

20 FALL 22 PROGRAM GUIDE

CANTON, CT

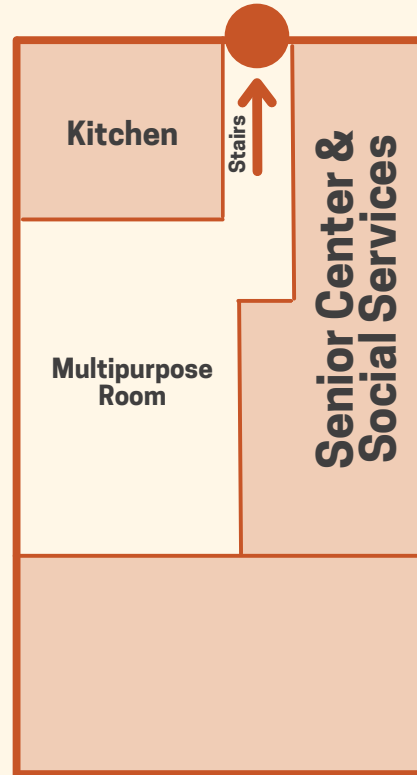
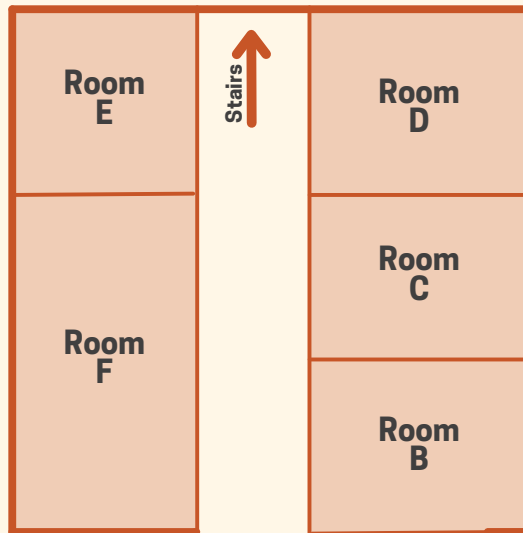
CANTONREC.ORG
CANTONPUBLICLIBRARY.ORG
TOWNOFCANTONCT.ORG/SENIOR-SERVICES



A MAP THROUGH THE CORN MAZE...

Parks & Recreation Office Hours

Mon-Fri 8:30am-4:30pm
Sat-Sun CLOSED



Senior Center Office Hours
Mon-Fri 8:00am-3:00pm
Sat-Sun CLOSED

UPPER LEVEL

Parks & Recreation

Library

Library Hours

Monday 10:00am-5:00pm
Tues-Thurs 10:00am-8:00pm
Friday 10:00am-5:00pm
Saturday 10:00am-3:00pm
Sunday CLOSED

Writer-in Residence Office Hours

Tues, Thurs & Fri 1:00pm-3:00pm

Town Historian Office Hours

1st Wed of Month 4:00pm-6:00pm

SENIOR CENTER

Contact Us

Phone: (860) 693-5811
Web: 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

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.

Membership Fee

Residents Free
Non-Residents \$5.00

LIBRARY

Contact Us

Phone: (860) 693-5800
Web: cantonpubliclibrary.org

Meet the Staff

Sarah McCusker
Library Director

Heather Baker
Head of Children's Services

Katie Bunn
Circulation Supervisor

Meghan Glasgow
Teen Librarian

Beth Morrill
Head of Technical Services

Beth Van Ness
Adult Services Librarian

Museum Passes

The library has a large collection of museum passes to check out. These passes offer free or discounted admission to museums and attractions across CT and Western MA. Check the library website for details.

Inclement Weather Policy

All daytime library programs will be cancelled if Canton Public Schools have a weather-related closure or delay. Decisions about evening programs will be made on a case-by-case basis depending on conditions.

PARKS & RECREATION

Contact Us

Phone: (860) 693-5808
Web: 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 & Rec 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.

Refunds & Cancellations

Canton Parks & Recreation reserves the right to cancel programs for insufficient enrollment numbers. In the event we cancel a program, you will receive a full refund. Refunds may be issued if you cancel out of a program a minimum of 1 week prior to its start. A \$10 cancellation fee will be deducted.



SENIOR & SOCIAL SERVICES

BUS TRIPS



BRONX ZOO **WED. SEPTEMBER 14TH**

The Bronx Zoo is the largest metropolitan zoo in the United States, with over 265 acres and 4,000 animals (many of which are endangered or threatened species). It is world-renowned for its leadership in the areas of animal welfare, husbandry, veterinary care, education, science and conservation; working to save, propagate and sustain populations of threatened and endangered species.

The Bronx Zoo Total Experience Pass provides park admissions plus unlimited access to the Total Experience rides and attractions.

\$110 PER PERSON
CALL (860) 693-5811 TO MAKE YOUR
RESERVATION BY SEPTEMBER 1ST

GARDEN IN THE WOODS **FRI. SEPTEMBER 16TH**

Garden in the Woods is a naturalistic botanic garden of rare and common native plants, set on 45 acres. Two miles of paths meander over glacier-sculpted ridges and through narrow valleys, a pond, a wooded bog, several springs and a brook bring a diversity of wildlife into the garden. We will have a guided tour of the gardens. Be sure to bring your camera for the wonderful plants!

After lunch we are headed to Tower Hill Botanical Garden. A year-round garden

paradise on 132 acres, featuring one of the finest collections of woody and herbaceous plants, both native and exotic, hardy and non-hardy in New England.

\$110 PER PERSON
CALL (860) 693-5811 TO MAKE YOUR
RESERVATION BY SEPTEMBER 1ST

COLORS OF VERMONT **WED. OCTOBER 5TH**

Begin your day with a visit to the Hawkins House, a 3,200 square foot crafts market. It includes an extraordinary selection of hand-crafted jewelry, pottery, blown glass, wooden ware, clothing, handbags, accessories, Vermont products and more!

