



2023

SUMMER
PROGRAM GUIDE



CANTON, CT

CANTONREC.ORG | CANTON COMMUNITY CENTER
CANTONPUBLICLIBRARY.ORG | 40 DYER AVENUE
TOWNOFCANTONCT.ORG/SENIOR-SERVICES | COLLINSVILLE, CT 06022

I LOVE MY MAP...

I WOULD BE LOST WITHOUT IT



LIBRARY HOURS

Monday	10am-5pm
Tues-Thurs	10am-8pm
Friday	10am-5pm
Saturday	10am-3pm
*Saturday	10am-1pm
Sunday	CLOSED

**After Memorial Day*

PARKS & REC HOURS

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

SENIOR CENTER HOURS

Mon-Fri 8am-3pm
Sat-Sun CLOSED

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

THE CANTON CAFE

Every Wednesday & Friday
12:00pm-12:45pm
\$5 per Lunch

**Please call the Senior Center at (860)693-5811 to reserve your meal.*

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

WRITER-IN-RESIDENCE

OPEN OFFICE HOURS

Tuesday, Thursday, & Friday
1:00pm-3:00pm

TOWN HISTORIAN OPEN OFFICE HOURS

1st Wednesday of the Month
4:00pm-6:00pm

Stop in to visit with Canton's town historian, Kathy Taylor. Ask questions or share your stories about town history.

PARKS & REC

CONTACT US

Phone: (860)693-5808
Web: cantonrec.org

MEET THE STAFF

Taryn Schragger
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.



SUMMER CONCERT SERIES

MILLS POND PARK • THURSDAYS
6:30PM - 8:00PM

LATANYA FARRELL
JUNE 22ND

LEAF JUMPERS
JUNE 29TH

THE DAILY PLANET
JULY 6TH

THE MIGHTY SOUL
DRIVERS JULY 13TH

STILL KICKIN' WITH
THE BIG CITY HORNS
JULY 20TH

WHAT IT IS JULY 27TH

AUGUST FARMINGTON
3RD VALLEY BAND

THE KENN MORR
BAND AUGUST 10TH



LESHEM
Veterinary
Surgery



Union
Savings Bank

Collinsville Bank

A Division of Northwest Community Bank



Harvey & Lewis
OPTICIANS



ZN CONSTRUCTION



NARDI FAMILY
CHIROPRACTIC LLC

Sisters
OIL SERVICE



MILLS POND POOL

INFORMATION & ACTIVITIES

POOL MEMBERSHIPS & DROP-INS

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

Daily Drop-in Option: The daily admission fee is \$5 residents and \$7 non-residents. Daily attendees may pay with cash, check or credit card (\$15 CC minimum). Anyone entering the facility must be a member or pay the daily drop-in fee.

WEATHER INFORMATION

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

FACILITY PROTOCOL

Rules: Before coming to the facility please review Mills Pond Pool rules.

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

Lap Swim: Lap swim will continue to be offered by request during regular public pool sessions. Only one lane will be open with a maximum of two swimmers in the lane at one time. Lap swim will be available for 45 minute time slots to allow for a rotation of people. Lap swim registration will be available in-person and by calling the pool desk 860-693-7844 (same day registrations only).

Pool Deck/Grass Area: Patrons are welcome to bring their own chairs; limited chairs will be provided by Canton Parks & Rec Patrons will be able to set up chairs/blankets on grass only. Pool deck should remain clear. Personal Radios/Speakers are prohibited during general swim hours.

Concessions: Light refreshments, ice cream, beverages and snacks will be available for purchase at the front desk. Patrons may use cash, check, credit card (\$15 CC minimum) or Snack Dollars to purchase items.

FOR ALL SWIM LESSON & SWIM TEAM INFORMATION, SEE PG. 14

COMING SOON TO MILLS POND PARK!





BUS TRIPS



BLOSSOMS & BUTTERFLIES TUESDAY, MAY 16TH

The journey begins at the beautiful Bridge of Flowers, built in 1908. After enjoying the beauty of the bridge, lunch will be served at the Deerfield Inn. Following lunch, you'll tour the Magic Wings Butterfly Conservatory and Gardens. The last stop of the day is Yankee Candle.



\$140 PER PERSON
7:45AM DEPARTURE
5:45PM EST. RETURN

For full trip description and details, visit cantonrec.org

CATACOMBS BY CANDLELIGHT WEDNESDAY, JUNE 7TH

Head off to New York City for an experience like no other! You begin the day with a narrated trolley tour through Green-Wood Cemetery. After the cemetery, enjoy lunch on your own and free time at Dekalb Market Hall. Finally, join our local guide for a historic tour of Old St. Patrick's and the catacombs.

