



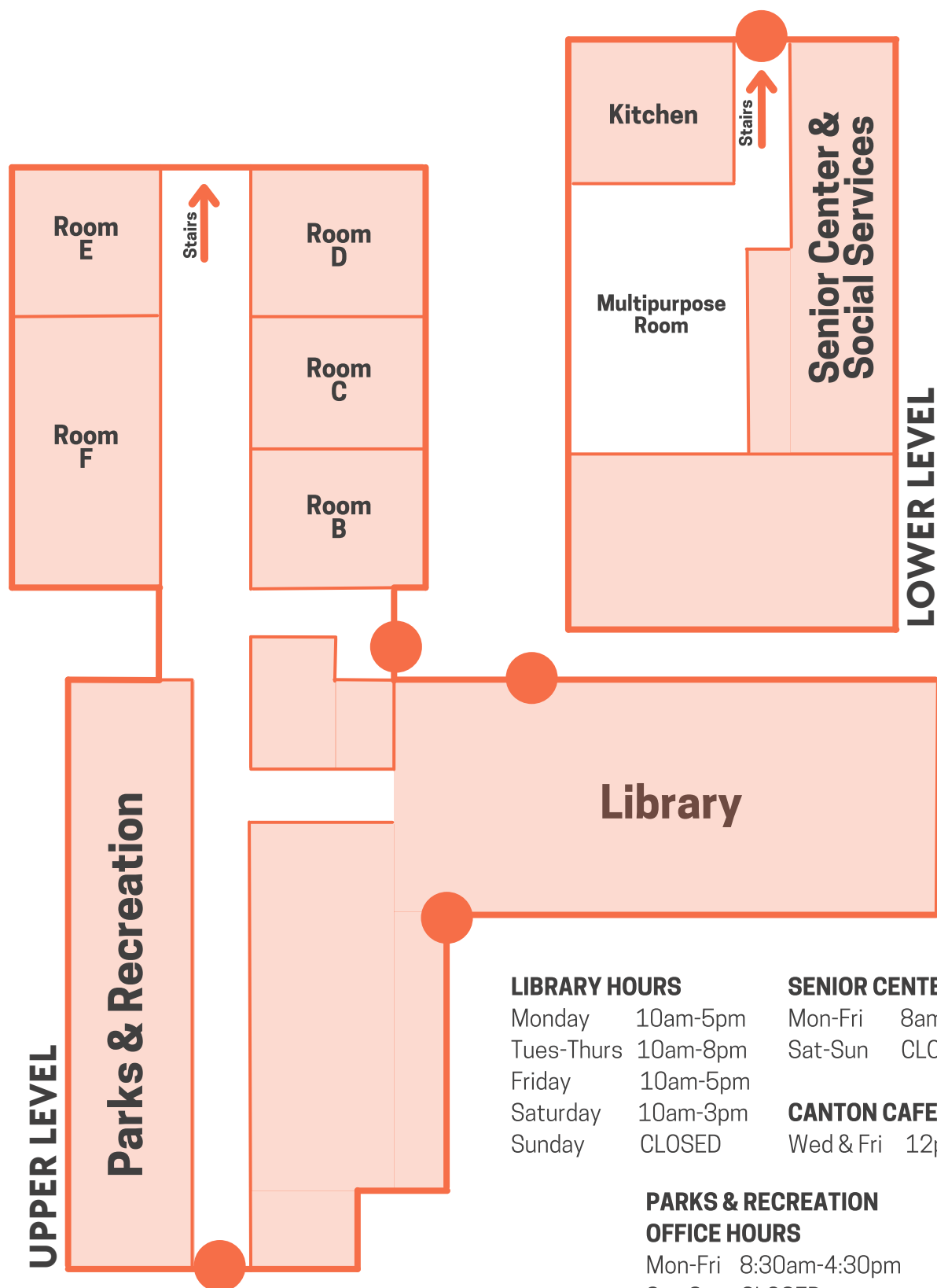
CANTON, CT

SPRING & SUMMER PROGRAM GUIDE 2022

FROM POINT A

LEARN WHAT WE'RE ALL ABOUT!

TO POINT B



LIBRARY HOURS		SENIOR CENTER HOURS	
Monday	10am-5pm	Mon-Fri	8am-3pm
Tues-Thurs	10am-8pm	Sat-Sun	CLOSED
Friday	10am-5pm		
Saturday	10am-3pm	CANTON CAFE HOURS	
Sunday	CLOSED	Wed & Fri	12pm-1pm
PARKS & RECREATION OFFICE HOURS			
Mon-Fri		8:30am-4:30pm	
Sat-Sun		CLOSED	

SENIOR CENTER

Contact Us

Phone: (860) 693-5811

Website: townofcantonct.org/senior-services

Meet the Staff

Tonoa Jackson
*Director of Senior & Social
Services*

Rebecca Briggs
*Administrative Assistant to
the Director of Senior & Social
Services*

Kara McConville
Senior Center Coordinator

Laura Geyer
Cafe Coordinator

Our Mission...

The mission of the Canton Senior Center is to empower aging and older adults to live full, independent lives by promoting wellbeing through social, physical and educational programming.

LIBRARY

Contact Us

Phone: (860) 693-5800

Website: cantonpubliclibrary.org

**Visit the library website for the most up-to-date program details and registration information.*

Meet the Staff

Sarah McCusker
Library Director

Heather Baker
Head of Children's Services

Katie Bunn
Circulation Supervisor

Meghan Glasgow
Teen Librarian

Beth Morill
Head of Technical Services

Beth Van Ness
Adult Services Librarian

PARKS & RECREATION

Contact Us

Phone: (860) 693-5808

Website: cantonrec.org

Meet the Staff

Taryn Schrager
Director of Parks & Recreation

Kellie Faust
Recreation Supervisor

Claire Boughton
Recreation Coordinator

Our Mission...