Lunch will be at the Mt. Anthony Country Club. After lunch, take a trip to the Bennington Battle Monument. The monument was dedicated in 1891 to commemorate the Bennington Battle during the Revolutionary War that occurred on August 16th, 1777. This battle was said to be a turning point in the war.

End the day with a visit to the Apple Barn and Country Bake Shop, also located in Bennington, VT. Here you can shop and enjoy the scents of all the baked goods.

\$115 PER PERSON
CALL (860) 693-5811 TO MAKE YOUR
RESERVATION BY SEPTEMBER 14TH

SPOOKY SALEM

WED. OCTOBER 19TH

Begin your day with a self-guided tour of the Salem Witch Museum where you can experience firsthand the reign of terror and hysteria that was rampant in Salem in the 1690s through the powerful multi-sensory presentation. Visitors are given a dramatic history lesson using stage sets with life-size figures, lighting and narration - an overview of the Witch Trials of 1692. This afternoon, you will have free time to enjoy 'Haunted Happenings' around town. You'll be able to visit the Witch Dungeon Museum or the Salem Pirate Museum. You can take a walking tour or ride the trolley. Admission for the 'Haunted Happenings' is on your own. Shop your way through all the quaint stores Salem has to offer and enjoy lunch on your own at one of the many restaurants or food trucks. The possibilities are endless!

\$120 PER PERSON

**CALL (860) 693-5811 TO MAKE YOUR
RESERVATION BY OCTOBER 5TH**

CHOCKTOBERFEST

TUES. OCTOBER 25TH

Today's tour is a new spin on the typical Oktoberfest! Your first stop is at Fascia's Chocolates where you will participate in a full chocolate experience. Tastings and demonstrations are included. This chocolate experience will leave your senses wanting more!

Lunch will be at the East Side Restaurant where you will appreciate a truly German meal. Enjoy the specialized German food and culture all without a passport!

\$130 PER PERSON

**CALL (860) 693-5811 TO MAKE YOUR
RESERVATION BY OCTOBER 5TH**

RADIO CITY MUSIC HALL

SUN. NOVEMBER 20TH

This morning, we depart for "the city that never sleeps", New York, New York, and begin at the Radio City Music Hall, where you have reserved orchestra seats to see the all new Radio City Christmas Spectacular! If you have never seen the show, you are in for a great surprise and a real treat, and if you have seen the show before, you have never seen it like this. You will have the Radio City Rockettes performing their 'Parade of Wooden Soldiers', 'New York Christmas' and the 'Living Nativity'. There is plenty of free-time after the show to explore the city all decorated for Christmas. See all of your favorite store fronts decorated for the holidays! Or, just sit in a relaxing restaurant and watch the crazy world go by.

\$185 PER PERSON

**CALL (860) 693-5811 TO MAKE YOUR
RESERVATION BY OCTOBER 30TH**

WINTER WONDERLAND NEWPORT MANSIONS

TUE. DECEMBER 13TH

This morning we journey to Newport, R.I. to spend Christmas with the Vanderbilt's. Enjoy a self-guided tour of the Marble House, built between 1888 and 1892. Then, enjoy lunch at the Mooring. For over 35 years, the Mooring has been serving locals and tourists alike at their historic waterfront location in Newport.

After lunch, we will travel over to The Breakers. The mansion is the grandest of the Newport summer 'cottages'.

\$145 PER PERSON

**CALL (860) 693-5811 TO MAKE YOUR
RESERVATION BY NOVEMBER 15TH**



YOUTH & TEEN PROGRAMMING

PRE-SCHOOL

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. Music with Miss Jean is not only a Canton community favorite, it is also a great environment for toddlers to learn to play with one another.

Ages 18 Months - 3 Years

Fall Session I
Wed. 9/21 to 10/19
9:30am-10:30am
Mills Pond Park
\$70 R / \$75 NR

Fall Session II
Wed. 10/26 to 11/23
9:30am-10:30am
Mills Pond Park
\$70 R / \$75 NR

TINY TOTS CLUBHOUSE PARKS & RECREATION

This play-based program will introduce a new theme each month. Tots and their parent or guardian will explore new worlds and create crafts to take home. Class will include a portion for movement to get those wiggles out and several themed art activities.

2 - 5 Years

Monster Ball
Fri. 10/7
9:15am-9:55am
\$15 R / \$20 NR

Fall Festival
Thurs. 11/10
9:15am-9:55am
\$15 R / \$20 NR

PLAYSTRONG: TUMBLE TOTS PARKS & RECREATION

This is a great class for the active little ones who are looking for a foundation of tumbling and fitness. Skills are taught through a mix of song and dance as well as obstacle courses and other fun games! Parents and caregivers are required to participate in the 18 months to 3 years class.

Ages 18 Months - 5 Years

18 Mo. - 3 Year
Mon. 9/12 to 10/31
9:15am-10:00am
Parks & Rec Room (CCC)
\$75 R / \$80 NR

3 Year - 5 Year
Mon. 9/12 to 10/31
10:15am-11:00am
Parks & Rec Room (CCC)
\$75 R / \$80 NR

RHYTHM AND RHYME STORY TIMES LIBRARY

Let us help grow your reader. We'll be introducing children ages 1.5 through 3 and their loved ones to language, literature and the library through songs, rhymes, stories and games. Parents and caregivers are heartily encouraged to play and sing along and siblings are welcome to attend. We recommend that you bring a blanket suitable for the outdoors, lawn chairs optional.

18 Months - 3 Years

Fridays at 10:30am
Starting September 23rd
Drop-Ins, Free & No Advanced Registration
Required

TOTS ON THE GO!

PARKS & RECREATION

Join Tots on the Go and have your child exercise, play and move in a safe, nurturing environment. Children will be instructed to complete different activities that are both entertaining and fun! There are two options for this program that are sure to get your child excited to move! Both options are focused on improving your child's physical growth and coordination through a mix of agility, games and sports.