For full trip description and details, visit cantonrec.org

\$155 PER PERSON
7:30AM DEPARTURE 8:00PM EST. RETURN

NEWPORT FLOWER SHOW SUNDAY, JUNE 25TH

Join us as we travel to beautiful Newport, Rhode Island, for the 27th Annual Newport Flower Show! This year's theme is "The Grand Tour" and each exhibit has its own unique signature. After the show, enjoy a lunch at The Mooring, a Newport staple for years.



For full trip description and details, visit cantonrec.org

\$150 PER PERSON
8:15AM DEPARTURE
6:30PM EST. RETURN

LONG ISLAND LIGHTHOUSE CRUISE WEDNESDAY, JULY 12TH

You will start your day with a narrated Lighthouse Cruise on the Long Island Sound. Narration will be given by a lighthouse historian, on board the comfortable high-speed Sea Jet catamaran. Following the cruise, lunch is served at the Steak Loft Restaurant in Mystic, CT.

For full trip description and details, visit cantonrec.org

\$119 PER PERSON
8:30AM DEPARTURE 5:15PM EST. RETURN

LAKE WINNEPESAUKEE TURKEY TRAIN WEDNESDAY, SEPTEMBER 13TH

Head to New Hampshire for the day where you'll enjoy a Lake Winnepesaukee Turkey Train excursion, a visit to Kellerhaus and a New Hampshire liquor store. Our first stop in New Hampshire is at the New Hampshire Liquor & Wine Outlet. Once aboard the train, you'll indulge in a complete turkey dinner catered by Hart's Turkey Farm. Don't forget to leave room for a second helping of dessert at the ice cream bar at Kellerhaus or stock up on your favorite candy, by the pound.

For full trip description and details, visit cantonrec.org



\$150 PER PERSON
8:30AM DEPARTURE
7:15PM EST. RETURN

ADDITIONAL TRIPS BEING SCHEDULED. ARE YOU ON OUR EMAIL LIST? EMAIL SENIORFUN@TOWNOFCANTONCT.ORG

SPECIAL EVENTS

ANNUAL NUTMEG REVEAL BREAKFAST PARTY LIBRARY

On the Nutmeg Book Award horizon is the big reveal of the 2024 Nutmegs, which happens here on Saturday, April 29th at our Nutmeg Release Breakfast Party! Readers grades 2-12 can sign up to attend at cantonpubliclibrary.org. Enjoy the red carpet treatment, hear about the 45 new titles, nibble on some breakfast goodies and be the first to check out a book from the new lists. Led by Teen Librarian Meghan Glasgow and children's programmer Sarah Prattson.

Program Information

4/29 Starting at 9:00am
Free with Registration Required

THE FIND YOUR VOICE SUMMER READING PROGRAM LIBRARY

Stay tuned for this year's summer reading program where library patrons from preschoolers to adults will "Find Your Voice." Look out for reading challenges, exciting new programs, familiar favorites and some spectacular end-of-summer events. Visit cantonpubliclibrary.org after June 1st for sign up and more information.

LEARN TO CROCHET LIBRARY

Have you been wanting to learn how to crochet? Join us for some hands-on instruction. Space is limited and registration is required. Sign up for any or all the sessions below!

Program Information

Tuesdays Starting at 6:30pm
May 9th: The Very Basics
May 23rd: Basic Granny Squares
June 6th: Crochet a Tiny Stuffie



POOL MEMBERS ONLY SUNDAE SOCIAL PARKS & RECREATION

Mills Pond Pool Members will enjoy an ice cream social as well as an extra hour of swim time!

Program Information

8/13 12:00pm-1:00pm
Registration Required

PRE-MEMORIAL DAY CHS BAND PERFORMANCE SENIOR CENTER

Join us outside the Senior Center and be treated to the musical flair of the super talented Canton High School Band who will play the National Anthem as a kick off to the upcoming Memorial Day weekend.

Program Information

5/24 Starting at 11:30am
Canton Senior Center

YOUTH PROGRAMS



PRE-SCHOOL

MUSIC WITH MISS JEAN PARKS & RECREATION

Ages 18 Months-3 Years

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.

Spring Session II

Wednesdays 5/10-6/7 9:30am-10:30am
Mills Pond Park \$70 Res. / \$75 Non-Res.

RHYTHM AND RHYME STORY TIMES LIBRARY

Ages 18 Months-3 Years

Let us help grow your reader. We'll be introducing children 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.

