & 5
12:30 – 1:00 p.m.
Section 02: Ages 5 – 7
1:00 – 2:00 p.m.
Section 03: Ages 8 – 10
2:00 – 3:00 p.m.
Section 04: Ages 11 – 15
3:00 – 4:00 p.m.
Section 05: Adult Beginner/Intermediate
4:00 – 5:00 p.m.
Section 06: Adult Intermediate/Advanced
5:00 – 6:00 p.m.

ADULT GOLF LESSONS, Ages 18+
For beginner and intermediate players, this touch-up series will include basic knowledge, short game and long game.
Instructor: Larry Graham
Location: Westwoods Golf Course
Min/Max: 3/5 [Participants]
Session Fee: $104.00 [Res] $114.00 [NR]
Time: 5:30 – 6:30 p.m.
Tue., Sept. 17 – Oct. 8 Code: 331124-01
Wed., Sept. 18 – Oct. 9 Code: 331124-02

INTRODUCTION TO OLYMPIC FENCING, Ages 8 – Adult
In this course, participants will learn the basics of the Olympic Sport of Fencing taught by Fencing Master, Marc Ganuch who has a Bachelor of Science in Physical Education and Exercise, studied Olympic Foil Fencing from 1979 to 1987. Marc is the 1984 Gold Medalist of the "First Junior Games" and the 1985 Bronze Medalist of the National Tournament "Blades of Ala-Tau".
Instructor: Marc Ganuch
Location: Farmington Community & Senior Ctr
Session Fee: $99.00 [Res] $109.00 [NR]
Time: 5:00 - 6:15 p.m.
Mondays & Wednesdays
Sept. 18 – Oct. 7 Code: 321080-01
[No Class: 9/30]
Oct. 21 – Nov. 6 Code: 321080-02
[No Class: 11/4]
Nov. 11 – 25 Code: 321080-03
Dec. 2 – 16 Code: 321080-04

YOUTH BADMINTON, Ages 8 – 17
In this instructional program, participants will learn and refine the fundamentals of badminton, the world’s fastest growing racket sport. The program is facilitated by seasoned coaches and instructors. Designed for players of all skill levels, this program will cover all the ins and outs of the sport: racket grips and techniques, racket strokes and applications, proper footwork, positioning, game tactics and strategy.
Instructor: Sam Yusof
Location: Irving A. Robbins School Gymnasium
Min/Max: 8/24
Session Fee: $99.00 [Res] $109.00 [NR]
Time: 12:00 – 1:30 p.m.
Sat., Sept. 14 – Nov. 2 Code: 321210-01

BADMINTON, DROP-IN
Supervisor: Sam Yusof
Location: Irving Robbins School Gymnasium

FALL SESSION
ADULT: Mon., Wed., Fri., Sept. 9, 2019 – Nov. 1, 2019
[No Program: 9/30, 10/9, 10/14]
Time: 7:00 – 9:00 p.m.
YOUTH: Fri. Sept. 13 – Nov. 1
Time: 5:30 – 7:00 p.m.

WINTER SESSION
Wed. ONLY, Nov. 8, 2019 – Mar. 20, 2020
[No Program: 11/27, 12/25, 1/1, 3/18]
YOUTH: 5:30 – 7:00 p.m.
ADULT: 7:00 – 9:00 p.m.
Fee: $5.00 per day or 20-Punch Card for $80.00
RECREATION BASKETBALL, GRADES 1 – 8
(Residents Only)
Farmington Recreation’s Recreation Basketball program serves as an avenue for participants to develop basketball skills, have fun, make friends and participate in friendly competition throughout the course of a season! The season is scheduled to begin in November with team selection and run through early March.

A separate registration form or online registration is required and will be available on our website www.farmington-ct.org once available in September.

Registrations will be accepted beginning Monday, September 9 – Thursday, October 24 on a first-come, first-served basis. Please note that a late fee will apply to those registrations received after October 17.