Morning Moves Ages 2 Years - 5 Years

An energetic movement class centered on themed games and activities. Children will get to try something new while getting in-tune with their bodies

Session I

Dates: Fri. 9/9 to 9/30

Time: 9:15am-9:55am

Location: Parks & Rec Room

Fee: \$50 R / \$55 NR

Session II

Dates: Fri. 10/14 to 11/4

Time: 9:15am-9:55am

Location: Parks & Rec Room

Fee: \$50 R / \$55 NR

Multisport Ages 2 Years - 4 Years

A fun, active class that will highlight different sports such as basketball, soccer and t-ball. Participants will also enjoy a variety of movement and agility games as well.

Age 2

Dates: Sat. 9/10 to 10/8

Time: 9:00am-9:40am

Location: Mills Pond Park

Fee: \$50 R / \$55 NR

Age 3 & 4

Dates: Sat. 9/10 to 10/8

Time: 9:45am-10:25am

Location: Mills Pond Park

Fee: \$50 R / \$55 NR

BABY AND ME STORY TIMES

LIBRARY

Start early and let us help you grow your reader! We'll sing, talk, read and play with your baby and you. Using nursery rhymes, fingerplays, baby signs, short books we read together, plus bounces and bubbles, Children's Librarian, Heather Baker, will provide 45 minutes of "library time" to build early literacy skills in our youngest children. Older children are welcome to accompany babies and their beloved grown-ups.

Recommended for Birth - 18 Months

Wednesdays at 10:30am

Starting September 21st

Drop-Ins, Free & No Advanced Registration
Required

PRESCHOOL STORY TIMES WITH A CRAFT

LIBRARY

Story time is our favorite time of the week! For kids aged 3 and up with a parent/caregiver, siblings also welcome. Join Ms. Heather and introduce your preschoolers to language, literature and the library through stories, rhymes, songs and games. We'll end every week with crafts created by Ms. Sue! Outdoors on the lawn while the weather permits.

3 Years and Up

Thursdays at 10:30am

Starting September 22nd

Drop-Ins, Free & No Advanced Registration
Required

Mon.

PLAYSTRONG:
Tumble Tots
9:15am - 10am
10:15am - 11am

Tues.



Wed.

Music with Miss.
Jean
9:30am - 10:30am

Baby and Me
Story Times
10:30am

Thurs.

Preschool Story
Times with Craft
10:30am

Fri.

Tots on the Go!
Morning Moves
9:15am - 9:55am

Rhythm and
Rhyme Story Time
10:30am

Sat.

Tots on the Go!
Multisport
9am - 9:40am
9:45am - 10:25am

A MIRACULOUS MOVIE EVENT LIBRARY

Sing-a-Long and interactive script with Colombian food and crafts! We don't talk about movie titles, but you can probably guess what magical movie we'll be watching! This is an event held in cooperation with the Canton Girl Scouts, with special assistance from senior scout Cayleigh Trainor as part of her Gold Award Project.

Ages 4 and Up

**Monday, September 26th
2:00pm-5:00pm**

**Sign Up Online - Advanced Registration is a MUST in
Order to Make Sure We Have Enough Supplies**

TAKE APART THE TOYS WORKSHOP LIBRARY

This workshop is led by Ms. Heather. Help us find out what makes toys tick (or sing, dance and move)! Work as a group to disassemble animatronic toys using screwdrivers, scissors, pliers and more. Participants can keep the parts if they like!

Grades 1 and Up

**Wednesday, October 5th
Starting at 1:00pm**

**Sign Up Online - Space is Extremely Limited for this
Fun Workshop Event**

MEET THE THERAPY DOGS LIBRARY

Find out about therapy dogs and how they are trained. Then you get to meet and greet with several of the dogs!

Ages 5 and Up

**Tuesday, November 8th
Starting at 2:00pm
Sign Up Online**

A SPECIAL "HAPPY HALLOWEEN" EVENING STORY TIME EVENT LIBRARY

Wear your costume and come to celebrate Halloween with fun seasonal stories, a spooky craft and some "practice" trick-or-treating in the library.

Ages 3 and Up

**Wednesday, October 25th
Starting at 6:30pm
Sign Up Online**

AFTER SCHOOL

BEYOND THE BELL: C.B.P.S. & C.I.S. PARKS & RECREATION

Beyond the Bell is an after school program that focuses on creating a fun and safe space for kids to develop friendships, create art, burn off extra energy from the day, work on homework and explore interests. Beyond the Bell has scheduled activities throughout the afternoon that will allow your child time to do everything from completing homework to playing games with their friends!

Beyond the Bell is offered Monday-Friday and is held at Cherry Brook Primary School. Canton Intermediate School students will be traveling via bus to Cherry Brook Primary School at C.I.S. dismissal. The program runs from school dismissal until 6:00pm on regular days and 5:30pm on half days.

For more information, visit cantonrec.org.

Monthly Pricing

**Full Time: \$325
Part Time: \$200
Single Dates: \$35**

Bundle Pricing

**Fall Bundle: \$925
Winter Bundle: \$895
Spring Bundle: \$950**

BE CREATIVE WORKSHOPS WITH MS. SUE LIBRARY

Sue Tarinelli, our resident artist, features a series of three workshops each month on Wednesdays after school, from 3pm to 4pm. Learn a new artisan skill each month! Participants must be available for at least 2 of the 3 workshops. Sign up online!

Grades 4-6

September: Realistic Painting Techniques (9/7-9/21)

October: Face Painting (10/5-10/19)

November: All Stars - Create ornaments for the tree that we'll donate to the Canton Historical Museum (11/2-11/16)

ART-VENTURES AFTER SCHOOL PARKS & RECREATION

Art-Ventures is a fun and creative after school program where kids can uncover their inner artist each week! Kids will explore new mediums and methods of painting, drawing, sculpting, etc. every day and come home with masterpieces of their own.

Fall Session Magical Art Mystery Tour

Abracadabra, Hocus Pocus, it's magic and mystery with art as the focus! Magical Art Mystery Tour draws children into a world of wonder, revealing unbelievable art tricks and inspiring out-of-the-box creativity.