The mission of the Canton Parks & Recreation Department is to provide a wide range of recreational and leisure opportunities in an effort to enhance the quality of life for all Canton residents and promote physical, social and emotional experiences. In our effort to achieve this goal we will continue to provide safe, attractive and well maintained facilities.

SENIOR & SOCIAL
SERVICES
WELCOMES KARA
MC CONVILLE AS
OUR NEW SENIOR
CENTER
COORDINATOR!

TOWN HOLIDAYS

GOOD FRIDAY: APRIL 15, 2022

MEMORIAL DAY: MAY 30, 2022

INDEPENDANCE DAY: JULY 4, 2022

LABOR DAY: SEPTEMBER 5, 2022

COLUMBUS DAY: OCTOBER 10, 2022

VETERANS' DAY: NOVEMBER 11, 2022

THANKSGIVING: NOVEMBER 24-25, 2022

CHRISTMAS: DECEMBER 26, 2022

SUMMER CONCERT SERIES 2022

AFTERGLOW

High Energy Alternative, Rock, Pop
Thursday, June 23rd
6:30pm-8:00pm

STILL KICKIN' WITH THE BIG CITY HORNS

Classic Rock, R&B, Blues, Soul, Funk
Thursday, July 7th
6:30pm-8:00pm

STEVE DUNN BAND

Rock, Pop, Country
Thursday, July 21st
6:30pm-8:00pm

THE SUBSTITUTES

Classic Rock
Thursday, August 4th
6:30pm-8:00pm

BLUES CONNECTION BAND

Chicago Blues, R&B, Rock & Roll
Thursday, June 30th
6:30pm-8:00pm

THE DAILY PLANET

Oldies, Motown, Classic Rock
Thursday, July 14th
6:30pm-8:00pm

102ND ARMY BAND

Rock, Pop, Patriotic
Thursday, July 28th
6:30pm-8:00pm

GREAT HILL MOUNTAIN BAND

Americana, New Country, Southern Rock
Thursday, August 11th
6:30pm-8:00pm

SPECIAL THANKS TO OUR SPONSORS...



ZN CONSTRUCTION



LESHEM
Veterinary
Surgery

Collinsville Bank

A Division of Northwest Community Bank



MILLS POND POOL

INFORMATION & ACTIVITIES



PUBLIC SWIM SCHEDULE

During general pool hours, the pool will be open to both members and daily attendees with no time restrictions. Please note, the main pool will be open this season; wade will remain closed and there is no adult swim.

Pool Open: June 13th-August 28th
(Dates of Operation are Subject to Change)

Modified Hours of Operation

June 13th-June 17th 3:30pm-7:30pm
August 22nd-August 26th ... 3:30pm-7:30pm

General Hours of Operation

Monday-Friday 1:30pm-8:00pm
Saturday & Sunday 1:00pm-7:30pm

POOL MEMBERSHIP & DAILY DROP-INS

Membership: Mills Pond Pool memberships are available to purchase now! Memberships will still be offered for households, individual and senior. Visit cantonrec.org to register.

Daily Drop-in Option: The daily admission fee is \$5 for residents and \$7 for non-residents. Daily attendees may pay with cash, check or credit card (\$15 CC minimum). Anyone entering the facility must be a member or pay the daily drop-in fee. *Exception: children two years of age and younger are free to enter.*

WEATHER INFORMATION

As is typical in the summer, there is a chance of pop-up storms. Mills Pond Pool will be open if it is raining. If there is a passing storm, the pool will close at the first perceived instance of thunder or lightning and will remain closed for 30 minutes following the last perceived instance of lightning or thunder. Members will be asked to clear the facility and to wait in their vehicles or return after the 30 minute period.

Canton Parks & Rec and the entire Mills Pond Pool staff is looking forward to a great summer! With your help by following all pool rules and guidelines we can ensure that everyone has fun and stays safe.

FACILITY PROTOCOLS

Masks: Masks wearing is optional; regardless of vaccination status.

Rules: Before coming to the facility please review Mills Pond Pool rules that can be found at cantonrec.org.

Checking in: Each member will be asked to scan their membership tag or digital card. General public will be asked to provide their name when checking in.

Lap swim: Lap swim will continue to be offered by request during regular public pool sessions. Only one lane will be open with a maximum of two swimmers in the lane at one time. Lap swim will be available for 30 minute time slots to allow for a rotation of people. Lap swim registration will be available in-person and by calling the pool desk 860-693-7844.

Pool Deck/Grass Area: Patrons are welcomed to bring their own chairs; limited chairs or lounges will be provided by Canton Parks & Rec. Patrons will be able to set up chairs/blankets on grass only. Pool deck should remain clear.

Concessions: Light refreshments - ice cream, beverages, snacks - will be available for purchase at the front desk. Patrons may use cash, check, credit card (\$15 CC minimum) or Snack Dollars to purchase items. Snack dollars are a great way to go cashless this summer at MPP.

AQUATICS PROGRAMS

Swim Lessons: Lesson registration is now available! It is recommended that even if a particular class is full to still register to be on the waitlist as spots may become available if someone drops out. You will not be charged if you register on the waitlist, only when participant is admitted into the class.

Dusky Dolphins - Swim Team: This five week program is a great way for children to participate in competitive swimming while becoming stronger swimmers.

For more information on swim lessons and Dusky Dolphins, please visit the "Sports Camps" section in Youth and Teen Programming.



YOUTH AND TEEN PROGRAMMING

PRE-SCHOOL

SKYHAWKS: MULTISPORT TOTS

Parks & Recreation

Introduce your little superstar to sports in our most popular program! This Baseball, Basketball and soccer class uses age-appropriate games and activities to explore balance, hand/eye coordination, fitness, sport skills and child development. Parent participation required for ages 2-3.5 years.

Ages 2-5

Dates: Sun. April 24th-June 5th

*No Class May 29th

Times: Vary Depending on Age

Fee: \$95 R / \$105 NR

Space is limited for this program, see "Sports Camps" for more options.

