



# **2022-2023 WINTER & SPRING PROGRAM GUIDE**

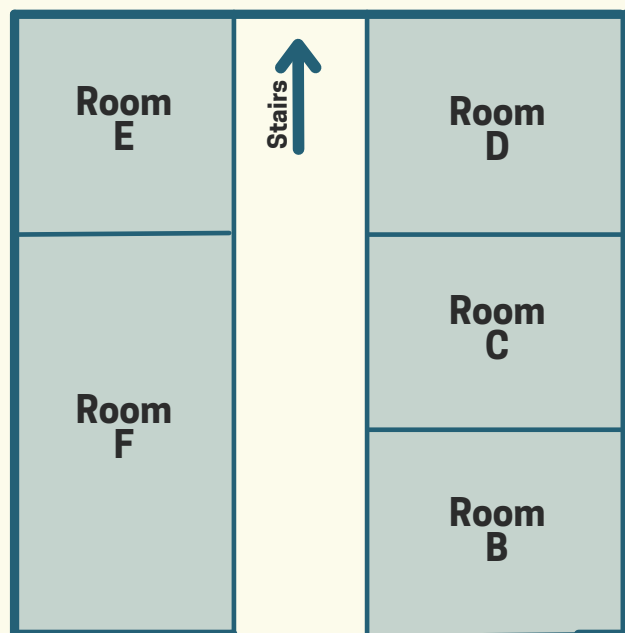
## **CANTON, CT**



## Parks & Recreation Office Hours

Mon.-Fri. 8:30am-4:30pm

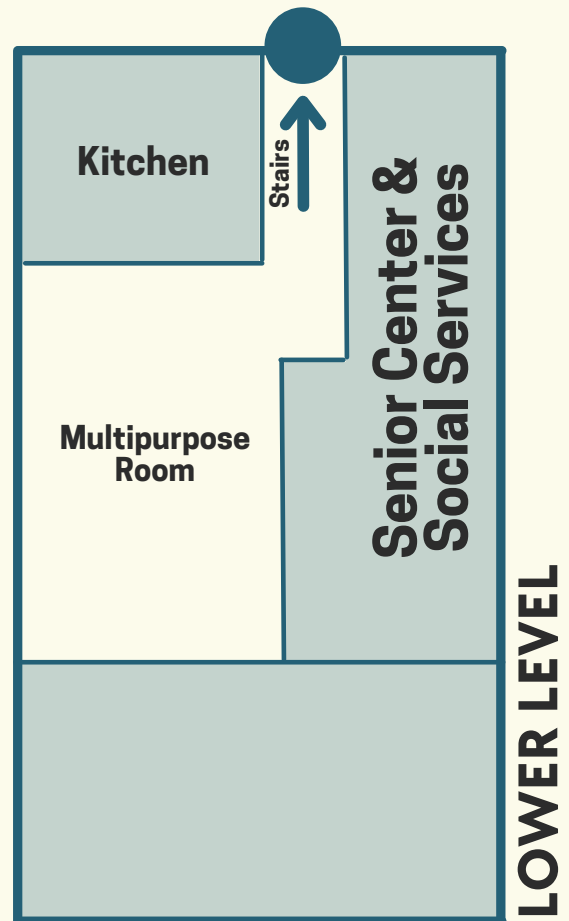
Sat.-Sun. CLOSED



## Senior & Social Services Office Hours

Mon.-Fri. 8:00am-3:00pm

Sat.-Sun. CLOSED



LOWER LEVEL

UPPER LEVEL

Parks & Recreation

Library

## Public Library Hours

Mon. 10:00am-5:00pm

Tues.-Thurs. 10:00am-8:00pm

Fri. 10:00am-5:00pm

Sat. 10:00am-3:00pm

Sun. CLOSED

## Writer-In-Residence Office Hours

Tues. & Thurs. 1:00pm-2:30pm

## Town Historian Office Hours

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

# SENIOR CENTER

## Contact Us

Phone: (860) 693-5811  
Web: [townofcantonct.org/senior-services](http://townofcantonct.org/senior-services)

## Meet the Staff

Tonoa Jackson  
*Director of Senior & Social Services*

Rebecca Briggs  
*Admin. Asst. 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.

# LIBRARY

## Contact Us

Phone: (860) 693-5800  
Web: [cantonpubliclibrary.org](http://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*

\*Visit the library website for the most updated program listings and to register for any programs!

# PARKS & RECREATION

## Contact Us

Phone: (860) 693-5808  
Web: [cantonrec.org](http://cantonrec.org)

## Meet the Staff

Taryn Schrager  
*Director of Parks & Recreation*

Kellie Faust  
*Recreation Supervisor*

Claire Boughton  
*Recreation Coordinator*

## Our Mission...

The mission of 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.

## A LOOK INTO THE FUTURE OF MILLS POND PARK COMING SPRING 2023!



# SPECIAL EVENTS

## CANTON FAMILY ICE SKATING PARTY PARKS & RECREATION

Join us for our 6th Annual Canton Family Ice Skating Party. Enjoy an afternoon out with the family at Simsbury Farms Ice Rink hosted by Canton Parks & Recreation. There will be one hour of skate time with music. Hot chocolate will be provided.

**Sunday, Feb. 26th**  
**12:45pm - 1:45pm**

\$8.00 Per Person (Includes Skate Rental)

**Please Note:** If you plan on paying the day of the event, please bring exact change or a check for payment.

## HEALING TECHNIQUES LIBRARY

Heather Finn Jacobs of The House of Wind and Rain will teach us about alternative and holistic methods such as cupping, sound bath healing and Yoga Nidra.