Grades K-3

Fall Session
Tues. 9/27 to 11/29 (No Class 11/8 & 11/15)
3:40pm-4:40pm
Cherry Brook Primary School
\$150

MAD SCIENCE MONDAYS PARKS & RECREATION

A hands-on exploration of sights, sounds, nature and more! Optical illusions, the secret components of white light and hidden rainbows and movies explore our sense of sight. Other senses, such as taste and hearing are investigated too. Explore cells with microscopes, investigate bugs, why nutrition is so important and how ecosystems work. Explore heat, volcanoes, earthquakes and even weather!

Grades 1-3

Fall Session: Mad Labs
Mon. 10/17 to 12/5
3:40pm-4:40pm
Cherry Brook Primary School
\$160

YOGA, MINDFULNESS & ME! PARKS & RECREATION

Yoga and mindfulness practices can have long term positive effects on children. Classes are designed to provide your child with explicit instruction leading to the development of healthy strategies and behaviors that can assist them in daily life. Goals include increasing self-confidence and learning ways to manage stress and anxiety. Whether your child is dealing with a conflict at school, anxiety over a test or disagreements at home, they will learn how to make better decisions and healthier choices.

Participants will need their own yoga mat and are asked to wear comfy gym clothes.

Grades K-6

Grades K-3
Tues. 10/4 to 11/8
4:30pm-5:30pm
Parks & Rec Room (CCC)
\$75 R / \$85 NR

Grades 4-6
Tues. 10/4 to 11/8
3:00pm-4:00pm
Parks & Rec Room (CCC)
\$75 R / \$85 NR

SPORTS



FIRST KICKS: SOCCER CLINIC



PARKS & RECREATION

This program will feature fun activities designed to maximize instruction, develop basic technical skills and build a love for the game. The curriculum will challenge young players to focus on skills like dribbling, passing, shooting, ball control, decision-making and creativity. Team play is fostered through group exercises and small sided non-competitive games.

Ages 5-12

Ages 5-8

Sat. 9/10 to 10/1
10:00am-10:45am
CMS/CHS
\$55 R / \$60 NR

Ages 9-12

Sat. 9/10 to 10/1
9:00am-9:45am
CMS/CHS
\$55 R / \$60 NR

MINI-WARRIOR: INTRO TO 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!

Ages 5-9

Fall Session

Sun. 9/11 to 10/2
9:00am-10:00am
CMS/CHS
\$80 R / \$90 NR



RECREATION BASKETBALL CLINIC (GRADES K/1)



PARKS & RECREATION

The six-week recreation basketball clinic offers children grades K-1 their first experience with basketball. This program is introductory in nature where participants will learn the game of basketball through engaging drills and small-sided games. Our experienced coaches will focus on developing the basics and fostering a love of the game.

8:30am-9:15am Session

Dates: Sat. 12/3 to 1/21
Location: CBPS Gym
Fee: \$90 R / \$100 NR

9:25am-10:10am Session

Dates: Sat. 12/3 to 1/21
Location: CBPS Gym
Fee: \$90 R / \$100 NR



NEXT GENERATION OF DANCE (AGES 3-10)



PARKS & RECREATION

This dance and gymnastics program is designed for all skill levels. Dance is such a fun environment to be in. It's a place to be you, be silly, meet new friends and have fun!! Students will be learning a variety of dance routines during Hip Hop and will be learning lots of awesome and fun gymnastics skills during gymnastics.

Intro Session

Combo Class

Dates: Wed. 9/14 to 11/2
Time: 4:30pm-5:15pm
Fee: \$96 R / \$106 NR

Intro Session

Gymnastics & Hip Hop

Dates: Wed. 9/14 to 11/2
Time: 5:15pm-6:15pm
Fee: \$112 R / \$122 NR

Recital Session I

Combo Class

Dates: Wed. 11/9 to 4/5
Time: 4:30pm-5:15pm
Fee: \$228 R / \$238 NR

Recital Session I

Gymnastics & Hip Hop

Dates: Wed. 11/9 to 4/5
Time: 5:15pm-6:15pm
Fee: \$266 R / \$276 NR

RECREATION BASKETBALL LEAGUE **(GRADES 2-8)** **PARKS & RECREATION**

Canton's Recreation Basketball League is for boys and girls grades 2-8 who are interested in learning the sport of basketball and competing with a team. This league is introductory in nature and is geared towards developing players' individual skills while playing in a team setting. Players will be grouped into teams within grade-appropriate brackets. Teams will practice one night per week: Grades 2-3 will practice at Cherry Brook Primary School (Mon, Wed or Fri) and Grades 4-8 (Wed or Thurs) will practice in the CIS gym. The exact time will be determined by the coach and court availability. Teams will have one game per week, always on Saturday. Please note, game and practice schedules are subject to change and cancellations may occur based on gym availability.

Canton Parks & Recreation is continuing its partnership with Avon, Burlington, and Farmington to expand the size, competition, network and length of our leagues. This will ensure a variety of competitors and provide an early foundation for travel, and high school athletics while continuing to emphasize the basic skills and sportsmanship of the game. Some minimal travel within the Farmington Valley is required. Games will be held in Canton, Avon, Burlington, Harwinton and Farmington on Saturdays. The program runs December-February (exact dates TBA) and fees include a uniform t-shirt.

Important Dates

Registration Deadline for Residents: October 11th

Team/Practice Day Requests: October 11th

Non-Resident Registration: October 12th-October 20th

Late Registration Deadline: October 20th

Coaches Meeting: November 10th at 7:15pm (Zoom)

Practices Begin: TBD

Regular Season Begins: TBD

Refund Request Deadline: November 9th

TEEN

TEEN CRAFTERNOON **LIBRARY**

Explore crafts of all kinds: knitting projects, perler beads, friendship bracelets, hand stamped and illustrated lettering and more. We provide project ideas, extra help and all materials needed. Work on your own projects too. Drop by, chill and create!

Tuesdays at 3:00pm starting Sept. 6th
Free, No Sign Up Required

TEEN GAMES UNPLUGGED **LIBRARY**

Discover all kinds of games you can play without electronics in a free afternoon of fun with Teen Librarian, Meghan Glasgow. Try some favorites: Sorry, Wig-Out, Guess Who, Uno, or Sleeping Queens. Or more recent additions: Scattergories, Sequence, Yahtzee and Rummikub. If it's new to you, we will teach you how to play!