MUSIC WITH MISS JEAN

Parks & Recreation

This guitar led sing-along class consists of music and activities that keep everybody moving. Have fun playing instruments, jumping to the rhythms and learning some musical games. This class gets the kids dancing and helps them burn off some energy for nap time.

Ages 18 Months - 3 Years

Dates: Wed. May 4th-June 1st

Times: 9:30am-10:30am

Location: Mills Pond Park Pavilion

Fee: \$70 R / \$75 NR

TINY TOTS PRE-SCHOOL SUMMER CAMP

Parks & Recreation

Tiny Tots Pre-School Camp is a safe, nurturing, and fun environment for your 3-5 year old child while helping them develop separation skills. Tiny Tots Pre-School Camp prides itself on being a smaller camp with an excellent ratio of campers to counselors to ensure your tiny tot receives personalized attention at every point of the day!

Weekly Themes

Week 1: Pets

June 20th - June 24th

Week 2: Fairy Tale Adventures

June 27th - July 1st

Week 3: Blast Off to Outer Space

July 5th - July 8th

*No Camp July 4th

Week 4: Healthy Bodies

July 11th - July 15th

Week 5: Nature Explorers

July 18th - July 22nd

Week 6: Weather Around the World

July 25th - July 29th

Week 7: Everything You Can Be...

August 1st - August 5th

Week 8: Under the Sea

August 8th - August 12th



Our Tiny Tots Pre-School Camp from all the way back in 2018!

AFTERSCHOOL

KID STRONG: AFTER SCHOOL FITNESS

Parks & Recreation

Being active is so important! Throughout this program, participants will learn how to pair fitness with fun, which is essential to setting a child on a path towards a lifetime of fitness. Through age appropriate exercises and games, we will work on agility, coordination, balance, flexibility, power, stamina and cardio-vascular endurance. This class is appropriate for all levels of fitness.

Please Note: Participants will be chaperoned from C.I.S. to the programs designated location by the instructor.

Grades 4-6

Spring Session: Mon. April 18th-May 23rd

Time: 3pm-3:45pm

Location: C.I.S. Soccer Field

Fee: \$60 per Session

CAS: SOCCER CLINIC - AFTER SCHOOL

Parks & Recreation

Our popular summer camp is here for every week! CAS Community Clinics focus on creating a fun, learning environment while fostering a love for the game through Skill acquisition, conditioned practices small-sided games. Participants are asked to bring their own soccer balls as the coach has a limited supply available.

Ages 4-12

Dates: Thurs. April 21st-June 2nd

Times: Vary Depending on Age Group

Location: C.I.S. Soccer Field

Fee: \$85 R / \$95 NR

BEYOND THE BELL: HALF DAYS & NO SCHOOL DAYS

Parks & Recreation

Beyond the Bell Half Days & No School Days include arts and crafts, planned recreational games and activities and even some educational lessons through play. Because there are only a handful of half days in the remainder of the school year, each half day must be signed up for individually.

Remaining Half Days

Wednesday, April 20th

Friday, May 27th

Wednesday, June 15th

Thursday, June 16th

BEYOND THE BELL: K-3

Parks & Recreation

The Beyond the Bell program is an after school program currently offered at Cherry Brook Primary School. The program offers kids an environment to work on homework, build friendships and burn off a little extra energy in an after school setting. Our program is held 5 days a week and parents can select full time, part time, or single days when registering. Beyond the Bell is the school year equivalent of our popular Explorers Summer Camp and is run in the same format including indoor and outdoor sports, group games and arts and crafts. Benefits of an after school program are widespread.

May Dates: May 2nd-May 31st

*No Program May 27th or May 30th

June Dates: June 1st-June 14th

*No Program June 15th or June 16th

Price per Month: \$299 (Full Time), \$199 (Part Time), \$33 (Single Day)



Beyond the Bell kids showing off their Halloween costumes back in October 2021!

SPORTS CAMPS



DUSKY DOLPHINS SWIM TEAM



Parks & Recreation



WARRIOR HOOPS SCHOOL: SUMMER BASKETBALL CLINICS



Parks & Recreation

Warrior Hoops School will return this summer! The School will focus on building players' basketball skills through stations, fun competitions, and games. Players will participate in daily stations followed by competitions and games. Players will receive a t-shirt and daily ice cream freeze pop!

Both clinics will be held at the Canton High School Gym. Clinics are run by Canton High School Boys Varsity Basketball Coach Craig Archambault.

Session I: Boys & Girls Grades 3-9

July 18th-July 22nd 9am-12pm

Fee: \$150

Session II: Boys & Girls Grades 3-9

July 25th-July 29th 9am-12pm

Fee: \$150



CAS: SUMMER SOCCER CAMP



Parks & Recreation

CAS Community Camps focus on creating a fun, learning environment while fostering a love for the game through Skill acquisition, conditioned practices small-sided games.

Ages 4-12

Dates: July 18th-July 22nd

Times: Vary Depending on Age Group

Location: CMS/CHS Fields

Fee: Vary Depending on Age Group



WARRIORS FIELD HOCKEY CLINIC



Parks & Recreation

Come join CHS Field Hockey Coach, Coach Bristol and her staff in an engaging clinic that will focus on introducing the fundamental skills of field hockey. We will focus on skill development through drills, small games, competitive play, and obstacle courses! Skills will include dribbling, passing, stick work, basic defense, shooting, and receiving. No experience necessary! Come try out this fun sport. Coach Bristol will supply sticks if needed. Required equipment: shin guards, mouth guard and water bottle.

Grades 1-8

Dates: June 20th-June 24th

Time: Vary Depending on Age Group

Fee: Vary Depending on Age Group

This five week program is a great way for children to participate in competitive swimming while becoming stronger swimmers. The focus will be on improving technique, speed and stroke refinement while having a safe and fun time in the water. The season runs from the June 27 through the end of July with 2 swim meets included in the schedule. *Pool members receive a \$10 discount!*

FLIPPERS (\$150): Swimmers 7-9/10 years old with little to no competitive experience. Swimmers should be comfortable in the water and be able to swim a complete lap (width/25 yards) without assistance. All four competitive strokes will be taught as well as the corresponding starts, finishes and/or turns. This group will have a ton of fun gaining strength, skill endurance, speed and confidence! Swimmers will swim pool widths for the program.