**Saturday, Jan. 14th at 11:00am**  
*Registration Required*

## SPRING CRAFT SWAP LIBRARY

Our popular Craft Swap is back! Look for more details on [cantonpubliclibrary.org](http://cantonpubliclibrary.org) in early March.

**Saturday, March 25th**

## TAKE YOUR CHILD TO THE LIBRARY DAY LIBRARY

It's the 12th Anniversary of "TYCTLD"! We'll celebrate with free, fabulous, fun activities for families. Get a library card (they're free), meet your children's librarian and explore all the wonders that your local library has to offer your family. Stop by at any time that Saturday for our in-house scavenger hunt, open craft station and to visit our preschool art show!

**Saturday, Feb. 4th**  
**10:00am - 3:00pm**

Free with No Advanced Sign Up Required

## "PETE THE CAT AND THE MUSIC ROOM" WITH MICHELE URBAN FROM MY MUSIC ROOM LIBRARY

Hey, all you cool cats and kittens, when it comes to being groovy, Pete the Cat knows where it's at! Do a "Cool Cat Chant", stomp your feet and boogie on down to a funky beat. Use your groovy imagination and get ready for a treat, in this out-of-sight music adventure with Michele and her snazzy friend, Pete. You'll be feelin' alright! With singer, songwriter, performer and Early Childhood Music Specialist, Michele Urban.

**Recommended for Ages 2+**  
**Saturday, Feb. 4th at 2:00pm**  
*Registration Required*  
*Registration Opens Jan. 1st*

## SENIOR CENTER BUS TRIP: UCONN VS. XAVIER WOMEN'S BASKETBALL GAME SENIOR CENTER

It's Senior Day, and we have your tickets! Join the Ellington Senior Center as they travel to Storrs, CT, to watch the 11x NCAA Champion Lady Huskies take on Xavier. Tip off is at 7:00pm at the Harry A. Gampel Pavilion in Storrs. Don't forget to wear your blue and white! This tour includes a motor coach, tour director, reserved seats, admission into Gampel Pavilion and gratuities to tour director and driver.

**Please Note:** There are no ADA seats available for this game. Stairs with a railing is needed to reach your seat.

To reserve your spot on this trip, call (860)693-5811. Make checks payable to Tours of Distinction.

**Ages 12 and Up Welcome!**  
**Monday, Feb. 27th**

Depart from CCC at 4:15pm  
Estimated Return to CCC at 11:15pm  
\$70.00 per Person  
*Registration Required*

## CRAFTIVISM 101 LIBRARY

Shannon Downey of Badass Cross Stitch will be joining us via Zoom to talk about the history of craftivism and teach embroidery basics to get you started on your own craftivism journey.

**Virtual via Zoom**  
**Tuesday, Feb. 28th at 6:30pm**  
*Registration Required*

## THIS BUSINESS OF FIGHTING: A HUMAN FACE ON WORLD WAR II LIBRARY

Arnie Pritchard shares some real-life experiences from World War II, based on letters written by his father to family at home.

**Tuesday, Feb. 7th at 6:30pm**  
*Registration Required*

## PATHWAYS TO PUBLICATION LIBRARY

A panel of authors from SistersInCrime.org will speak on various paths to publication.

**Saturday, Feb. 11th at 1:00pm**  
*Registration Required*

## SPRING SEED GIVEAWAY LIBRARY

Our annual seed giveaway will run from mid-March through April, while supplies last. Seeds are donated by High Mowing Seeds, Baker Creek Heirloom Seeds and the Connecticut Master Gardener Program. Details will be available on the library website in early March.

## POSHMARK & THREAD UP LIBRARY

Join us to learn how to use these two websites to pare down your wardrobe and get what you want to wear!

**Saturday, Jan. 28th at 2:00pm**  
*Registration Required*



## THE HISTORY AND FUTURE OF CT'S INDIGENOUS PEOPLE LIBRARY

Darlene Kascak, a member of the Shaghticoke Tribal Nation and the education director of The Institute for American Indian Studies, will join us via Zoom. Darlene will very briefly introduce the audience to the 12,000-year history of Connecticut's indigenous people, and then discuss more current topics such as stereotypes, Native identity and the development of Native American social studies curriculum. Co-sponsored by S.E.E. (Solidarity-Equity-Education).

**Virtual via Zoom**  
**Thursday, Feb. 16th at 7:00pm**  
*Registration Required*

## OUTSTANDING NATIVES: TREES AND SHRUBS FOR NORTHEAST GARDENS LIBRARY

Discover native shrubs and trees that add beauty and interest to your garden and benefit our birds, butterflies and pollinators. Presented by Joan Butler of Enchanted Gardens.

**Virtual via Zoom**  
**Saturday, March 4th at 2:00pm**  
*Registration Required*

## PAJAMA STORYTIME: ELEPHANT AND PIGGIE AND PIGEON PARTY! LIBRARY

Wear your coziest pajamas and celebrate Mo Willems' wonderful stories including read-alouds, a "Mo approved" craft, plus hot cocoa and a cookie at the library. Led by Heather Baker, Head of Children's Services.