Thursdays at 3:00pm starting Sept. 8th
Free, No Sign Up Required

COOKIE DECORATING AND A MOVIE **LIBRARY**

Have some laid back holiday fun where you get to decorate your own sugar cookies, then eat them as you watch a holiday movie favorite!

Wednesday, Dec. 21st 3:00pm-5:00pm
Registration Required

TEEN ADVISORY GROUP **LIBRARY**

The Teen Advisory Group (TAG) is a group of teens, grades 5-12, from the town of Canton and surrounding communities who are interested in having a say in what the library does for them. TAG's goal is to promote library services to teens at Canton Public Library and the community by:

- Advising, planning and implementing teen programs.
- Designing and maintaining the Teen Web Site.
- Promoting ideas, reading, programming and expression by and for teens by creating bulletin boards and displays in the young adult area.
- Recommending books, movies, music CDs and magazines for the YA collection.
- Creating an inviting teen area in the library.

TAG meets twice a month for 1 hour with additional volunteer opportunities. To get started, fill out the Teen Advisory Group application on the library's website at: cantonpubliclibrary.org/teens/tag

COOK BOOK CLUB **LIBRARY**

Have you ever wondered what some of the foods from your favorite books taste like? In this book club, each month we will read a teen book and then meet up to discuss and try out some recipes from the book. The first book selection will be *With the Fire on High* by Elizabeth Acevedo. Copies of the book will be available at the Circulation Desk. Check the library website for titles for later meetings.

Grades 6-12

**First Wednesday of the Month at 6:30pm
starting Sept. 7th**

Registration Required for Food Prep

LIFE SUPPORT TEEN GROUP **LIBRARY**

In our Life Support Teen Group, you'll be lifted up by a group that understands how challenging life can be as a teen. We will work to support each other by collaboratively learning new methods of self-care, having open discussions and maybe receiving feedback/advice from each other and engaging in therapeutic activities such as spending time with a therapy dog or trying out yoga. Come to support others, receive support yourself or simply try out something new. Join us for an ice cream social to kick off this new group on September 7th at 6:30pm.

**Second Wednesday of the Month at
6:30pm starting Sept. 14th**
Free, No Sign Up Required

NUTMEG BOOK CLUB **LIBRARY**

Have a snack, do an activity and discuss one of the nominees as we read our way through the 2023 Middle School Nutmeg Books. Are you already a Nutmeg Reader? Attend the Nutmeg Book Club to earn your badge without taking the quiz! Intended for children in grades 6 to 8, however younger grades are eligible to attend if they get permission from Meghan or Ms. Sarah. Check the library website for titles.

**Third Wednesday of the Month at 6:30pm
starting Sept. 21st**
Free, Registration is Required

TEEN GAME NIGHT **LIBRARY**

Teens and tweens are invited to join us for two hours of games.

4th Wednesday of the Month starting Sept. 28th
Registration Required

TEENS COOK! **LIBRARY**

Budding foodies will enjoy this hands-on cooking experience. Each month we will tackle a different seasonal inspired meal. You will work with other teens to learn and master techniques while learning some fantastic recipes to impress your whole family. Each program is two hours in length.

Grades 7-12

**Third Thursday of the Month at 5:00pm
starting Sept. 15th
Registration is Required, Space Limited**

MINIATURES GAME DAY **LIBRARY**

This session will see two games being played concurrently - one for the patrons in grades 4-6 and one for teens in grades 7-12.

Tween and teen gamers will have the opportunity to play strategy based, miniatures games on three dimensional boards complete with painted figures, terrain and features reminiscent of some of the famous conflicts in history. Games will be facilitated by HMGS Next Gen Inc.

If you've never seen a miniatures game before, they are played using dice, tape measures, cards and other implements, in which teams of other players will battle it out to meet the conditions of the scenario. In some ways, they are familiar to anyone that's played Risk, Stratego, Axis and Allies and other popular board games. In the case of miniatures, games are played on fully terrained boards with playing pieces as small as 6mm and as large as 54mm.

Grades 4-12

**October 22nd 11:00am-3:00pm
Registration Required**

5TH ANNUAL TEEN PHOTOGRAPHY CONTEST **LIBRARY**

All aspiring middle and high school photographers are invited to snap and submit potential award-winning photos. Submissions will be featured in November's month-long photographic art show at the Library. The contest is open to Farmington Valley residents and students grades 7-12. Drop off or mail your 8x10 photos to the library at 40 Dyer Ave in Canton, CT. All photographs must have a name, email or phone number, age, grade, school, photo title and photo category listed on the back of the print. Photos must have been taken within the last year. There is a limit of three photographs per teen. The submission deadline is October 26th by 8:00pm.


Winners will be judged by a panel of local photographers and artists and will be announced at the reception and awards ceremony which will take place at the library on Wednesday, November 16th. The exhibit will be on display from November 1st to November 30th.

Categories are portrait, landscape/nature, animals, abstract/design, manmade and digitally enhanced.

KID & TEEN CRAFT FAIR **LIBRARY**

Visit the library to shop for crafty creations. Kids and teens in Grade 12 and under will be selling their 100% kid and teen handmade items. All ages are welcome to attend and shop. Want to be one of our kid and teen crafters? Sellers must be in Grade 12 and under. Sign-ups for tables will begin online in mid-October.

December 3rd 11:00am-2:00pm



ADULT PROGRAMMING

ART

"SWANK-Y" WATERCOLORS SENIOR CENTER

Join Canton's own Grant Swank as he instructs you on creating a watercolor work of art of your own. Bring your creative energy and enjoy camaraderie with color! Supplies provided, compliments of the Canton Senior Center. Call (860) 693-5811 to reserve your spot. Program is limited to 10 attendees.