Practice Times: Monday-Thursday 9:10-10:00am & Friday as scheduled by coaches. No practice July 4.

FLYERS (\$175): Swimmers 10-15 with some competitive experience and/or the ability to swim 25 yard laps with a knowledge of at least 2-3 of the competitive strokes (freestyle, backstroke, breaststroke, butterfly). Swimmers will gain knowledge, stroke technique, strength and speed in all four competitive strokes, starts, turns and finishes all while having fun. Coaches will work on refining strokes and assisting swimmers develop speed and confidence to become competitive swimmers.

Practice Times: Monday-Thursday 8:00-9:00am & Fridays as scheduled by coaches. No practice July 4.



SKYHAWKS: TRACK & FIELD CAMP



Parks & Recreation

Skyhawks Track & Field was developed to introduce young athletes to this sport; rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track and field events, distance running, while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching and cool-down techniques are all covered in this unique program. Participants will put it all together for one fun-filled day at the end of the week at the Skyhawks track meet!

Ages 7-10

Dates: June 20th-
June 24th

Time: 9am-12pm

Fee: \$145 R / \$155 NR

Ages 10-14

Dates: June 27th-
July 1st

Time: 9am-12pm

Fee: \$145 R / \$155 NR



WARRIOR BASEBALL CLINIC



Parks & Recreation

Have your child enhance their skills, have a blast, and get a taste of their future in the Canton High School Baseball program with this summer skills clinic, hosted by Canton High School coach James Annunziato along with several current player volunteers. Your child will be given high quality instructions using proven methods and techniques, all while having fun, getting in plenty of reps, working with older peer role-models, and enhancing their love of the game!

\$25 Discount if you register for both sessions of the program!

Session I

August 1st-August 5th 1pm-4:30pm
Bowdoin Field
\$150 R / \$160 NR

Session II

August 8th-August 12th 1pm-4:30pm
Bowdoin Field
\$150 R / \$160 NR

Both Sessions

\$275 R / \$285 NR



WARRIOR SOFTBALL CLINIC



Parks & Recreation

Come join the CHS Softball Coach, Coach Kehoss and her staff in a four day clinic designed to develop your softball skills and love for the game. There will be an emphasis on both fielding and hitting fundamentals through specific drills as well as live scrimmages.

Ages 7-13

Dates: July 5th-July 8th

Time: 8am-10am

Fee: \$115 R / \$125 NR



SKYHAWKS: TENNIS CAMP



Parks & Recreation

Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

Ages 7-12

Dates: August 8th-August 12th

Time: 9am-12pm

Fee: \$145 R / \$155 NR



SKYHAWKS: TENNIS CLINICS



Parks & Recreation

Whether your child is a beginning or intermediate player, this program will improve their game and help them get more enjoyment from tennis. Our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

Ages 5-7

Dates: Sun. April 24th-
June 5th

Time: 12pm-1pm

Fee: \$105 R / \$115 NR

Ages 8-10

Dates: Sun. April 24th-
June 5th

Time: 1:15pm-2:15pm

Fee: \$105 R / \$115 NR



SKYHAWKS MINI-HAWK: SOCCER, BASKETBALL & BASEBALL CAMP



Parks & Recreation

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. The Mini-Hawk games and activities were designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace.

Ages 4-6

Session I: July 5th-July 8th 9am-12pm
\$125 R / \$135 NR

Session II: Aug. 1st-Aug. 5th 9am-12pm
\$145 R / \$155 NR



SWIM LESSONS AT MILLS POND POOL



Parks & Recreation

American Red Cross Learn to Swim - It is recommended that even if a particular class is full to still register to be on the wait list as we may be able to open the classes to more swimmers. You will not be charged if you register on the wait list, only when participant is admitted into the class.

Parent & Child: For children 6 months old through 4 years old and their parent(s).

Pre-School: For children ages 3 to 5 years old.

Level 1: For children ages 5 & up.

Level 2: For children ages 5 & up.

Level 3: For children ages 6 & up.

Level 4: For children ages 6 & up.

Level 5: For children ages 7 & up.

Session 1: June 20th-July 1st

Session 2: July 5th-July 15th

Session 3: July 18th-July 29th

Session 4: August 8th-August 12th

Saturdays Session: June 18th-August 6th

SPECIALTY CAMPS

ART-VENTURES: FAIRIES & DRAGONS SUMMER CAMP

Parks & Recreation

Enter the fantasy world of imagination where fairies fly and unicorns roam. Art-venturers unleash their inner elves as they conjure up fire-breathing dragons, transform colorful clay into silly goblin masks, and create winged fairies or armored knight dolls. Sculpt bedazzling unicorns with rainbow manes, design witch or wizard figurines, and build wooden fairy houses with real shells, stones, moss and more. Paint ceramic unicorn banks and create your own dragon or mermaid t-shirts! With the aid of some very magical potions and spells (i.e. materials and techniques), campers experience painting, drawing, stained glass, ceramic, fabric, and clay art. Enjoy an enchanted week of two and three dimensional works of art!

Grades K-5

Dates: July 11th-July 15th

Time: 9am-12pm

Fee: \$175 R / \$185 NR

CAST: THEATER IMPROV CAMP

Parks & Recreation

CAST is back and teaming up with Wry BrEd to teach students the fundamentals of improvisation! Heard of "Whose Line is it Anyway?" Ask your parents! In this week-long romp, we will play games that allow us to connect as an ensemble, make strong theatrical choices, and learn how to create entertaining characters, scenes, and environments, all while making it up on the spot. Our last day of class will end in a performance for your family and friends, to show off your amazing new skills - skills which will help with interpersonal and professional relationships! No acting experience necessary! Just a willingness to try new things. Don't wait, register today!