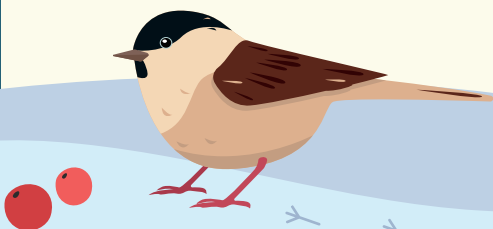
**Ages 3+**  
**Tuesday, March 28th at 6:30pm**  
*Registration Required*  
*Registration Opens Feb. 1st*

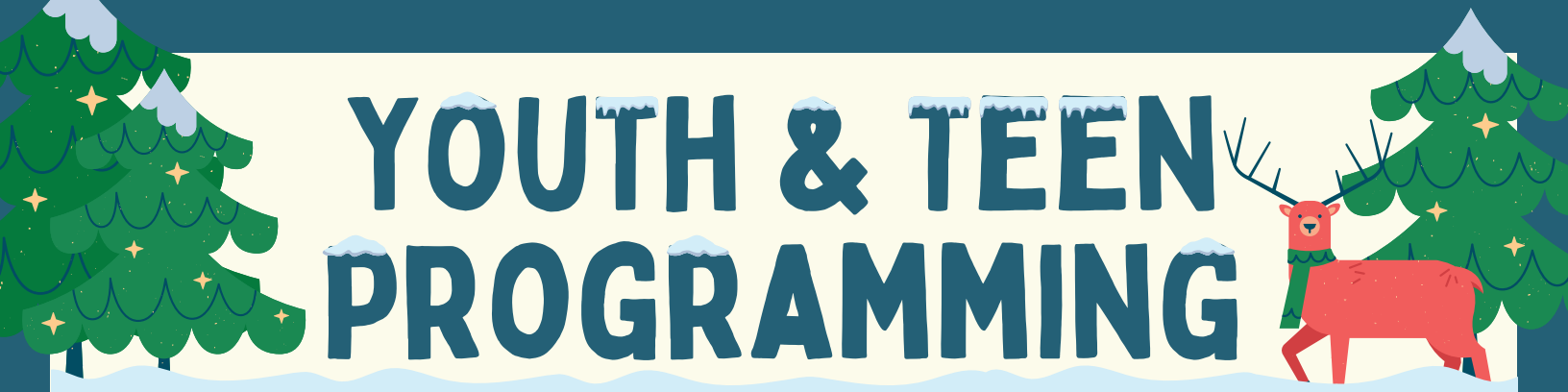
## CANTON SCHOOLS ART SHOW LIBRARY

Our local celebration of National Youth Art Month! Fine art, sculpture, photography (and more) from all Canton public schools will be on display throughout the library, in the Children's Room, the the showcase display and in the main gallery area during the entire month of March.

**Exhibit**  
**Open from March 1st to March 30th**  
**During Regular Library Hours**

**Artist's Reception**  
**Wednesday, March 8th**  
**6:30pm - 7:45pm**





# YOUTH & TEEN PROGRAMMING

## PRE-SCHOOL

### TOTS ON THE GO! MORNING MOVES 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! This is an energetic movement class centered on themed games and activities.

**Ages 2 to 5**

**Morning Moves: Session III**

Fridays Jan. 6th to Jan. 27th

9:15am - 9:55am

\$50.00 Resident / \$55.00 Non-Resident

*Registration Required*

### TINY TOTS CLUBHOUSE PARKS & RECREATION

Check out what's happening at the Tiny Tots Clubhouse! 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 of movement to get those wiggles out and a handful of themed crafts. Check out [cantonrec.org](http://cantonrec.org) to see the upcoming month's theme, class dates and to register!

## 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 your youngest children. Older children are welcome to accompany babies and their beloved grown-ups.

**Recommended Birth to 18 Mo.**

**Starting Jan. 11th**

**Wednesdays at 10:30am**

*No Registration Required*

## PRESCHOOL ART SHOW LIBRARY

The lively and colorful display throughout the Children's Room will include art from many local daycare/nursery schools, as well as Canton residents. A special "milk and cookies" reception will be held for our young artists and their families on Wednesday, February 8th.

**Exhibit**

**Open from Feb. 1st to Feb 28th**

**Milk & Cookies Reception**

**Feb. 8th from 6:00pm - 8:00pm**

*No Registration Required*

## 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. 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 Mo. to 3 Years**

**Winter Session II**

Wednesdays Jan. 11th to Feb. 8th

9:30am - 10:30am

\$70.00 Resident / \$75.00 Non-Resident

*Registration Required*

**Winter Session III**

Wednesdays Feb. 22nd to March 22nd

9:30am - 10:30am

\$70.00 Resident / \$75.00 Non-Resident

*Registration Required*

## BE A NUTMEG READER AND EARN BOOK BADGES! LIBRARY

Kids of all ages can sign up on the library's website to earn collectible book badges as rewards for reading the current Nutmegs. Once you have signed up, you will be able to request a book quiz for any book you have read on the Elementary, Intermediate or Middle School Nutmeg lists for 2023. Complete the quiz to earn a collectible book badge for each title you have read. Badges can be picked up at the Children's Desk at any time during regular hours. If you read a total of 10 books, combined from any of the lists, you'll be invited to our invitation-only After-Hours Nutmeg Reader's Party in early May!

## 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! Space is limited, don't wait to register!

**Winter Session**

Mondays Jan. 23rd to March 6th

9:15am - 10:00am (18 Mo. to 3 Yrs.)

10:00am - 10:45am (2 Yrs. to 5 Yrs.)

\$75.00 Resident / \$80.00 Non-Resident

*Registration Required*

## PRESCHOOL STORY TIMES WITH A CRAFT LIBRARY

Story time is our favorite time of the week! For kids age 3 and up with a parent/caregiver, siblings also welcome. Join Ms. Heather for stories, rhymes, songs and games and we'll introduce your preschoolers to language, literature and the library. We'll end every week with crafts created by Ms. Sue, our resident artist. Please stop by the Children's desk first for a nametag.