Mondays 9/12, 10/10, 11/14, 12/12
11:00am-1:00pm
Senior Room (CCC)
Free for 55+
\$5.00 for Under 55

LOTUS LANTERN WORKSHOP SENIOR CENTER

Join us and the Korean Spirit and Culture Promotion Program (KSCPPP) to learn about Korean history and make your own lotus lantern to take with you. RSVP for this event by calling (860) 693-5811 or emailing seniorfun@townofcantonct.org. Limited to 20 attendees.

Friday, September 30th
10:00am
Room F (CCC)
\$5.00 Cash or Check

BEGINNERS PAINTING CLASSES

PARKS & RECREATION

This beginners painting class 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 painting step-by-step.

September Class
Thurs. September 22nd
6:00pm-7:30pm
Parks & Rec Room (CCC)
\$25 R / \$30 NR

October Class
Tues. October 18th
6:00pm-7:30pm
Parks & Rec Room (CCC)
\$25 R / \$30 NR

November Class
Thursday, November 17th
6:00pm-7:30pm
Parks & Rec Room (CCC)
\$25 R / \$30 NR

ADULT CRAFT NIGHT LIBRARY

Join Library Director and avid crafter, Sarah McCusker, for a fun craft project! New projects every month! Check the library website for project details.

Second Thursday of the Month at 6:30pm
Registration Required



HOOKS AND NEEDLES FIBER ARTS SOCIETY LIBRARY

Join us for our monthly club for fiber artists! Whether you knit, crochet, felt or sew, join in with others as we work on our individual projects and chat about all things crafty. We meet on the third Wednesday of the month at 6:30pm and alternate between the Canton Public Library and the Burlington Public Library (34 Library Lane, Burlington CT).

Free, No Registration Required

**September 21st: Burlington
November 16th: Burlington**

**October 19th: Canton
December 21st: Canton**

ENRICHMENT

CONNECTICUT LORE LIBRARY

Zack Lamothe, author of Connecticut Lore and More Connecticut Lore, will speak about his books - a combination of travel and ghost stories.

**Saturday, September 10th at 2:00pm
Virtual Presentation via Zoom
Registration Required**

THE NATIONAL PARKS: AMERICA'S GREATEST IDEA LIBRARY

Dr. Richard Benfield, former professor of geography at CCSU, will speak on the U.S. National Parks and parks around the world.

**Tuesday, September 27th at 6:30pm
Registration Required**

GUITAR IMPROV FOR ADULT BEGINNERS SENIOR CENTER

Play guitar with joy! Learn how to create your own signature sound. This adult beginner's course makes learning to play guitar fun by focusing on technique and fingerboard mastery. It is designed to get the novice playing immediately! Instructor Lou Camporeale will supply all music and sound equipment. Participants must have their own guitar. To register, call (860) 693-5811 by the Friday before the start of class.

**Tuesdays at 12:00pm starting October 4th
Thursdays at 6:00pm starting October 6th
Senior Room (CCC)
\$20.00 per Class (Cash or Check)**

SCREENING OF TWO VILLAGES LIBRARY

Join us for an evening screening of Two Villages, a production of the Farmington Valley Stage Company. Spirits from Collinsville's bygone days have a warning for the present. With humor and moving stories that are universal, this original play by Canton's beloved David K. Leff explores the importance of the past in a future of rapid change.

**Thursday, September 15th at 7:30pm
Friday, September 16th at 7:30pm
Registration Required**

BALD EAGLES LIBRARY

Master Wildlife Conservationist Ginny Apple will speak on bald eagles.

**Saturday, November 19th at 1:00pm
Registration Required**

INDIGENOUS MUSIC IN THE 21ST CENTURY

LIBRARY

Presented by Craig Harris. Combining research-based storytelling, performing and archival audio/visual, Craig celebrates the vibrant musicians and activists creating today's Indigenous Native American music.

Saturday, November 12th at 1:00pm
Registration Required

WITCHES IN CONNECTICUT

LIBRARY

Presented by the Connecticut Historical Society and Museum. Hear the stories of Connecticans who were accused of witchcraft in the 1600s, and learn how Connecticut successfully controlled the spread of witch accusations long before the well-known Salem Witch Panic of 1692.

Thursday, October 6th at 7:00pm
Registration Required

VOICES OF POETRY: FOR DAVID

LIBRARY

Please join us for an afternoon of poetry and music in memory of our great friend David K. Leff, featuring presentations from luminaries from around the state including Connecticut Poet Laureate Margaret Gibson; poets Barb Fulton Jennes, Frederick-Douglass Knowles II, Amy Nawrocki, Steven Ostrowski and James R. Scrimgeour. Music by singer/songwriter Don Lowe.

Saturday, October 29th at 2:00pm
Registration Required

OKTOBERFEST

SENIOR CENTER

The annual favorite is being planned! More details to follow. Make sure you are on our email list to receive regular updates. Email seniorfun@townofcantonct.org if you need/want to be added.

Save the Date: October 6th

AUTHOR TALK WITH AIMEE HOBEN

LIBRARY

Local author Aimee Hoben will join us to talk about her first novel, *The Third Way*.

Tuesday, October 11th at 7:00pm
Registration Required

MUSIC OF CUBA

LIBRARY

Jeffrey Engel will speak about Cuban music as well as American music inspired by Cuba.

Wednesday, October 26th at 7:00pm
Registration Required

WRITERS GROUP

LIBRARY

Come join the Canton Library Writers Group, led by our Writer-in-Residence and local author, Shona Bradbury. Meetings will be held every Monday from 1:00pm to 2:30pm and on the second Wednesday of the month at 6:30pm. The write-in sessions will consist of networking, timed blocks of quiet writing time using the Pomodoro method and sharing of excerpts and writing goals.

BOOK CLUBS

LIBRARY

Our book discussion groups are open to all. Copies of the books are available to check out a month in advance at the circulation desk.