If you are interested in volunteering to coach, please contact Recreation Program Assistant, Ryan Deneen, at deneenr@farmington-ct.org.

BOYS TRAVEL BASKETBALL, GRADES 4 - 8
Tryout information for the Boys Travel Basketball is listed below. A separate registration form or online registration is required and will be available on our website www.farmington-ct.org in September.

REGISTRATION DEADLINE: Thursday, September 26

BOYS TRAVEL BASKETBALL TRYOUTS
Location: West Woods Upper Elementary School
Grade 4: Fri., October 4 (6:00 – 7:30 p.m.)
Grade 5: Thurs., October 3 (6:00 – 7:30 p.m.)
Grade 6: Tue., October 1 (6:00 – 7:30 p.m.)
Grade 7: Thurs., October 3 (7:30 – 9:00 p.m.)
Grade 8: Tue., October 1 (7:30 – 9:00 p.m.)

Farmington Boys Travel Basketball has one team at the 4th grade level and two teams per grades 5 – 8.

GIRLS TRAVEL BASKETBALL, GRADES 5 – 8
Tryout information for the Girls Travel Basketball is listed below. A separate registration form or online registration is required and will be available on our website www.farmington-ct.org in September.

REGISTRATION DEADLINE: Thursday, September 26

GIRLS TRAVEL BASKETBALL TRYOUTS
Location: West Woods Upper Elementary School
Tuesday, October 8
Thursday, October 10
Grades 5 & 6: 6:00 – 7:30 p.m. for the 5th grade team, the 6th grade team and a developmental 5/6 team [if applicable].
Grades 7 & 8: 7:30 – 9:00 p.m. for the 7th grade team, the 8th grade team and a developmental 7/8 team [if applicable].

Farmington Girls Travel Basketball aspires to have a two-team option per grade for the 2019-20 season should there be enough travel-ready players at tryouts. Per league rules the 5/6 and 7/8 developmental teams can now accommodate students of Farmington Public Schools who are non-residents.
Please visit www.fgtb.teampages.com if you have questions specific to Girls Travel Basketball.
NEW YORK CITY, NEW YORK
Saturday, December 14, 2019
During the holiday season, spend a wonderful day enjoying the many museums, restaurants, and shows in this exciting city. We will depart from the Farmington Community & Senior Center, located at 321 New Britain Avenue in Unionville. Drop off points will be at the Metropolitan Museum of Art and Rockefeller Center. We will return from Rockefeller Center only.
Registration Code: 334012-01
Depart Farmington: 7:45 a.m.
Depart NYC: 7:00 p.m.
Fee: $59.00
Min/Max: 17/25
Deadline to Register: Sunday, December 1, 2019

TUMBLE BUNNIES, Ages 2 – 6½
Learn gymnastics skills, use your imagination, and make new friends in this exciting program. A parent must accompany children age 2.
Instructor: David Avezzie
Location: Union School
Time: See Below
Min/Max: 8/14
Session Fee: $89.00 [Res] $99.00 [NR]
Sat., Sept. 14 – Oct. 26 Code: 311055-
[No Class: 10/5]
Sat., Nov. 9 – Dec. 21 Code: 311056-
[No Class: 11/30]
Sat., Jan. 11 – Feb. 22 Code: 211051-
[No Class: 2/15]
Sat., Mar. 7 – Apr. 18 Code: 211052-
[No Class: 4/11]
Sat., May 2 – June 13 Code: 211053-
[No Class: 5/23]
Section 01: 9:00 – 9:40 a.m., Age 2 and Parent
Section 02: 9:45 – 10:25 a.m., Ages 3 & 4
Section 03: 10:30 – 11:10 a.m., Ages 4½ – 6½

4 EASY WAYS TO REGISTER
ONLINE REGISTRATION
www.farmington-ct.org
MAILING ADDRESS
Community & Recreational Services
1 Monteith Drive | Farmington, CT 06032
IN-PERSON
Staples House
2 Monteith Drive | Farmington, CT 06032
Monday - Friday, 9:00 a.m. - 4:00 p.m.