Ages 8-13

Dates: Aug. 8th-Aug. 12th

Time: 9am-12pm

Fee: \$145 R / \$155 NR

FOOD EXPLORERS: TASTE THE RAINBOW SUMMER CAMP

Parks & Recreation

Join Food Explorers to Taste the Rainbow! Explore new flavors, cooking techniques and recipes by delving into a new color each day, learning all about foods of that color. You'll also discover fun facts about food and nutrition through interactive games and activities between recipes.

Ages 7-12

Dates: July 25th-July 29th

Time: 9am-12pm

Fee: \$160 R / \$170 NR

MAD SCIENCE: CRAZY CHEMWORKS SUMMER CAMP

Parks & Recreation

We'll learn about the tools scientists use in their laboratories, as well as atoms, molecules and reactions, acids and bases, fluorescence and phosphorescence. We'll also examine and investigate super sticky things by exploring suction, hydrogen bonding and static cling. Continue the science at home with fun labware take-homes and experiments.

Grades 1-6

Dates: Aug. 1st-Aug. 5th

Time: 1pm-4pm

Fee: \$175 R / \$185 NR

PLAY-WELL: MINECRAFT LEGO SUMMER CAMP

Parks & Recreation

Prepare for a full-day LEGO® camp packed with hands-on and minds-on STEM fun! First, build projects inspired by cool machines while applying real-world concepts in physics, engineering, and architecture. Then, journey into the Minecraft universe to build a Creeper, a Lava Trap, and a Minecart! Engineer and Craft innovative solutions in this full-day themed engineering camp for LEGO® fanatics!

Ages 5-12

Dates: July 18th-July 22nd

Time: 9am-2pm

Fee: \$240 R / \$250 NR

SUMMER READING INFORMATION

Library

Stay tuned for our community-wide Million Page Challenge summer reading program! Library patrons of all ages will be encouraged to work together to accomplish our million page reading goal. More information on how you can participate in this fun and exciting program, and help your community will be available at the library in May.

This summer, take a trip Off the Beaten Path with the library as your guide! We'll have a full schedule of programs for kids and teens - storytimes, musical programs, arts and science exploration, and more. Check the library website after May 16th for full details.

EXPLORERS DAY CAMP

Parks & Recreation

Explorers Day Camp is the perfect opportunity for youth to make new friends, participate in a variety of activities and create memories that last a lifetime! The program includes a variety of outdoor activities at the park including team games, sports, arts & crafts and more.

Explorers Day Camp is held Monday-Friday from 9:00am to 4:00pm at Mills Pond Park. Aftercare will be offered for an additional fee from 4:00pm to 5:30pm daily.



Week One:

June 20 - June 24
Magic & Myths



Week Four:

July 11 - July 15
Color Wars



Week Seven:

August 1 - August 5
Shipwrecked



Week Two:

June 27 - July 1
Safari Adventure



Week Five:

July 18 - July 22
Under the Sea



Week Eight:

August 8 - August 12
Sportsmania



Week Three:

July 5 - July 8
"Seasons" Greetings



Week Six:

July 25 - July 29
Blast to the Past!



Week Nine:

August 15 - August 19
Mad Science

Per Week:

Early Bird Price (Ending April 30th): \$235 R / \$245 NR per week
Regular Price (Starting May 1st): \$250 R / \$260 NR per week

Full Summer Package:

Early Bird Package Price (Ending April 30th): \$2,025 R / \$2,115 NR
Regular Package Price (Starting May 1st): \$2,160 R / \$2,250 NR

Aftercare:

Aftercare Price: \$45 R / \$50 NR per Week
Aftercare Package Price: \$360 R / \$405 NR

C.I.T. PROGRAM: SUMMER 2022

Parks & Recreation

The Canton Parks & Recreation Department is seeking responsible, outgoing, students entering 9th grade through 11th grade interested in working with children in a fun, fast-paced, outdoor setting during this upcoming summer. Counselors in Training (C.I.T.) will assist the camp counselors and camp supervisors with planning and leading activities, supervising campers both on-site and on field trips and even get the chance to lead their own weekly activity with their assigned group!



C.I.T.s from 2018 planning a camp game for all the kids to play.

TEENS

JUNE 1ST: TEEN SUMMER PROGRAM - BEYOND THE BEATEN TRAIL

Library

Teens participate to earn badges and prizes. For programs that require registration such as book clubs, Nanowrimo writers' session, Tween-ternoons, Teen nights and Learn Beyond the Beaten Path classes, register online starting June 1st. Most programs fill up rapidly. Summer activities begin June 21st.

JUNIOR LIFEGUARDING

Parks & Recreation

Are you interested in lifeguarding, but not quite old enough yet? This course is designed to give participants a sneak peek into what it takes to become a great lifeguard. The class covers all the basics to get you ready to enter a Red Cross Lifeguarding program when you turn 15. Class includes lifeguarding skills, leadership, fitness and development.

Ages 11-14
Dates: July 17th
Time: 9am-12pm
Fee: \$55 R / \$65 NR

SWIM LESSON INSTRUCTOR AIDES

Parks & Recreation

Canton Parks and Recreation Department is seeking responsible, outgoing, 12-15 year olds interested in working with swim lesson instructors and children at Mills Pond Pool. Water Safety Instructor Aides will assist certified instructors with planning and leading swim lessons throughout the summer. Interested individuals are required to register for the WSI Aide course scheduled for Sunday, June 19th.

This class is designed to give participants a sneak peek into what it takes to become a great WSI. All participants will learn how to plan a lesson, tips, and techniques that it takes to be a hold a successful swim lesson. Students that are successful in the WSI Aide class will be invited to be scheduled for swim lesson sessions to assist in teaching. A great volunteer experience, good for resume and a lot of fun!

Ages 12-15
Dates: June 19th
Time: 11:30am-2:15pm
Fee: \$25 R / \$35 NR

PROGRAM BUDDIES

Library

Program buddies is back! Teens 13 and older or entering grades 8 and up are encouraged to apply for our program buddies volunteer positions. The application for all buddies programs is available at cantonpubliclibrary.org.