Science Book Discussion
First Saturday of the Month at 10:30am

Monday Evening Book Group
Second Monday of the Month at 7:00pm

Walking Book Discussion
Saturdays at 2:00pm (9/17, 10/22, More Dates TBD)

Mystery Lovers Book Club
Thursdays at 6:30pm (9/29, 10/27, More Dates TBD)

FRIENDS OF THE LIBRARY

MEETINGS

LIBRARY

You can never have too many friends! The monthly meetings of the Friends of the Canton Public Library are open to anyone who wants to play an active role in supporting the library. For more information, visit the library website.

3rd Tuesday of the Month at 7:00pm



FITNESS & EXERCISE

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.

September Session
Tues. 9/6 to 9/27
10:30am-11:30am
Parks & Rec Room (CCC)
\$15 R / \$15 NR

October Session
Tues. 10/4 to 10/25
10:30am-11:30am
Parks & Rec Room (CCC)
\$15 R / \$15 NR

BALLET WITH JAZZ & MODERN

SENIOR CENTER

Bonnie Flattery is back and so are her Ballet classes - mixed with a bit of modern and jazz - for good measure! Join her and stretch, improve muscle tone and posture, gain strength, increase balance, enhance focus and memory as she guides you through the elegance and exuberance of dance. This class must be RSVPed for by Monday of the week that class is held. No special attire or shoes are required. Dress comfortably.

Ages 55+

Wednesdays at 1:00pm starting September 28th
Parks & Rec Room (CCC)
\$5 per Class or \$25 for 6 Classes

PICKLEBALL CLINICS

PARKS & RECREATION

Intro to Pickleball: Get started in the fastest growing sport in the US – pickleball! In this introduction to the game, you will learn how to play pickleball, including safety, proper grip, positioning, ground strokes, serves, returns, lobs, dinking, scoring and game strategy. This course is geared to beginners to the sport.

Advanced Beginner Pickleball/Round Robin Play: Want to build on your beginner pickleball skills and get some games in too? Then sign up for Beginner Pickleball – Part 2/Round Robin Play, starting on September 17. The first 20-30 minutes we will work on some skills and the rest of the session will be coached round robin play. Stay longer on your own to continue your games, if you'd like. People who sign up for this session should have already taken a beginning pickleball class or have equivalent skills. It is not meant for people who have never played or are above an Advanced Beginner level.

About the Instructors: Cindy has been playing pickleball for the past four years, both recreationally and in tournament play. She is certified as an instructor by the ITPA. Jim is 6 year veteran of playing pickleball and enjoys its competitive and social aspects. He is certified to teach by the Professional Pickleball Registry and Pickleball USA.

**Intro to Pickleball:
Fall Saturday Session**
Sat. 9/17 to 10/1
10:00am-11:30am
Mills Pond Park
\$75 R / \$85 NR

**Intro to Pickleball:
Fall Session II**
Wed. 9/7 to 9/28
6:00pm-7:30pm
Mills Pond Park
\$90 R / \$100 NR

**Advanced Beginner
Pickleball/Round Robin Play**
Sat. 9/17 to 10/1
11:30am-1:00pm
Mills Pond Park
\$75 R / \$85 NR

POUND FITNESS CLASS

PARKS & RECREATION

A full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using lightly weighted drumsticks engineered for exercising, Pound transforms drumming into an incredibly effective way of working out. Designed for all fitness levels! Easily modifiable, Pound provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

Participants need to bring a mat and water bottle; pound sticks are provided by the instructor.

Session I
Mon. 9/12 to 10/24
6:30pm-7:30pm
Parks & Rec Room (CCC)
\$60 R / \$70 NR

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!

Livestream Sept/Oct
Tues. 9/6 to 10/25
5:45pm-6:45pm
Virtual via Zoom
\$44 R / \$44 NR

For In-Person Class Options
Visit cantonrec.org

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!

Fall Session I
Thurs. 10/13 to 11/17
11:00am-12:00pm
Parks & Rec Room (CCC)
\$60 R / \$70 NR

Fall Session II
Thurs. 12/1 to 1/5
11:00am-12:00pm
Parks & Rec Room (CCC)
\$60 R / \$70 NR

TAI CHI

SENIOR CENTER

Tai Chi is an ancient Chinese movement practice that focuses on muscle control, stability, balance and flexibility using gentle movements. When practiced regularly, it can help to reduce pain, especially from knee osteoarthritis, back problems and fibromyalgia - among other health challenges. Join Tai Chi Joe and start to enjoy the benefits of an alternative exercise that's easier on the joints. Call (860) 693-5811 to register the Friday prior to class. No special attire or shoes are needed to attend the class, dress comfortably.

Ages 45+

Mondays at 1:00pm starting September 12th
Multi-Purpose Room (CCC)
\$5 in Cash or Check

YOGA WITH NANCY - LIVESTREAM

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.

Fall Session
Thurs. 9/22 to 11/10
7:30pm-8:30pm
Virtual via Zoom
\$52 R / \$52 NR

TAP YOUR WAY TO HEALTH

SENIOR CENTER

Join Bonnie Flattery and improve your muscle tone, increase strength, burn calories, gain flexibility - all while having fun! You must RSVP for this class by Monday of the week that class is held. No special attire or shoes required, dress comfortably.

Ages 55+

Wednesdays at 2:00pm starting September 28th
Parks & Rec Room (CCC)
\$5 per Class or \$25 for 6 Classes

HEALTH & WELLNESS

THERAPY DOGS LIBRARY

A visit with three therapy dogs and their handlers, plus a PowerPoint presentation on:

- Who are therapy dogs?
- How are teams trained?
- The amazing difference that dogs make in the lives of people who visit with them.

Tuesday, October 4th at 6:30pm
Registration Required

TALKING THROUGH LIFE TRANSITIONS SENIOR CENTER

Have you been struggling with life transitions and the emotions or anxiety that sometimes come along too? Curious about how to address your feelings or questions? Over the past two years, many of us have had to deal with these transitions in addition to the impact and isolation of Covid-19. Some are grieving the loss of loved ones or the loss of normalcy and social support networks. Fortunately, you do not need to navigate this alone. Individual therapy sessions offer space to talk about real-life concerns, and gain power to navigate through these challenges. Marissa Bascom, a Professional Counselor licensed in the State of Connecticut introduces an inviting environment that allows the individual to speak freely and gain new skills to assist with anxiety, depression and life transitions to name a few.