Mini-Session

Fridays 5/5-5/19 10:30am
Free with No Registration Required
Stop by Children's Desk First for Nametag

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! All supplies provided.

Mini-Session

Tuesdays 5/2-5/16 10:30am-11:30am
Free with No Registration Required

SKYHAWKS MINI-HAWK: MULTISPORT CAMP PARKS & RECREATION

Ages 4-6

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

Mini-Hawks 3 Day Camp

7/5-7/7 9:00am-12:00pm
Mills Pond Park \$119 Res. / \$129 Non-Res.

Mini-Hawks 5 Day Camp

7/31-8/4 9:00am-12:00pm
Mills Pond Park \$149 Res. / \$159 Non-Res.

TINY TOTS PRE-SCHOOL SUMMER CAMP PARKS & RECREATION

Ages 3-5

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

Pricing

Per Week: \$175 Res. / \$190 Non-Res.
Full Summer: \$1,320 Res. / \$1,440 Non-Res.
Early Bird Rates available until 4/30

Weekly Themes

Week 1 (6/19-6/23): A to Z(oo)
Week 2 (6/26-6/30): Around the World in 5 Days
Week 3 (7/5-7/7): "Seasons" Greetings
Week 4 (7/10-7/14): Superheroes Assemble
Week 5 (7/17-7/21): Under the Big Top
Week 6 (7/24-7/28): Bookworm Buddies
Week 7 (7/31-8/4): To Infinity and Beyond!
Week 8 (8/7-8/11): Under the Sea

BABY AND ME STORY TIMES LIBRARY

Ages Birth-18 Months

Start early and let us help you grow your reader! 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.

Mini-Session

Wednesdays 5/3-5/17 10:30am
Free with No Registration Required

PRE-SCHOOL STORY TIME WITH A CRAFT LIBRARY

Ages 3+

Story time is our favorite time of the week! Join Children's Librarian Heather Baker 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 Sue Tarinelli, our resident artist.

Mini-Session

Thursdays 5/4-5/18 10:30am
Free with No Registration Required
Stop by Children's Desk First for Nametag

BABY & ME ON THE MOVE: FITNESS CLASS

Full Description on pg. 22

AFTER SCHOOL

ART-VENTURES AFTER SCHOOL PARKS & RECREATION

Grades K-3

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.

Spring Session: Sticky, Shrinky, Shiny!

Tuesdays 4/18-6/6 3:40pm-4:40pm
Held at CBPS \$150 per Participant

CAS: SOCCER CLINIC AFTER SCHOOL PARKS & RECREATION

Ages 4-12

CAS Community Clinics focus on creating a fun, learning environment while fostering a love for the game through Skill acquisition, conditioned practices small-sided games. Participants are asked to bring their own soccer balls as the coach has a limited supply available. Participants will practice ball mastery (fake, moves and turns), passing and receiving, dribbling and moving with the ball, shooting and so much more!

Program Information

Fridays 4/21-5/19 CIS Soccer Field
Ages 9-12 held 3:00pm-4:00pm
Ages 4-5 held 4:15pm-5:15pm
Ages 6-8 help 5:30pm-6:30pm
\$85 Res. / \$95 Non-Res.

MAD SCIENCE MONDAYS PARKS & RECREATION

Grades K-3

Blast off to outer space with this session of the popular Mad Science Mondays! 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!

Spring Session: Space & Beyond

Mondays 4/17-6/5 3:40pm-4:40pm
Held at CBPS \$160 per Participant

BEYOND THE BELL PARKS & RECREATION

Grades K-6

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 is offered Monday through Friday and is held at Cherry Brook Primary School. Canton Intermediate School students travel via bus to C.B.P.S. at C.I.S. dismissal. The program runs from 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.

Monthly Pricing

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

Special Day Pricing

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

APRIL BREAK

ART-VENTURES APRIL BREAK CAMP PARKS & RECREATION

Grades K-6

Art explorers learn about real artists, their vision of the world and the materials and techniques they use or used. During this art-packed week create vibrant tie dyed t-shirts, design leather wristbands and celestial stained glass, experiment with emotion collages and so much more.

Program Information

4/10-4/14 10:00am-1:00pm
Parks & Rec Room \$179 Res. / \$184 Non-Res.