NOTIFICATION OF ENROLLMENT
Unless you are notified, please assume that you are registered for the class that you requested. For households with valid email addresses, receipts will be sent from Farmington Recreation. You may also obtain a receipt via our online registration system. Log into your account and select the “My Account” tab and then click on the “Reprint Receipt” tab.

RECREATION SCHOLARSHIP FUND
Farmington Recreation recognizes that there may be residents who cannot afford the fees for some programs. A Recreation Scholarship Fund has been established to assist residents who are experiencing financial difficulties. You can help support the scholarship fund by adding $1.00 (or more) to your registration fees.

FINANCIAL ASSISTANCE
Financial Assistance Program: Farmington residents may qualify for a reduction in the cost of a program based upon the Federal Income Poverty Guidelines. An Eligibility Application Form needs to be completed & verified to qualify for a scholarship.
Deferred Payment Plan: If you are unable to make payment-in-full at the time of registration, arrangements can be made with the Recreation Supervisor, Geoffrey Porter by calling 860-675-2540.
Farmington Care Fair

Farmington Community & Senior Center
321 New Britain Ave | Unionville, CT

Wednesday, October 16th

2:00—4:00 PM
5:00—7:00 PM

FREE ADMISSION!

Visit exhibits while learning about products & services that are locally available!

Information for caregivers, family members & seniors!

Services include:
- Homecare
- Nursing Homes
- Insurance
- Financial Planning
- And much more!

Vendors:
- Local Resources Information
- Giveaways
- And more!

For more information, please contact the Farmington Community & Senior Center at 860-675-2491.

www.farmington-ct.org
Trips below open to adult public.
Register with the Senior Center at 860-675-2490.

VINE TO WINE IN VERMONT
Tuesday, October 1, 2019—$101/pp.
First stop is the Vermont Distillers, participate in a tour and enjoy a tasting. Next stop is the Honora Winery and Vineyards in Jacksonville, VT where you will have a tour, tasting and a buffet lunch. Last stop is the Grafton Village Cheese Company!

UTAH'S NATIONAL PARKS FROM LAS VEGAS!
May 21-29, 2020—$4,239/pp. double
Spend 9–days/8-nights traveling the West, fly in and out of Las Vegas, travel old Rt. 66 on the way to see more that 5 of our grandest National Parks which are known as the ‘Mighty 5’, Canyonlands, Arches, Capitol Reef, Bryce and Zion National Parks! Make sure to attend our SPECIAL TRAVEL PRESENTATION on Thursday, September 26th at 1:00pm. Save $150.00 if you book at this presentation.

SUNNY PORTUGAL
October 3-12, 2020—$3,529/pp., double
Highlights include: Portuguese Riviera, Lisbon, Obidos, Sintra, Choice on Tour, Arraiolos, Cork Factory, Evora, Alentejo, Lagos, Algarve, Faro, Tavira, Winery Visit, 5 UNESCO World Heritage Sites, and Sagres!

SOUTH PACIFIC WONDER
November 3–17, 2020 -$6,799/pp., double
15 Day Tour with 21 Meals included: Highlights include: Cairns, Great Barrier Reef, Sydney Opera House, Christchurch Mt. Cook Region, Arrowtown, Queestown, Milford Sound, Merino Sheep Farm.

Make sure to attend our SPECIAL TRAVEL PRESENTATION on Thursday, November 14th at 10:30 a.m. Learn more about both exciting trips!

Additional trips posted at the Senior Center and on our website!

BEAT PD TODAY
Wednesday 1:30 – 2:30 | 2:30 – 3:30PM
Sept 4-Oct. 24 (no class 10/16) | Fee:  $48.00
Exercise program that will help alleviate symptoms and the progression of Parkinson’s. Our goal is to improve gait, flexibility, core strength, level of energy and overall health. Limited space!