**Ages 3+**

**Starting Jan. 12th**

**Thursdays at 10:30am & 11:30am**

*No Registration Required*

## COMING SOON...



## BABY & ME ON THE MOVE: FITNESS CLASS

This class is a great way to stay active while engaging with your child and other caregivers!



# TOT TIME: OPEN GYM PLAYTIME

## PARKS & RECREATION

Come to the Canton Community Center for Tot Time! An opportunity for toddlers to play, explore and burn some energy. The space will be set up for fun and movement! Mats, tunnels, ramps and so much more will be available for your child to use every session.

### Play Registration Options:

Pre-Register: Pay a flat, discounted rate for the month (\$15.00 Resident, \$20.00 Non-Resident)

Drop-In: Pay as you go by checking in at the Parks & Recreation Office or registering online before playing (\$5.00 Resident, \$7.00 Non-Resident)

**Please Note:** Drop-ins will be limited based on the number of available spots each day. Space is limited, register early!

### Ages 1 to 3

#### Tot Time: Session II

Tuesdays Jan. 3rd to Jan. 24th  
9:15am - 10:15am

#### Tot Time: Session III

Tuesdays Feb. 7th to Feb. 28th  
Fridays Feb. 10th to March 3rd  
9:15am - 10:15am

# OPEN ART STUDIO

## LIBRARY

Sue Tarinelli, our resident artist, designs a new art project for children of all ages to complete here at the library with their grownup. Drop in and get creative each week, with all supplies provided and an artistic guiding hand to help learn new skills!

*This program is a great way to follow up your visit with Canton Parks & Recreation's "Tot Time: Open Gym Playtime" on Tuesday mornings.*





**Tuesdays from 10:30am - 11:30am**  
*No Registration Required*

# RHYTHM AND RHYME STORY TIMES

## LIBRARY

Let us help grow your reader. We'll be introducing children ages 1.5 through age 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. Stop first at the Children's Desk for a nametag!

**Fridays at 10:30am**  
*No Registration Required*

MON.	TUE.	WED.	THUR.	FRI.
<b>PLAYSTRONG:</b> <b>Tumble Tots</b> at 9:15am & 10:00am 	<b>Tot Time: Open Gym Playtime</b> at 9:15am  <b>Open Art Studio</b> at 10:30am 	<b>Music with Miss Jean</b> at 9:30am  <b>Baby and Me Story Times</b> at 10:30am 	(Monthly) <b>Tiny Tots Clubhouse</b> at 9:15am  <b>Preschool Story Times with a Craft</b> at 10:30am & 11:30am 	<b>Tots on the Go! Morning Moves</b> at 9:15am  <b>Rhythm and Rhyme Story Times</b> at 10:30am 

# 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 travel via school bus to Cherry Brook Primary School at C.I.S. dismissal. The program runs from school dismissal to 6:00pm on regular days and 5:30pm on half days.

**Weather Policy:** Beyond the Bell will not be held on weather-related early dismissals or snow days.

*For more information, visit [cantonrec.org](http://cantonrec.org) or call the Parks & Recreation Office at (860) 693-5808*

### Monthly Pricing

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

### Special Days Pricing

Half Days: \$55  
No School Days: \$85

## 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!

### Winter Session

#### Pirates and Fairies Art-Ventures

Sail the high seas on a fantastical art adventure through a world of pirates and fairies, princesses, sea monsters and talking parrots! Children will really get into character, donning handcrafted pirate hats and swords or fairy tiaras and wings. Paint ceramic castle banks and sculpt clay dragons to guard them. Design pirate flags, princess hats and so much more!

#### Grades K to 3

**Tuesdays Jan. 24th to March 28th  
(No Class Feb. 21st & March 21st)**

3:40pm - 4:40pm

Cherry Brook Primary School

\$150.00 Resident

### Spring Session

#### Sticky, Shrinky, Shiny Art-Ventures

The amazingly imaginative 2- and 3-dimensional projects in this program will inspire children's creativity as they experiment with a variety of unique art forms, tools and techniques. Art explorers create sequined Mexican mirrors, macaroni mandalas, shrinky dink animal pendants and so much more!

#### Grades K to 3

**Tuesdays April 4th to May 30th  
(No Class April 11th)**

3:40pm - 4:40pm

Cherry Brook Primary School

\$150.00 Resident



## **FOOD EXPLORERS AFTER SCHOOL**

### **PARKS & RECREATION**

#### **Winter Session Chocolate Crazy**

Join the newest Food Explorers class: Chocolate Crazy! Each week you'll make a sweet and delicious chocolate treat: Chocolate Croissant Bites, S'Mores Cups, Dessert Tacos and Edible Brownie Batter. Recipes are nut free but may contain dairy and/or eggs.

#### **Grades 4 to 6**

**Thursdays Jan. 19th to Feb. 9th**

3:00pm - 4:00pm

Parks & Recreation Room (CCC)

\$75.00 Resident / \$85.00 Non-Resident

#### **Spring Session Spring Baking**

Join Food Explorers for some seasonal and tasty spring desserts! Each week you'll bake something delicious. You'll be making: Black Forest Cake Bites, Cannoli Cones, Mini Lemon Pies and Peach Cobbler Cups. All recipes are nut free by may contain dairy and/or eggs.

#### **Grades 4 to 8**

**Fridays March 3rd to March 24th**

3:00pm - 4:00pm

Parks & Recreation Room (CCC)

\$75.00 Resident / \$85.00 Non-Resident



## **PARENTS NIGHT OUT**

### **JAN. 12TH 5:00PM TO 8:00PM**

Enjoy an evening out while your kiddos enjoy an evening of games, crafts and a movie at the Canton Community Center!