CAS: SOCCER SPRING BREAK CAMP

PARKS & RECREATION

Ages 6-12

Our popular summer camp is here for spring break! CAS Community Camps focus on creating a fun, learning environment while fostering a love for the game through Skill acquisition, conditioned practices small-sided games. Please bring a soccer ball. Canton Parks & Recreation will have limited balls available. CAS asks that participants bring their own. Participants will practice ball mastery (fake, moves and turns), passing and receiving, dribbling and moving with the ball, shooting and so much more!

Program Information

4/10-4/14 9:00am-1:00pm

CIS Soccer Field \$195 Res. / \$205 Non-Res.

APRIL BREAK AFTERNOON CAMP

PARKS & RECREATION

Grades K-6

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. 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 & Recreation Room. The program ends at 5:00pm each day.

Pricing

Full Week: \$175 Res. / \$180 Non-Res.

Single Day: \$40 Res. / \$45 Non-Res.

SPORTS CAMPS

WARRIOR HOOPS SCHOOL PARKS & RECREATION

Boys & Girls Grades 3-9

Warrior Hoops School will focus on building players' basketball skills through stations, fun competitions and games. Players will participate in daily stations followed by competitions and games. Players will receive a t-shirt and daily ice cream freeze pop. All Warrior Hoops School programs are run by C.H.S. Boys Varsity Basketball Coach, Craig Archambault, and camp staff will include former and current basketball players and coaches.

Warrior Hoop School: Session I

7/17-7/21 9:00am-12:00pm

CHS Gym \$175 Res. / \$175 Non-Res.

Warrior Hoop School: Session II

7/24-7/28 9:00am-12:00pm

CHS Gym \$175 Res. / \$175 Non-Res.

WARRIOR HOOPS SCHOOL ELITE SKILLS CLINIC PARKS & RECREATION

Boys Grades 6-9

This 2-hour elite skills and concepts camp will help middle school campers get prepared for a high school practice. Campers will be put through what a typical high school practice is like. They will participate in drills, 1 on 1, 3 on 3 and 5 on 5 games during the session.

Program Information

7/17-7/21 1:00pm-3:00pm

CHS Gym \$100 Res. / \$100 Non-Res.

**\$25 discount for players attending a Warrior Hoops School session (must call office for discount)*

NEW!

BACKYARD GAMES CAMP **PARKS & RECREATION**



Ages 8-12

This program will focus on all the fun backyard games have to offer. Some examples include kickball, capture the flag, and different forms of dodgeball. This is a way for our members to connect with their peers while playing backyard games that they love. This is meant to be an extension of Physical Education class outside of school.

Program Information

7/10-7/14 9:00am-12:00pm
CHS Turf Field \$150 Res. / \$160 Non-Res.

CAS: SUMMER SOCCER CAMP **PARKS & RECREATION**

Ages 4-12

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.

Program Information

7/17-7/21 CHS West Field
Ages 4-6 held 9:00am-10:30am \$125 Res. / \$135 Non-Res.
Ages 7-12 held 9:00am-12:00pm \$170 Res. / \$180 Non-Res.

SKYHAWKS: TENNIS CAMP **PARKS & RECREATION**

Ages 7-12

No matter the skill level, our tennis programs focus on skill refinement as well as practice and match play to develop consistent, well-rounded tennis players.

Program Information

8/7-8/11 9:00am-12:00pm
Mills Pond Park \$149 Res. / \$159 Non-Res.

DISC GOLF CAMP **PARKS & RECREATION**



Grades 5-8

Players of all skill levels and experience will benefit from this camp as they learn the fundamentals and rules of the game through a variety of drills, team and individual competitions, and fun games. At the newly designed Tower Ridge Disc Golf Course, players will have access to the course and equipment. Throughout the week, players will learn the proper mechanics of a disc golf throw, the different types of throws, and the rules and proper etiquette in order to play. They will also learn about strategy, mindset, and the keys to developing confidence on the course.

Program Information

8/7-8/10 8:30am-12:30pm
Tower Ridge Disc Golf Course
\$275 Res. / \$285 Non-Res.

NEXT GENERATION OF DANCE **PARKS & RECREATION**

Ages 3-11

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. This program is a great way to keep up your skills and learn new ones.

Combo Class (Ages 3-5)

Wednesdays 7/5-8/9 4:30pm-5:15pm
Parks & Rec Room \$78 Res. / \$88 Non-Res.

Gymnastics & Hip Hop (Ages 6-11)

Wednesdays 7/5-8/9 5:15pm-6:00pm
Parks & Rec Room \$78 Res. / \$88 Non-Res.