Book Buddies

This popular summer program celebrates its twelfth year at Canton Public Library. Each teen is paired with 1 or 2 children for an hour a week, passing along the fun of reading and discovering books. Orientation week is Wednesday, June 22nd, and Thursday, June 23rd. Book Buddies begins in earnest on July 6th and 7th, and runs for 6 weeks through August 10th and 11th. We end with a pizza party celebration. We ask that volunteers be available for at least 4 of the 7 sessions, plus orientation. Your weekly volunteer commitment would be approximately 2 hours in total, on either Wednesday evening from 6:00pm to 8:00pm or a Thursday morning from 10:30am to 12:30pm.

Science Buddies

This is the third summer for Science Buddies at the Canton Public Library. Teen volunteers assist with our Science Friday program, held on Friday morning. Orientation is Friday, June 24th. Science Buddies begins in earnest on Friday, July 8th, and runs for 6 weeks through August 12th. We ask volunteers be available for at least 4 of the 7 sessions, plus the orientation. Your weekly volunteer commitment would be approximately 3 hours in total from 10:30am to 12:30pm on Fridays.

Art Buddies

This is the second summer of Art Buddies at the Canton Public Library. Teen volunteers assist with our Art in the Afternoon program, held on Tuesday afternoons. Orientation is Tuesday, June 21st. Art Buddies begins in earnest on July 5th and runs for 6 weeks through August 9th. We ask that volunteers be available for at least 4 of the 7 sessions, plus the orientation. Your weekly volunteer commitment would be approximately 3 hours in total from 12:30pm to 3:30pm on Tuesdays.

CAMP NANOWRIMO

Library

For aspiring writers! Start your next writing adventure! Based on National Novel Writing Month (NaNoWriMo), Camp NaNoWriMo is a fun, empowering approach to creative writing. The challenge: set a world-count goal and hit it within a month. For 31 wild, exciting, surprising days, you get to lock away your inner editor, let your imagination take over and just create! We will meet on Zoom Tuesdays in July at 10:30am. This program is for grades 4 and up.



ADULT AND SENIOR PROGRAMMING

ART CLASSES

BEGINNERS PAINTING CLASSES

Parks & Recreation

This beginners painting class program is perfect for new artists who want to learn how to paint in a relaxing, supportive, low stakes environment. All supplies are provided by Canton Parks & Recreation and artists will be able to sit down with an instructor and learn how to create a pre-determined painting step-by-step.

May Class

Date: May 12th
Time: 6pm-7:30pm
Fee: \$25 R / \$30 NR

July Class

Date: July 19th
Time: 6pm-7:30pm
Fee: \$25 R / \$30 NR

June Class

Date: June 9th
Time: 6pm-7:30pm
Fee: \$25 R / \$30 NR

August Class

Date: August 25th
Time: 6pm-7:30pm
Fee: \$25 R / \$30 NR

ENRICHMENT

BINGO

Senior Center

Get your BINGO on! Come and join us for BINGO at the Senior Center. Make sure to bring a friend. There is a buy-in for .10 cents for each card. *Registration is not required.*

Dates: Every Thursday
Time: 11:30am - 2pm
Location: Senior Room

BORROW IT CT

Library

Did you know that you can use your Canton library card at any public library in the state of Connecticut? Millions of items are at your fingertips!

MAHJONG

Senior Center

Mahjong is a tile-based game that was developed in the 19th century in China. It is commonly played by four players. Come join, or watch, our Mahjong players each Friday.

Dates: Every Friday
Time: 12pm-2pm
Location: Senior Room

VIRTUAL AUTHOR VISIT: STEWART O'NAN

Library

Virtual Author Visit with best-selling author Stewart O'Nan, who will be discussing his new book *Ocean State: A Novel*. Register at the library to receive the Zoom link in advance of the program.

Date: Thurs. June 16th
Time: 7:00pm

WII BOWLING "CANTON ROLLERS"

Senior Center

Practice and join our team! Wii Bowling is an indoor game played on the television with a lightweight, easy to use, handheld remote. The Canton Rollers bowl in the CT Senior Wii Bowling League and compete against other senior centers.

Please contact the Senior Center if you are interested in joining.



Senior Center members back in 2021 stretching together.

MUSEUM PASSES

Library

Planning a staycation, or have out-of-town visitors to entertain? The library has a large collection of museum passes to check out. These passes offer free or discounted admission to museums and attractions across Connecticut and Western Massachusetts. Check the library website for details and a list of available passes.

LIBRARY MATERIALS 24/7

Library

You can access downloadable books, audiobooks, movies, magazines and informational databases from home. Visit our website to access and learn more about Overdrive, Hoopla, Tumblebooks Library, Consumer Reports, Creativebug and more!

60+ CARD SHARKS (PINOCHLE)

Senior Center

The Card Sharks are looking for more players! Feel free to come on down and observe. Registration is not required.

GENEALOGY RESOURCES

Library

Are you curious about your family history? Canton Public Library has in-library access to the popular genealogy site Ancestry.com. Ancestry's database includes thousands of records that are easy to search. While Ancestry.com access is limited to the library, we have added two new databases that are available from home. Heritage Quest Online offers Census information from the US and Canada, records from the Revolutionary War, as well as information from 28,000 books on family and local history. Fold3 specializes in military and war records. Stop by and learn more about your family tree.

PREPARING YOUR ESTATE PLAN

Senior Center

Preparing your Estate Plan is a seminar designed to help you understand the importance of putting a plan in place to ensure your wishes will be carried out if you should become incapacitated or pass away. During the course of this seminar, you'll become familiar with several processes and tools, including a will, trust, powers of attorney and life insurance. Understanding these estate-planning processes and tools can help you choose the ones that make the most sense for your unique situation. *Registration required.*

Date: Wednesday, April 27th
Time: 10:30am

FITNESS & EXERCISE

EVERY BODY'S EXERCISE CLASS

Parks & Recreation

Stretch, tone, and flex your way to a healthier you. Mary is a fun loving instructor, telling jokes and wearing crazy costumes- making exercise seem effortless yet so fun.