\$25 Resident / \$30 Non-Resident  
*Registration Required*

## **MAD SCIENCE MONDAYS**

### **PARKS & RECREATION**

#### **Winter Session Secret Agent Lab**

Develop your special agent and detective skills in this super hand-on program! Uncover the science involved in evidence gathering and analysis. Sharpen your secret agent skills and discover how chemistry and the science of forensics can come to the aid of a secret agent. Identify and collect evidence from fingerprints to tracks to trash! Use science and technology for investigation and sleuthing.

#### **Grades K to 3**

**Mondays Jan. 23rd to March 20th  
(No Class Feb. 20th)**

3:40pm - 4:40pm

Cherry Brook Primary School

\$160.00 Resident

#### **Spring Session Space & Beyond**

This program includes our NASA and Mad Science collaboration to educate the next generation! Children go on a voyage of discovery with unique hands-on activities and amazing demonstrations that explore the sun and stars, space technology, rocket science, the atmosphere, planets and moons, exoplanets and exobiology!

#### **Grades K to 3**

**Mondays April 17th to June 5th  
(No Class May 29th)**

3:40pm - 4:40pm

Cherry Brook Primary School

\$160.00 Resident

# SPORTS



## ADAPTIVE BASKETBALL CLINIC PARKS & RECREATION



This eight-week basketball clinic is designed to teach children with intellectual and/or physical disabilities the game of basketball. Within the sessions, athletes will be divided up based on their skill set. All athletes will be assigned at minimum one buddy/mentor to help them participate at their highest potential.

**Ages 4 to 21**

**Sundays Jan. 22nd to March 19th**

9:00am - 10:00am

Canton Intermediate School Gymnasium

\$25.00 Resident & Non-Resident

*Registration Required - Closes Dec. 27th*



## T-BALL PARKS & RECREATION



Children learn the basics of baseball including how to throw, catch, hit and the positions of America's favorite pastime; all while having fun in a safe environment. For more information regarding the program, please visit [cantonrec.org](http://cantonrec.org) or call the Parks & Recreation Office at (860)693-5808.

**Ages 4 to 6**

**Saturdays April 22nd to May 20th**

9:30am - 10:30am

Mills Pond Park Lower Softball Field

\$55.00 Resident / \$65.00 Non-Resident

*Registration Required*

**Please Note:** The registration deadline for this program is March 20th, however can close earlier if registration fills.



## TENNIS CLINIC 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. This program focuses on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

**Ages 5 to 10**

**Sundays April 30th to June 4th  
(No Class May 14th & May 28th)**

12:00pm - 1:00pm (Ages 5 to 7)

1:15pm - 2:15pm (Ages 8 to 10)

Mills Pond Park Tennis Courts

\$95.00 Resident / \$105.00 Non-Resident

*Registration Required*



## MINI-WARRIOR: INTRO TO FIELD HOCKEY 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. No experience necessary! Come try out this fun sport. Coach Bristol will supply sticks if needed.

**Grades K to 3**

**Sundays April 30th to June 21st**

3:00pm - 3:45pm

Canton Middle & High School Turf Field

\$75.00 Resident / \$80.00 Non-Resident

*Registration Required*

**Grades 4 to 6**

**Sundays April 30th to June 21st**

4:00pm - 5:00pm

Canton Middle & High School Turf Field

\$85.00 Resident / \$90.00 Non-Resident

*Registration Required*



## 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 instruction leading to the development of healthy strategies 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.

**Grades K to 6**

**Thursdays March 30th to May 11th**  
(No Class April 13th)

3:00pm - 4:00pm (Grades 4 to 6)

4:30pm to 5:30pm (Grades K to 3)

Parks & Recreation Room (CCC)

\$75.00 Resident / \$85.00 Non-Resident

*Registration Required*



## 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 and small-sided games.

**Ages 4 to 12**

**Fridays April 21st to May 19th**

3:00pm - 4:00pm (Ages 9 to 12)

4:15pm - 5:15pm (Ages 4 to 5)

5:30pm - 6:30pm (Ages 6 to 8)

Canton Intermediate School Soccer Field

\$85.00 Resident / \$95.00 Non-Resident

*Registration Required*

## APRIL BREAK

### CAS SOCCER SPRING 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 and small-sided games. Please bring a soccer ball, Canton Parks & Recreation will have limited balls available.

**Ages 6 to 12**

**Week of April 10th to April 14th**

9:00am - 1:00pm

Canton Intermediate School Soccer Field  
\$195.00 Resident / \$205.00 Non-Resident

*Registration Required*

### ART-VENTURES: APRIL BREAK CAMP PARKS & RECREATION

Art explorers learn about real artists, their vision of the world and the materials and techniques they use or used. Think about famous artists like Picasso, Matisse, van Gogh, Modigliani, Homer and more. During this art-packed week create vibrant tie dyed t-shirts, decoupage large paper mache stars, design leather wristbands and celestial stained glass and experiment with emotion collages, mosaic art and more!

**Grades K to 6**

**Week of April 10th to April 14th**

10:00am - 1:00pm

Parks & Recreation Room (CCC)

\$179.00 Resident / \$184.00 Non-Resident

*Registration Required*



## **APRIL BREAK AFTERNOON CAMP** **PARKS & RECREATION**

Join in the afternoon fun with the April Break Afternoon Camp! We will be getting artsy throughout the week with a variety of crafts and experiments, as well as making sure to burn off energy with fun games and activities!