Medicare’s Prescription Plan D Enrollment October 15th – December 7th, 2019. Help is available in evaluating and comparing pans for Medicare Part De and Medicare Advantage Plans. Call the Sr. Center to make an appointment with a CHOICES counselor.

Low Vision Support Group
3rd Tuesday of the month | 1:00—2:30 p.m.

September 2019
CRIS Radio

October 2019
Advanced Physical Therapy
November 2019
Bill and Dale Kane
December 2019
Rotary Luncheon (Date TBA)

Contact Farmington Community Services at 860-675-2390 or cifonel@farmington-ct.org
CANASTA (MODERN AMERICAN STYLE)
Join us for this popular card game.
Day: Tuesdays
Time: 10:00 a.m. – 12:00 p.m.

CHESS CLUB
Bring a friend and drop by to play a game!
Day: Tuesdays & Thursdays
Time: 12:00 – 4:00 p.m.

FARMINGTON RIVER WOOD CARVERS
Enjoy wood carving. Instruction and materials provided.
Day: Mondays & Fridays
Time: 10:00 a.m. – 12:00 p.m.

FRIENDLY FOLKS
This group of friendly ladies likes to get together to chat, knit or crochet.
Day: Fridays
Time: 10:00 a.m. – 12:00 p.m.

POOL PLAYERS
Day: Mondays (Coed)
Wednesdays (Men)
Fridays (Ladies)
Time: 10:00 a.m. – 12:00 p.m

MAH JONG (AMERICAN STYLE)
Played with 152 tiles, racks & a scoring card.
Day: Wednesdays
Time: 1:00 – 3:00 p.m.

MEXICAN TRAIN DOMINOS
Easy to learn domino game!
Day: Thursdays
Time: 9:30 – 11:30 a.m.

PARTY BRIDGE
Join this experienced group.
Day: Tuesdays
Time: 1:00 – 3:00 p.m.

PICKLEBALL
This fun racket sport combines elements of badminton, tennis, and table tennis! Bring a racket, water bottle and sneakers.
Day: Tuesdays & Fridays
Time: 1:30 – 3:30 p.m.

RUMMIKUB
Easy to learn tile game that combines elements of rum-my with mahjong.
Date: Thursdays
Time: 1:00 – 3:30 p.m.

SCRABBLE/QUIDDLER
Challenge and expand your word power.
Day: Mondays
Time: 1:00 – 3:00 p.m.

SUMMER SEND-OFF PARTY
WEDNESDAY, SEPTEMBER 18th
12:30—2:00 p.m.
Let’s celebrate the end of summer and National Senior Center Month with a pig roast! Enjoy the pig roast, hot dogs, all the fixings, desserts, beverages! Entertainment by Ray Paquet.
$10 • SC Members
$12 • Guests
Space is limited!
Checks made payable to Town of Farmington

SOCIALIZATION & RECREATION GROUP • TUESDAYS, 1:30—3:00 P.M.
Farmington Community Services invites all older adults who would benefit from socialization to join us weekly at the Senior Center. Every week brings new activities including different media, music, fun arts & crafts and food!
BIBLE STUDY
Non-denominational group study.
Day: Tuesdays
Time: 10:30 – 11:30 a.m.

BOOK DISCUSSION GROUP
Join this friendly group as they discuss book selections. Call the center for the book list.
Day: 3rd Thursday of the Month
Time: 1:00 – 3:00 p.m.

CHOICES APPOINTMENTS
Health insurance counseling.
Day: 4th Thursday of the Month
Time: By Appointment

CURRENT EVENTS DISCUSSION GROUP
Participants are asked to bring local, national & international news topics.
Day: Wednesdays
Time: 1:00 – 3:00 p.m.