Ages 55 - 99

Dates: Every Friday

Time: 11am - 12pm

Fee: \$15 per Month

EVERY BODY'S BALANCE EXERCISE CLASS

Parks & Recreation

Join us for exercises to increase your strength and flexibility. Start to practice balance training. Learn how to prevent falls and stay independent. All levels of fitness are welcome. If you think you would like to get out and join a fun loving bunch for some Senior exercise, this is your class!

Ages 55 - 99

Dates: Every Monday

Time: 12:30pm - 1:30pm

Fee: \$15 per Month

FITNESS MATRIX

Parks & Recreation

This fun beginner-to-intermediate class provides a full-body workout using multiple fitness modalities: resistance training, cardio, balance, and stretching using resistance bands, light weights, steps, POUND Ripstix®, occasional dance fitness moves, and chairs for optional standing support. Each class varies slightly, but each works all major and some minor muscle groups. Bring your own tools or we can provide them.

Instructor Kathi Boratko is an Athletics and Fitness Association of America™ (AFAA) certified personal trainer and group fitness instructor and owner of FITMiX with Kathi.

Ages 18 - 99

Dates: Every Tuesday

Time: 10:30am - 11:30am

Fee: \$15 per Month

POUND FITNESS CLASS

Parks & Recreation

A full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Pound transforms drumming into an incredibly effective way of working out.

Ages 15 - 99

Session VI: Mon. May 9th-June 20th

Session VII: Mon. June 27th-August 8th

Time: 6:30pm-7:30pm

Fee: \$60 R / \$70 NR per Session

YOGACHI WITH MARY ELLEN

Parks & Recreation

YogaCHI is for all levels and everyone is encouraged to try it out! In this gentle but energizing class we will intelligently combine disciplines of Yoga, Pilates and CHI-Gong. The emphasis will be on exercises to deepen the breath, strengthen the muscles of the "core" as well as upper body, arms and legs combined with deep stretching and ending with therapeutic relaxation techniques. The class is designed to bring energy and balance into the body, mind and spirit, cultivate health, vitality and longevity. Yes, this is for everyone!

Ages 14 - 99

Spring Session II: Thurs. April 28th-
June 2nd

Time: 11am-12pm

Fee: \$60 R / \$70 NR per Session

LIVE STREAM YOGA WITH NANCY

Parks & Recreation

Yoga is a simple, amazing connection of body, mind and spirit, great for all ages & body types. Class includes Stretches, breathing techniques and relaxation. It will enhance your physical and mental well being, increase strength, reshape muscles and tone your entire body. It will energize you and improve your overall health, including posture, balance, power and range of motion. It's great for people with back problems and for alleviating muscle soreness and joint inflammation.

Ages 16-99

Spring Session I: Thurs. March 31st-
May 19th

Spring Session II: Thurs. May 26th-
July 14th

Summer Session: Thurs. July 21st-
September 8th

Time: 7:30pm-8:30pm

Fee: \$52 per Session

ZUMBA GOLD

Parks & Recreation

Join the party and enjoy the health benefits of this energetic, feel good, low impact aerobic workout. This class is a total body workout set to Latin and international rhythms. We use the same music and choreography as Zumba Basic; the routines are just modified to be more gentle on your knees. No experience necessary, just a willingness to dance and have fun while logging at least 5,000 steps on your fitness tracker!

In-person Classes: It's back! Pick your schedule-purchase this flex schedule to be able to attend when it works for you. 8 classes total whenever you can make it! Only \$6.50 per class!

Ages 15 - 99

Virtual May/June Session:

Tues. May 3rd-June 28th

In-person: Pick Your Schedule!

Sat. May 7th-December 17th

Time: Vary Depending on Session

Fee: Vary Depending on Session

HEALTH & WELLNESS

FARMINGTON VALLEY VNA: BLOOD PRESSURE/BLOOD SUGAR CLINIC

Senior Center

The Blood Pressure and Blood Sugar Clinic's are held at the Canton Senior Center each Wednesday. No appointments are needed.

Every Wednesday from 11:30am-1:00pm.

FREE HEARING SCREENINGS

Senior Center

Jack Felix from Hearing Care Centers will be at the Canton Senior Center providing the following services: screening test, hearing aid cleaning, ear exams. Please call the Canton Senior Center at (860) 693-5811 to sign-up.

**1st Tuesday of each month
from 9am-11am
in the Senior Room**

**Tuesday, May 3rd
Tuesday, June 7
Tuesday, July 5
Tuesday, August 2**

FREE MEMORY SCREENING WITH ARDEN COURTS Senior Center

Are you caring for a loved one who is experiencing memory problems? Are you concerned that your loved one's memory loss may be an early sign of dementia? Does Alzheimer's disease or dementia run in your family, or are you concerned about your own memory? A memory screening is a series of questions and tasks designated to gauge memory, language and thinking skills. Screenings last just 5-10 minutes, and while the results are not a diagnosis, scoring below the normal threshold can signal that someone should follow-up with a clinician for a full evaluation.

1:30pm-2:30pm in the Senior Room

**Monday, May 16
Monday, June 13**

VETERAN'S COFFEE HOUR WITH HARTFORD HEALTHCARE Senior Center

We invite you to join us at the Canton Senior Center for a Coffee Hour Meet & Greet! Coffee and tea provided.

**Held on every 4th Monday of the Month
10am-11am**

**Monday, April 25
Monday, May 23
Monday, June 27**

THE CANTON CAFE Senior Center

The Canton Cafe has a dine-in and pick-up option for lunches. Lunches are made on premises by our Cafe Coordinator, Laura Greyer. Menu items are subject to change due to availability in stores, thank you for your understanding. Please call the Canton Senior Center at (860) 693-5811 to reserve your meal!