**Please Note:** *It is recommended that you pair this afternoon camp with either the Art-Ventures April Break Camp or the CAS Soccer Spring Camp. Both programs end at 1:00pm and staff will be able to chaperone kids from the location of their morning activity to the Parks & Rec Room where the fun can continue!*

**Grades K to 6**  
**Week of April 10th to April 14th**  
1:00pm - 5:00pm  
Parks & Recreation Room (CCC)

Full Week Bundle: \$175 R / \$180 NR  
Individual Days: \$40 R / \$45 NR



Teens and tweens in grades 6 through 12 are invited to join us for two hours of games. Attendees will decide what games we play!

**Grades 6 to 12**  
**Fourth Wednesday of the Month**  
Jan. 25th, Feb. 22nd, March 22nd, April 26th  
Canton Public Library  
*Registration Required*

## **TEEN CRAFTERNOON** **LIBRARY**

Choose knitting projects, crafts, ranging from perler beads, friendship bracelets, to hand stamped and illustrated letters, and more. We provide project ideas, extra help and all materials needed. Work on your own projects too! Drop by, chill and create.

**Grades 4 to 12**  
**Tuesdays at 3:00pm**  
*Free with No Advanced Sign Up Required*

## **HOMEWORK HELPERS** **LIBRARY**


Homework Helpers is a free after-school service run by the Canton High School National Honor Society. Each Wednesday a member, or two, of the National Honor Society will be available in the teen section to help younger students with their schoolwork. Drop in or email [mglasgow@townofcantonct.org](mailto:mglasgow@townofcantonct.org) to schedule a session!

**Wednesdays at 3:00pm**  
*Registration Required*

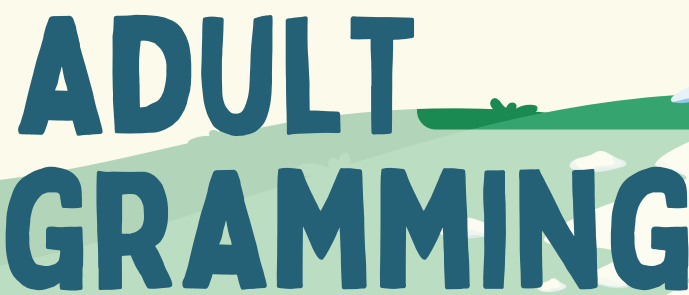
## **TEEN GAMES UNPLUGGED** **LIBRARY**

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," "Uno," or "Sleeping Queens." Or more recent additions like Scattergories, Sequence, Yahtzee and Rummikub. If it's new to you, we will teach you how to play!

**Grades 4 to 12**  
**Thursdays at 3:00pm**  
*Free with No Advanced Sign Up Required*



# 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! *R.S.V.P. by calling (860)693-5811 or emailing [seniorfun@townofcantonct.org](mailto:seniorfun@townofcantonct.org). Limit to 20 attendees.*

**Mondays**

**Jan. 9, Feb. 13th, March 13th, April 10th**

11:00am - 1:00pm in the Senior Room

Free for Seniors Aged 55+

\$5.00 for Anyone Under 55

*Registration Required*

### 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. Artists will be able to sit down with an instructor and learn how to create a painting.

#### February Class

Thursday, Feb. 9th  
6:00pm - 7:30pm  
\$25.00 R / \$30.00 NR

#### March Class

Thursday, March 9th  
6:00pm - 7:30pm  
\$25.00 R / \$30.00 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.

**Thursdays**

**Jan. 12th, Feb. 9th, March 9th, April 13th**

Starting 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 and alternate between the Canton Library and the Burlington Library located on 34 Library Lane in Burlington, CT.

**Wednesdays**

**Jan. 18th in Burlington**

**Feb. 15th in Canton**

**March 15th in Burlington**

**April 19th in Canton**

Starting at 6:30pm

*Free with No Advanced Sign Up Required*

# ENRICHMENT

## FREE ESTATE PLANNING SEMINAR SERIES

### SENIOR CENTER

This monthly seminar series offers the final two sessions of a 4-part program that started in November 2022. Czepiga, Daily, Pope and Perri is a local Elder Law firm that is helping to educate our seniors on key estate planning topics.

#### Wednesday, Jan. 11th

Trusts: Do you know what a trust is? Do you need one? Learn how a trust may (or may not) be suitable for you and why, and how to use these powerful planning tools to your advantage.

#### Wednesday, Feb. 8th

The Probate Process: Understand the ins and outs of moving an estate through the probate court from filing the Will to the distribution of property and everything in between.

**Wednesdays Jan. 11th & Feb. 8th**

**Starting at 9:30am**

Multi Purpose Room (CCC)

*Registration Required*

## SOCIAL SECURITY, SIMPLY STATED

### LIBRARY

Join us to get all your questions about Social Security answered by Adam Scherer of Greenbeat Financial.

**Wednesday, Jan. 25th**

**Starting at 6:30pm**

*Registration Required*

## GUITAR IMPROV: LEVEL I & LEVEL II PLAYERS

### SENIOR CENTER

Play guitar with joy! Learn how to create your own signature sound. This adult beginner's course (Level I) makes learning guitar fun by focusing on technique and fingerboard mastery and is designed to get the novice playing immediately.

Level II builds on curriculum of Level I. Anyone with prior introductory lessons is welcome to join Level II as the instructor will assess experience in the first class. Instructor Lou Camporeale will supply all music and sound equipment.