HEARING SCREENINGS
Free hearing screenings, ear exam and hearing aid cleaning provided by the Hearing Care Centers.
Day: 2nd Monday of the Month
Time: By Appointment

“SALON” DISCUSSION GROUP
This French word used in 1664 denotes a gathering in a large room. Join us for lively discussions on all subjects from the serious to the light hearted.
Day: Wednesdays
Time: 1:00 – 3:00 p.m.

VETERAN’S COFFEE HOUR
Led by Hartford Healthcare’s Veterans Liaison. Informational and social event for veterans, spouses & families.
Day: 4th Thursday of the Month
Time: 10:30 – 11:30 a.m.

BEAT PD TODAY
Wednesday 1:30 – 2:30 | 2:30 – 3:30PM
Sept 4-Oct 24 (no class 10/16) | Fee: $48.00
Exercise program that will help alleviate symptoms and the progression of Parkinson’s. Our goal is to improve gait, flexibility, core strength, level of energy and overall health. Limited space!

AARP DRIVER SAFETY’S CARFIT EVENT
Saturday, September 28
9:00 a.m. – 12:00 p.m.
CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when they hit the road.
Call 860-255-4170 to make an appointment!

COMMUNITY PROGRAM
CENTRAL VALLEY SQUARE DANCE CLUB
Day: Mondays
Location: Farmington Community Center
Time: 7:00—8:30 p.m. (Beginners)
8:30—9:00 p.m. (Plus)
Contact: centralvalleysquares@gmail.com
Beginners can try it between September 23 and October 14, 2019 only. The first two Mondays (September 23 and 30) are FREE otherwise it is $6 per person. Teens to seniors, singles or couples. Casual dress. No experience necessary. It is a fun, social way to get exercise.
CHAIR YOGA
A gentle form of yoga that is practiced sitting in a chair.
Day: Mondays: Oct. 7, 21, 28
Nov. 4, 18
Dec. 2, 9, 16
Time: 10:30 – 11:30 a.m.
Instructor: Mindy Levy
Fee: $30 Residents/$40 Non

CORE STRENGTH
Day: Mondays: Sept 9, 16, 23, 30
Oct. 7, 21, 28
Time: 1:00 – 2:00 p.m.
Instructor: Mary Hagedorn
Fee: $30 Residents/$40 Non

TAI CHI FOR HEALTH
Day: Tuesdays: Sept. 10, 17, 24,
Oct. 8, 22, 29, Nov. 12, 19, 26
Dec. 3, 10, 17
Time: 10:30 – 11:30 a.m.
Instructor: Lelap Le
Fee: $27 Resident/ $36 Non

QIGONG
Use movement to stimulate flow of chi, increase vitality and promote relaxation. Increase flow of blood to the various organs. Exercises done mainly seated.
Day: Thursdays: Sept. 12, 19, 26
Oct. 10, 17, 24, 31,
Nov. 7, 21, Dec. 5, 12, 19
Time: 10:30 – 11:30 a.m.
Instructor: Lelap Le
Fee: $27 Resident/$36 Non

POWER & FITNESS
Move to the music for a mild cardio workout. Strengthen the major muscle groups using hand weights and stretch bands. Bring your water bottle.
Day: Thursdays: Oct. 3, 10, 17, 24
31, Nov. 7, 14, 21
Dec. 5, 12, 19
Time: 12:30 – 1:30 pm
Instructor: Amy Gray
Fee: $27 Resident/$36 Non

ZUMBA GOLD FRIDAY
Dance to Latin music in a fun aerobic workout! Bring water bottle.
Day: Fridays: Oct. 4, 11, 18
Nov. 1, 8, 15, 22
Dec. 6, 13, 20
Time: 10:30 – 11:30 a.m.
Instructor: Amy Gray
Fee: $27 Resident/$36 Non
DROP-IN TEEN CENTER
Bob Marsh/Christopher Montes 860-675-2390
The Drop-In Program at Farmington Youth Center began in 1971 to provide a place where teens from Farmington and Unionville could have a comfortable and safe place to meet with professional youth workers. Part of its informal nature allows counselors, interns and adult volunteers to interact with teens through music and conversation.
Location: Farmington Youth Center
23 School Street, Unionville
Date: Mondays & Wednesdays
5:00 - 7:00 p.m.
Grades 8—12