Dates: Every Wednesday & Friday

Time: 12pm-12:45pm

Location: Canton Senior Center-Multipurpose Room



The Senior Centers 2022 Winter Wonderland event.

SOCIAL SERVICES

THE CANTON FOOD BANK

It is time to renew your Canton Food Bank eligibility for the new fiscal year which covers July 1, 2022 through June 30, 2023. Application renewals must be received by June 17th in order to retain Food Bank shopper status. In order to continue using this program, you must update your application by providing proof of residency to confirm you are a Canton resident. If you are a current Food Bank shopper, you should receive an application in the mail by May 30th. If you are not currently a Food Bank shopper but wish to apply, or if you don't receive an application, please call Canton Senior & Social Services at (860) 693-5811.

Do you want to Volunteer?

Volunteers help to organize outings, activities and meal preparation. Whether you have a passion that you'd like to bring to the Canton Senior Center, or a skill that can be used to benefit the lives of our Seniors, we'd like for you to join us.

The Canton Food Bank is looking for a volunteer on Tuesdays to work with Pat Lazauski. Please call Pat if you are interested at: (860) 693-0629

DIAL-A-RIDE

Dial-A-Ride is a local in-town transit service provided for Canton residents who are age 60 or older, or age 18 and up with disabilities. A one year membership is \$50.00 per person and reservations to ride must be made at least 24 hours in advance of your requested ride. Please call the Senior and Social Services at (860) 693-5811 for more information.

CHROMEBOOK LOAN PROGRAM

The Canton Senior Center is excited to announce our new Chromebook Loan Program, where Senior Center Members are able to "check-out" a Chromebook laptop. The loan period is for 1 week and there is no rental fees. If you have any questions, comments, or concerns, please contact Senior and Social Services at (860) 693-5811



Donations received during the 2021 holiday season.

ELDERLY & DISABLED RENTERS REBATE PROGRAM BEGINNING APRIL 1, 2022

If you applied for the program last year, you will receive an application in the mail before April 1st. If you did not apply or are unsure if you applied, please call the Senior and Social Services Office at (860) 693-5811 and request an application to be mailed to you.

Eligibility: Applicant or spouse must be a current Canton resident, 65 years of age or older; or be 50 years of age or older and the surviving spouse of a renter who at the time of his/her death had qualified and was entitled to assistance; or 18 years of age or older and receiving Social Security Disability benefits.

ENERGY ASSISTANCE PROGRAM *IMPORTANT DEADLINES*

November 1, 2021: First day for fuel deliveries that can be paid by the program.

May 2, 2022: Deadline for fuel authorizations for deliveries.

May 31, 2022: The last day that a household can apply to establish its eligibility for the benefits.

June 15, 2022: Last day to submit deliverable fuel bills.

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Hey, Canton Residents!

IT'S NOMINATION TIME!



Nominate a Special Senior in Honor of Older Americans Month 2022



Age my way!



Nomination Guidelines

Just as every person is unique, so too is how they age and how they choose to do it. This year's theme focuses on how older adults can age in their communities, living independently and participating in ways they choose.

Who do you know who has done any of the following:

Remained involved in the Canton community through work, volunteer, and/or civic participation opportunities? Made home improvements and modifications, or used customized technologies to assist their aging in place? Maintained or initiated social activities and relationships to combat social isolation and stay connected to the community? **QUESTIONS? Call The Canton Senior Center @ 860.693.5811**

WHO?

Nominations are sought for **Canton Residents aged 55+**. One Canton Senior will be chosen and honored in May for "**Aging My Way**." See guidelines below.

HOW?

Send a written summary that explains why your nominee is deserving of recognition. See guidelines below.

Email to:

SeniorFun@TownofCantonCT.org. or

Mail/Drop off:

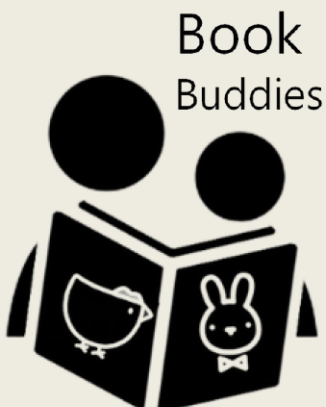
at the Senior Center office @ 40 Dyer Ave.

WHEN?

Deadline is **May 15th**. Award to be presented to one Canton Senior on **Wednesday, May 25th at 12:45 PM** at the Canton Senior Center following the normally scheduled Community Café lunch.

Join **Book Buddies**

Book Buddies pairs teen volunteers (ages 13+) with children 3-7 years old to share a love of reading while supporting early literacy skills. Come read, sing camp songs, and do an activity with children.



We are looking for Teen Volunteers!

Book Buddies meet once a week on Wednesday evenings from 6:00 - 8:00 and/or Thursday mornings from 10:30 - 12:30 in the summer (July 6 - August 11). Orientation is held on Wednesday, June 22 from 6:00 - 8:00 or Thursday, June 23 from 10:30 - 12:30.

Interested? Apply online by June 20th at www.cantonpubliclibrary.org

Join **Science Buddies**

Science Buddies pairs teen volunteers (ages 13+) with children to work on simple, but awesome projects that explore science, engineering and math.

We are looking for Teen Volunteers!

Science Buddies meet each Friday from 9:30 - 12:30 in the summer (July 8 - August 12). Orientation will be held on Friday, June 24 from 10:00 - 12:00.

Interested? Apply online by June 20th at www.cantonpubliclibrary.org



Join **Art Buddies**

Art Buddies pairs teen volunteers (ages 13+) with children to work on simple, but awesome projects to improve skills and creative habits.

We are looking for Teen Volunteers!

Art Buddies meet each Tuesday from 12:30 - 3:30 in the summer (July 5-August 9). Orientation will be held on Tuesday, June 21st from 12:30 - 2:30.

Interested? Apply online by June 20th at www.cantonpubliclibrary.org



