

Yoga at the Farm

Sunday Yoga

9:00 a.m. weekly to
September 29. All Ages.

Tuesday Yoga

6:00 p.m. weekly to
September 24. All Ages.

Fee paid to instructor

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## FarmFest 2019

Family Fun on the Farm  
September 2 10AM-3PM

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What is FOFAH?

FOFAH is an all volunteer, non-profit organization dedicated to restoring Hilltop Farm into an educational and recreational resource for the community. All donations go to the improvement of the farm. Many thanks to the volunteers for their dedication and community support that has allowed FOFAH to advance the restoration of the Hilltop Farmstead.



FOFAH

Hilltop Farm

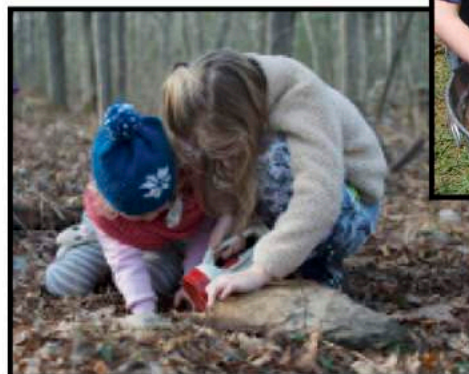
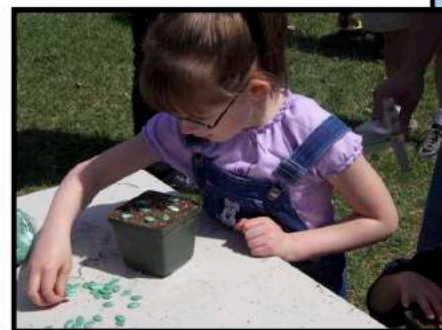
1616 Mapleton Ave
Suffield, CT 06078

860.758.0668

www.HilltopFarmSuffield.org
facebook.com/HilltopFarmSuffield

SUMMER 2019 PROGRAMS

HILLTOP FARM SUFFIELD, CT



Poetry in Nature June 24 - 28 9AM to 1PM

Find inspiration and appreciation in nature. On Friday, we will be holding a poetry reading where our poets will share their work created over the week. Children bring lunch from home. Fee - \$175

Little Bugs Ages 4 - 6

Tuesdays, July 9, July 16,

Wednesdays, Aug 7 and/or Aug 14 10AM to Noon

Young children will have fun and learn the basics of examining the out of doors. This is a 2 hour introduction to the natural systems and enjoying the outdoors with an adult and child.

Fee - \$20 each Session

Nature Explorers Ages 6 - 9

Session I July 15 - 19 9 AM - 1PM

Session II August 5 - 9

This is an introduction to the scientific exploration of the ecology of the Hilltop grasses and meadows. Birds, bugs and mammals will be discovered, explored and documented.

Fee - \$150

Hilltop Adventurers Ages 10 - 12 or older

Session I July 22 - 25 9 AM - 1PM

Session II August 12 -16

This is an exploration of the of the local Suffield forest ecology. The habitat of plants, birds, mammals, fish, insects and invasive pathology will be explored. Participants will be gathering and documenting pertinent data. Fee- \$175

Children's Yoga Program All Ages 4+

Session I- July 8th-12th 9AM - Noon

Session II- July 29th - August 2nd

Children learn about peace & mindfulness while practicing yoga in various settings on Hilltop Farm. Participants learn breathing techniques, practice partner yoga and play yoga-related games. Children bring snack from home. and will complete a project to help restore Hilltop Farm. Fee -\$175

Summer 2019

**Education Programs at Hilltop Farm
Registration Form**

Child's Information

First Name _____

Family Name _____

Nick Name _____

Date of Birth ____/____/____ Age: _____

School Grade _____ Gender: Male ___ Female ___

Parent's/ Guardian's Information

Name _____

Address _____

Phone _____ Email _____

Relationship to Enrolled Child

Does your child have allergies or health issues that the leaders should be made aware of ? Please list.

Which Program (s) is this child enrolled?

Please detach registration form and mail with payment to
FOFAH, PO Box 372, Suffield, CT 06078.