ADVENTURE PROGRAMMING
Bob Marsh 860-675-2390
Farmington is home to two indoor state-of-the-art challenge courses. Our newest facility at West Woods Upper Elementary School has over 800 square feet of climbing wall and offers various levels of challenge. Both courses are inspected annually by Northeast Adventure.
- Adventure-based counseling
- After school programming
- Farmington Community Challenge Course
- Teambuilding
- Youth Groups
- Wilderness School
- Year Round Programming

COMMUNITY PROGRAM

FOOD • MUSIC • GAMES • HAYRIDES • GUIDED NATURE WALKS • BEE DEMONSTRATION

SEPTEMBER 21 • 4:00—7:00 PM
$20 family • $10 Individual
West District Nature Preserve  |  119 Coppermine Road, Unionville

TICKETS AVAILABLE AT THE DOOR OR HTTPS://WWW.FARMINGTONLANDTRUST.ORG/
Supportive Services
860-675-2390

Farmington Social Services provides a variety of social service programs for its residents who are experiencing financial, physical and psychosocial hardships. Supportive services staff are available to assess needs, advise on available options, provide referrals and support and serve as an advocate. We offer assistance programs such as direct aid, financial assistance, fuel assistance, food pantry approvals, FoodShare, renters rebate, holiday giving programs, back-to-school programs and summer camp programs. Participants of the Social Service programs must meet income guidelines and complete an intake form.

Social casework, crisis intervention, support groups, benefits counseling and advocacy, budget planning and information and referrals are other services offered to our residents. Please come in during office hours or call to schedule an appointment to meet with a staff member.

Social Services

2018 RENTER REBATE PROGRAM
Amanda Moffo 860-675-2390

FCS will be accepting applications for the 2018 Renter Rebate program until September 30, 2019. The Renter Rebate Program is for elderly and/or disabled individuals/couples that rented in CT during the 2018 year. To see if you qualify or to schedule an appointment, please call Farmington Community Services.

COMMUNITY OUTREACH
Laurie Mucciacciaro 860-675-2390

A social worker is available to assist elderly, disabled, or struggling residents with crisis intervention, counseling, and other services.

LYME DISEASE SUPPORT GROUP
Christopher Montes 860-675-2390

The Farmington Lyme Disease Support Group meets every first and third Tuesday of the month at the Farmington Community/Senior Center at 7:00pm. Come for support, sharing, education and more! If you are struggling with any tick-borne diseases and need support, please contact our office.

ENERGY ASSISTANCE PROGRAM
Amanda Moffo 860-675-2390

The Connecticut Energy Assistance Program offers financial assistance to low-income households to help offset winter heating costs. Renters and homeowners may apply and benefits are awarded for heating sources such as oil, natural gas, electricity, propane, kerosene, coal, and wood. The deadline to apply for assistance is May 31. For more information on eligibility or to apply, contact Community Services.

EMERGENCY SERVICES
Nancy Parent 860-675-2390

In the event of a natural disaster or major incident, the Town wants to ensure the safety of its most vulnerable residents. FCS works with members of the Community Emergency Response Team (CERT) to reach and assist residents in need during times of severe weather, state of emergency, or prolonged loss of electricity. We maintain a list of elderly, disabled or otherwise impaired residents who are a priority for well-being checks. If you or someone you know should be included on the list, please contact FCS to be added to the list.

FARMINGTON FOOD PANTRY (FFP)

The FFP is a volunteer run organization serving more than 210 families and is fully funded by donations. FFP participants must be pre-approved and schedule shopping appointments with Farmington Community Services.