Tuesday, October 4th at 2:00pm
Senior Room (CCC)

MEDICARE - SIMPLY STATED LIBRARY

The important Medicare enrollment periods and applicable Medicare costs, component parts and coverages. Presented by Adam P. Scherer, Founder and Lead Financial Planner at Greenbeat Financial, a West Hartford-based independent financial planning firm.

Saturday, October 22nd at 1:00pm
Registration Required

FLU VACCINE CLINIC SENIOR CENTER

Vaccines available: Regular for ages 9 & older; High Dose for adults over 65. Please bring your medical insurance card. Please call Farmington Valley VNA at (860) 651-3539 to schedule an appointment. Walk-ins welcome as well.

Wednesday, October 12th 12:00pm to 3:00pm
Parks & Rec Room (CCC)

MEDICARE 101: FREE PROGRAM SENIOR CENTER

New to Medicare? Or do you want to know what's new with Medicare? Come join local and independent insurance broker Jamie Flaherty for a discussion on the unique challenges and opportunities with Medicare, the Medicare Savings Program, and for who qualifies, the advantages and disadvantages of the Medicare Advantage Plans. A general discussion on Medicare with questions answered and light refreshments will be served! RSVP by calling (860) 693-5811.

Friday, November 4th 10:00am to 11:00am
Multi-Purpose Room (CCC)
Registration Required

AARP SMART DRIVER COURSE SENIOR CENTER

The nation's first and largest refresher course designed specifically for drivers age 60+ and older is rolling back into town so don't miss your opportunity! This 4-hour course is conducted by an AARP specialist who will help you update your driving knowledge and skills so that you can continue driving safely as long as possible. Not to mention, your successful completion of the course earns you an Insurance Premium Discount of at least 5% in CT! RSVP by calling (860) 693-5811 by October 20th.

Thursday, October 27th 9:00am to 1:00pm
Multi-Purpose Room (CCC)
\$20 AARP Members / \$25 Non-Members

FREE MEDICARE SEMINARS SENIOR CENTER

Have questions about Medicare Parts A & B? Ann Bowen of the Bowen Agency will hold five different seminars on specific insurance carriers to help explain the programs offered through the State of Connecticut that can help pay for prescriptions and co-pays as well as summarize the benefits of the Advantage plans. RSVP by calling (860) 693-5811 if you are interested in attending.

All Seminars held in Multi-Purpose Room (CCC)
Seminars Begin at 1:30pm

Wednesday, October 19th
United Healthcare

Wednesday, October 26th
Care Partners

Wednesday, November 2nd
UHC on Medicaid (Gray Card)

Wednesday, November 9th
Aetna

Wednesday, November 16th
ConnectiCare

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 11:30am to 1:00pm

FREE HEARING SCREENING SENIOR CENTER

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

First Tuesday of the Month 9:00am to 11:00am
Senior Room (CCC)

Tuesday, September 12th
Tuesday, October 4th
Tuesday, November 1st
Tuesday, December 6th

THE CANTON CAFE SENIOR CENTER

The Canton Cafe has a dine-in and pick-up option for lunches. Menu items are subject to change due to availability in stores, thank you for understanding. Please call (860) 693-5811 to reserve your meal!

Every Wednesday & Friday 12:00pm to 12:45pm
Multi-Purpose Room (CCC)



SOCIAL SERVICES

DIAL-A-RIDE

Dial-A-Ride provides local in-town transit service to residents of Canton who are age 60+ or residents age 18+ with disabilities. An annual fee of \$50 per person or \$100 per couple purchases a Dial-A-Ride pass for September 1, 2022, through August 31, 2023. Call (860) 693-5811 or email sass@townofcantonct.org to request an application.



ENERGY ASSISTANCE

The application process for the State of Connecticut Energy Assistance Program is open for the 2022-2023 winter season at the Canton Senior & Social Services office. Please call (860) 693-5811 to schedule an appointment; applications will be taken by appointment only.

** The Connecticut Energy Assistance Program (CEAP) helps households pay for primary heating bills. If the household's primary heating costs are included in your rent, you may also apply for assistance.



CANTON FOOD BANK

Canton Food Bank provides food to Canton residents each Tuesday from 7:30am to 11:00am at Trinity Episcopal Church at 55 River Road. To use this program, you must obtain a Canton Food Bank ID Card by submitting an application and providing proof of residency to confirm you are a Canton resident. Call (860) 693-5811 or email sass@townofcantonct.org to request an application.

RENTER'S REBATE

Applications are being accepted from Canton residents for the State of Connecticut Renters Relief for Elderly and Disabled at the Senior & Social Services office. Per the State of Connecticut Office of Policy and Management, applications must be submitted by October 1st, 2022.

Elderly applicants must have been 65 years of age before December 31, 2021, rent or share rent, and have lived in Connecticut for one year. All applicants disabled or under 65 years of age must provide proof of disability, either a BPQY or Social Security Award Verification or Benefit Verification Letter. Applicant's gross income including Social Security Benefit must not exceed \$38,100 if single or \$46,400 if married. Applicants must submit documentation of ALL income and ALL receipts for rent and utilities paid January 2021 through December 2021. Call (860) 693-5811 or email sass@townofcantonct.org to request an application.



FUEL BANK

Canton Emergency Fuel Bank is a program designed to assist families in meeting their heating needs when other sources of aid have been exhausted. For more information, call (860) 693-5811 or email sass@townofcantonct.org. Tax deductible gift donations are welcome and made payable to Canton Energy Fuel Bank (CEFB), mail to the Collinsville Savings Society P.O. Box 350 Canton CT 06019, Please put "Care for CEFB" on the envelope.



THANKSGIVING

Canton Senior & Social Services will provide Thanksgiving meals to community members in need. Please help us continue the tradition of giving by donating a gift card or check to Canton Senior & Social Services. Please send your tax deductible donations to: Senior & social Services, 40 Dyer Avenue, Collinsville CT 06019.

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