*Call (860)693-5811 to register the Friday before class. Cash or check made payable to the Town of Canton can be mailed/dropped off at the Senior Center or paid to the instructor at class time. Information on Lou can be found at [creativemusictracks.com/guitar-lessons-for-adult-beginners](http://creativemusictracks.com/guitar-lessons-for-adult-beginners).*

#### Level I

Tuesdays at 6:00pm

Jan. 10th to April 25th

Senior Room (CCC)

\$20.00 per Session

#### Level II

Thursdays at 11:00am

Jan. 12th to April 27th

Senior Room (CCC)

\$20.00 per Session

## WRITERS GROUP

### LIBRARY

Come join the Canton Public Library's Writers Group, led by our Writer-in-Residence and local author, Shona Bradbury. 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.

**Every Monday from 1:00pm - 2:30pm**

*Registration Required*

## **AARP SMART DRIVER COURSE**

### **SENIOR CENTER**

The nation's first and largest refresher course designed specifically for drivers aged 60+ 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 a mandatory Insurance Premium Discount of at least 5% in Connecticut.

**Thursday, April 4th**  
**9:00am - 1:00pm**

Multi Purpose Room (CCC)

\$20 AARP Members / \$25 Non-Members

*Registration Required - Limited to 20 Attendees*

## **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. Check the library website for titles and other program details.

### **Science Book Discussion**

2nd Thursday of the Month at 12:30pm

### **Monday Evening Book Group**

2nd Monday of the month at 7:00pm

### **Walking Book Discussion**

Saturdays at 2:00pm

Jan. 21st, Feb. 18th, March 18th, April 15th

### **Mystery Lovers Book Club**

Last Thursday of the month at 6:30pm

## **MONEY SMARTS**

### **SENIOR CENTER**

As a continuation of a free series that began in December 2022, join Financial Advisor Beth Duffy to learn how to outsmart the scammers; understand how health, family, purpose and finances can impact quality of life; or get answers to the key financial questions that merge in conjunction with our later-in-life decisions as Beth is joined by a CPA/Tax Advisor, Elder Law Attorney and a Funeral Director.

**Jan. 5th: Outsmart the Scammers**

**Feb. 2nd: The Four Pillars of Retirement**

**March 2nd: Key Life Decisions: Are You Prepared?**

**9:30am - 10:30am**

*Registration Required*

## **FRIENDS OF THE LIBRARY MEETINGS**

### **LIBRARY**

You can never have too many Friends! The monthly meetings of 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 Friends website at [cantonlibraryfriends.org](http://cantonlibraryfriends.org).

**3rd Tuesday of the Month**  
**Starting 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.

**Every Tuesday**

**10:30am - 11:30am**

Parks & Recreation Room (CCC)

\$15 per Month

*Registration Required*



## TAI CHI SENIOR CENTER

Tai Chi is an ancient Chinese movement practice that focuses on muscle control, stability, balance and flexibility using gentle movements. Practiced regularly, it can reduce pain, especially from knee osteoarthritis, back problems and fibromyalgia, etc. Join Tai Chi Joe and start to enjoy the benefits of an alternative exercise. *No Class: 1/16 & 2/20*

**Ages 55+**

**Mondays & Thursdays at 1:00pm**

**Jan. 9th & 12th to April 24th & 27th**

Multi Purpose Room (CCC)

\$5 per Class

*5 Participant Minimum Required to Run Class*

## DANCE FITNESS SENIOR CENTER



Join Robyn Centrella as she guides you through toe tapping, hip rocking, hand-clapping rhythms to soft rock, jazz, pop, classical and more. Sharpen your eye-hand coordination and balance. Increase both your strength and flexibility. Boost your mood! No experience required. Fitness has never been so enjoyable and a variety of equipment is supplies to make it even more fun! No special attire or shoes are needed to attend the class, dress comfortably. *No Class: 4/7 & 4/14*

**Ages 55+**

**Fridays at 1:00pm**

**Jan. 6th to April 28th**

Parks & Recreation Room (CCC)

\$5 per Class

*5 Participant Minimum Required to Run Class*

## 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 while rockin' out!

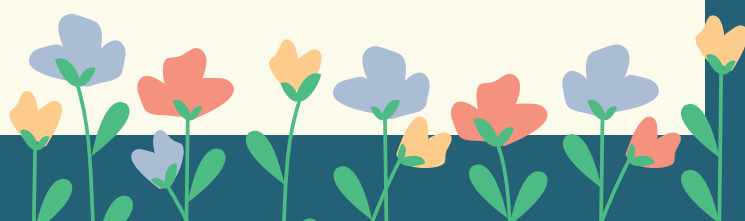
**Session III**

**Mondays Jan. 9th to Feb. 27th**

**6:30pm - 7:30pm**

\$60 Resident / \$70 Non-Resident

*Registration Required*





## **BALLET WITH BONNIE FLATTERY PARKS & RECREATION**

Ballet is a fun way to exercise! The advantage of dance and movement programs like ballet is that you are able to go at your own pace. Bonnie takes value in using a chair so that participants can stop and rest while continuing with their arm movements. Through good body alignment, participants could see an improvement in posture, while strength and balance are gained through movement.

### **Winter Session**

**Wednesdays Feb. 1st to March 29th**

2:00pm - 3:00pm

\$70 Resident & Non-Resident

*Registration Required*

### **Spring Session**

**Wednesdays April 5th to May 31st**

2:00pm - 3:00pm

\$70 Resident & Non-Resident

*Registration Required*

## **CHAIR PILATES SENIOR CENTER**

Looking for a low impact way to start or return to exercise? Robyn Centrella's Chair Pilates will have you strengthening your core, improving your flexibility and posture as well as improving your balance. Yes, you will sit in a chair and still feel like you've gotten a great workout! *No Class: 4/12*

### **Ages 55+**

**Mon. at 10:30am (Jan. 9th to April 24th)**

**Wed. at 11:30am (Jan. 11th to April 26th)**

Multi Purpose Room (CCC)

\$5 per Class

*5 Participant Minimum Required*

## **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!

### **Winter Session II**

**Thursdays Jan. 26th to March 3rd**

11:00am - 12:00pm

Parks & Recreation Room (CCC)

\$60 Resident / \$70 Non-Resident

*Registration Required*

## **ZUMBA GOLD PARKS & RECREATION**

Join the party and enjoy the health benefits of this energetic, feel good, low impact aerobic workout. We use the same music and choreography as Zumba Basic; the routines are just modified to be more gentle on your knees.