How to Help

- DONATIONS
  Non-perishable and non-expired donations are always needed and welcomed.

- CASH AND PAYPAL DONATIONS
  Accepted on site or through the website www.farmingtonfoodpantryct.com

- SPONSOR A DRIVE
  Email info@farmingtonfoodpantryct.com, or leave a message for assistance.

- VOLUNTEER AT THE PANTRY
  Email volunteer@farmingtonfoodpantryct.com for information

For more information, please visit www.farmingtonfoodpantryct.com.

Income Guidelines

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<th>Financial Asst.</th>
<th>Food Pantry</th>
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For more information, please visit www.farmingtonfoodpantryct.com.
**GENERATIONS | INTERGENERATIONAL CLUB**

Pairing Seniors with High School Students - Led by FHS junior Bella Suffredini

—GAMES, MUSICAL ACTIVITIES, VISITING & MORE!—

This group works to bridge the age gap by creating opportunities for students and seniors to spend time together learning about and from each other. This group sponsors events monthly and is actively looking for more senior participants.

Seniors who are interested in participating please contact Leslie Cifone at 860-675-2390 or cifonel@farmington-ct.org.

*Funded through the North Central Area Agency on Aging with representatives from the Farmington Senior Center, Farmington Sr. Housing & Services for the Elderly.

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**REGISTRATION NOW!**

2019 5K TRAIL RACE

Rotary Club of Farmington

Sunday, Sept. 22nd  9 am
Tunxis Mead Park
$35 Registration Fee

KIDS RUN for Ages 10 and Under Free of Charge

Details, Course Video and Registration at www.RotaryRoadRace.org

www.farmington-ct.org 16
REGISTER NOW FOR....

ADULT BASIC EDUCATION, ESOL, GED AND CITIZENSHIP
Courses for residents of Farmington, Unionville, Avon, Canton, Collinsville and Burlington, as well as employees who work for a Farmington business.

- High School Completion (GED, Credit Diploma, National External Diploma)
- Adult Basic Education (Reading, Writing & Math Skills)
- Citizenship
- ESOL (English for Speakers of Other Languages)

DAYTIME REGISTRATION
Sept 3, 5, 10, 12, 17, 19, 24, 26
9:30AM at Farmington Library Board Room 1

EVENING REGISTRATION
Aug 28, Sept 9, 11, 16, 18, 23, 25
5PM at Farmington High School Room 905

ADULT & YOUTH ENRICHMENT COURSE AREAS...
- Financial & Business
- Personal Development
- Games & Hobbies
- College Preparation
- Mind & Body
- Pet Care
- Recreation
- Home & Garden
- Nature & Outdoors
- Music & Dance
- Fitness
- Arts & Crafts
- Day & Overnight Trips/Tours
- Cooking
- Language
- Workforce Development
- Computers, Technology, STEAM

1 Depot Place · Unionville, CT 06085
860-404-0290 · 860-404-0294 fax · www.fpsct.org/fce
2019 Fall Highlights

Fall Festival & Moonlight Movie

OCTOBER 20, 2019

Holiday Events

NOVEMBER 23 | Thanksgiving Food Drive
NOVEMBER 28 | Community Thanksgiving Dinner
DECEMBER 13 | Stuff-a-Cruiser Toy Drive
DECEMBER 21 | Winter Holidays Food Drive

And our newest program...

The Little Shoppers Program

GIVE THE JOY OF GIVING TO A CHILD THIS SEASON

This program relies on donations of new and unused items that are appropriate for moms, dads, grandparents, etc. See more details inside!

Page 1

Page 2

FARMINGTON COMMUNITY & RECREATIONAL SERVICES
1 Monteith Drive | Farmington, CT 06032
PH: 860-675-2390 | FAX: 860-675-2323
WWW.FARMINGTON-CT.ORG

FIND US ON FACEBOOK
@FARMINGTONCOMMUNITYSERVICES