### **In-Person: Pick Your Schedule!**

**Saturdays Jan. 7th to Aug. 19th**

10:30am - 11:30am

\$52 Resident & Non-Resident

for 8 Classes

*Registration Required*

### **Virtual via Zoom**

**Tuesdays Jan. 3rd to Feb. 28th**

5:45pm - 6:45pm

\$49.50 Resident & Non-Resident

*Registration Required*

## PICKLEBALL CLINICS PARKS & RECREATION

### Intro to 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.

**Mondays May 1st to May 22nd  
6:15pm - 7:45pm**

**\$90 Resident / \$100 Non-Resident**  
*Registration Required*

### Advanced Beginner Pickleball & Round Robin Play

Want to build on your beginner pickleball skills and get some game in too? Then sign up now! The first 20-30 minutes we will work on some skills and the rest of the session will be coached round robin play.

**Saturdays April 29th to May 20th  
10:00am - 11:30am**

**\$90 Resident / \$100 Non-Resident**  
*Registration Required*

## YOGA WITH NANCY PARKS & RECREATION

Yoga is a simple, amazing connection of body, mind and spirit, great for all ages and body types. Classes include stretches, breathing techniques and relaxation. It's great for people with back problems and for alleviating muscle soreness and joint inflammation.

**Virtual via Zoom  
Winter Session II**

**Thursdays Jan. 19th to March 9th  
7:30pm - 8:30pm**  
**\$52 Resident & Non-Resident**  
*Registration Required*

## HEALTH & WELLNESS

### FREE 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. We have watched many of our loved ones struggle with the effect it has had on us. 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. Therapy sessions offer space to talk about real-life concerns, and gain the power to navigate through these changes. Marissa Bascom, a Licensed Professional Counselor licensed in the 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. Join her in a free group setting to learn more about the benefits of individual therapy.

Marissa Bascom is a Licensed Professional Counselor who holds her Master of Education degree in Clinical Mental Health Counseling. She has delivered care in many settings, including outpatient centers, hospitals, crisis service centers and schools.

**Thursdays Jan. 12th to Feb. 16th  
Starting at 9:00am**

**Senior Room (CCC)**  
*Registration Required - Limited to 10 Attendees*

## **FARMINGTON VALLEY VNA: BLOOD PRESSURE/BLOOD SUGAR CLINIC**

### **SENIOR CENTER**

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

**Every Wednesday  
11:30am - 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 and ear exams.

Please call (860)693-5811 to sign-up.

**First Tuesday of the Month  
9:00am - 11:00am**

Jan. 3rd, Feb. 7th, March 7th, April 4th, May 2nd, June 6th, July TBD, Aug. 1st, Sept. 5th, Oct. 3rd, Nov. 7th, Dec. 5th

## **FREE CAREGIVER SUPPORT GROUP**

### **SENIOR CENTER**

Are you responsible for the care of a loved one who is ill or disabled? Are you caring for aging parents? Are you a grandparent raising grandchildren? Are you just emerging from or beginning a caregiver role? Join our free weekly support group with therapist Marissa Bascom to join others in similar roles. Caregiving is universal and not an easy task. Share your journey or just listen - there is great benefit in knowing you are not alone.

**Tuesdays Jan. 10th to Feb. 14th  
Starting at 9:00am  
Senior Room (CCC)**  
*Registration Required - Limited to 6 Attendees*

## **FREE MEMORY SCREENING**

### **SENIOR CENTER**

Are you caring for a loved one who is experiencing memory problems? Are you concerned your loved one's memory loss may be an early sign of dementia? Does Alzheimer's or dementia run in your family? Are you concerned about your own memory? Through a simple series of questions and tasks, a screening is designed to gauge memory, language and thinking skills. While the results are not a diagnosis, the 5-10 minute process could signal that a follow-up full evaluation should be conducted by a clinician.

**First Tuesday of the Month at 12:00pm**  
Jan. 3rd, Feb. 7th, March 7th, April 4th, May 2nd, June 6th, July TBD, Aug. 1st, Sept. 5th, Oct. 3rd, Nov. 7th, Dec. 5th  
**Senior Room (CCC)**  
*Registration Required*



# SOCIAL SERVICES

## DIAL-A-RIDE

Dial-A-Ride provides local in-town transit services 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 31st, 2023. Call the office at (860)693-5811 or email [sass@townofcantonct.org](mailto: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 the office at (860)693-5811 to schedule and 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 the Trinity Episcopal Church located at 55 River Rd. 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](mailto:sass@townofcantonct.org) to request an application.

## FUEL BANK

Canton's 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, contact Senior & Social Services at (860)693-5811 or email [sass@townofcantonct.org](mailto: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.

## AARP FREE TAX PREP

Canton Senior & Social Services will be working with AARP Tax Volunteers to offer free tax preparation. Appointments will be held on Tuesdays between the hours of 9:00am and 3:00pm beginning Feb. 7th and will continue until April 18th. Please call the office to schedule your appointment.

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