SKYHAWKS: TRACK & FIELD CAMP

PARKS & RECREATION

Ages 7-14

Skyhawks Track & Field was developed to introduce young athletes to this sport; rich in tradition and history. Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track and field events, and distance running, while inspiring a love for running and being active. Participants will put it all together for one fun-filled day at the end of the week at the Skyhawks track meet!

Ages 7-10 Session

6/20-6/23 9:00am-12:00pm

CHS Track \$129 Res. / \$139 Non-Res.

Ages 10-14 Session

6/26-6/30 9:00am-12:00pm

CHS Track \$149 Res. / \$159 Non-Res.

SPEED & AGILITY CLINIC

PARKS & RECREATION

NEW!

Ages 4-12

Designed for high school and middle school athletes who are looking to stay fit in the off season. This program will help athletes develop speed and acceleration in addition to improving upon strength, conditioning and overall mobility.

High School Sessions

AM Session

Turf Field

Tuesdays 6/27-8/15
8:15am-9:15am

\$80 Res. / \$90 Non-Res.

PM Session

Turf Field

Thursdays 6/29-8/17
4:15pm-5:15pm

\$80 Res. / \$90 Non-Res.

**Discount available when attending both sessions*

Middle School Session

Thursdays 7/20-8/17 3:15pm-4:00pm
Turf Field \$45 Res. / \$55 Non-Res.

WARRIOR BASEBALL CLINIC

PARKS & RECREATION

Ages 8-14

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

Baseball Clinic: Session I

7/24-7/28 1:00pm-4:00pm

Bowdoin Field \$150 Res. / \$160 Non-Res.

Baseball Clinic: Session II

7/31-8/4 1:00pm-4:00pm

Bowdoin Field \$150 Res. / \$160 Non-Res.

**Discount available when signing up for both sessions*

WARRIOR SOFTBALL CLINIC

PARKS & RECREATION

Ages 7-13

Come join the CHS Softball Coach, Coach Kehoss and her staff in a five day clinic designed to develop your softball skills and love for the game. There will be an emphasis on both fielding and hitting fundamentals through specific drills as well as live scrimmages. Participants will work directly with current varsity players to develop both physical and mental aspects of the game.

Program Information

6/26-6/30 8:00am-10:00am

Simonds Ave (New Field)

\$145 Res. / \$155 Non-Res.





WARRIOR VOLLEYBALL CLINIC: SUMMER & SPRING PARKS & RECREATION

Spring: Grades 7 & 8 Summer: Grades 4-8

SPRING SESSION

Anyone interested in volleyball, and potentially playing in high school should attend our Spring Clinic. The clinic will be instructed by Canton's varsity head coach Joe Sobowicz and his coaching staff, along with some of the players on our current high school girls varsity team. It is 2x a week for 4 weeks (8 total sessions) after school where we will go over volleyball basics, develop our skills, and play a lot of fun games to improve! This program is designed to have fun, learn, and prepare yourself to keep playing on club teams and for the high school team potentially in the future. Our volleyball program is a family here in Canton, and we would love to have you join our family!

Program Information

Mondays & Wednesdays 4/17-5/10
2:30pm-4:00pm CHS Gym
\$50 Res. / \$60 Non-Res.

SUMMER SESSION

The clinic will be instructed by Canton's varsity head coach Joe Sobowicz and his coaching staff, along with some of the players on our current high school girls varsity team. Players will learn volleyball basics, develop skills, and play a lot of fun games to improve! This program is designed to have fun, learn, and prepare yourself to keep playing on club teams and for the high school team potentially in the future. Our volleyball program is a family here in Canton, and we would love to have you join our family!

Program Information

7/31-8/4 9:00am-12:00pm
CHS Gym \$150 Res. / \$160 Non-Res.



YOUTH PICKLEBALL PARKS & RECREATION

Ages 12-17

Did you know that one of the top pro female pickleball players in the world turned pro when she was just 12 years old, and she's only 15 now? Do you want to learn how to play the fastest growing sport in the world? This class will not enable you to turn pro just yet, but you will learn the game. We will spend 4 classes learning the game fundamentals like dinking, serving, ground strokes, volleying and scoring and start playing games as well.

Program Information

Saturdays 7/22-8/12 9:00am-9:45am
Mills Pond Park \$60 Res. / \$70 Non-Res.

WARRIOR FIELD HOCKEY PARKS & RECREATION

Grades 1-8

WARRIOR FIELD HOCKEY CLINIC

Come join CHS Field Hockey Coach, Coach Bristol and her staff in an engaging clinic that will focus on developing the fundamental skills of field hockey. All levels of players are welcome and players will be grouped according to age and skill level.

Program Information

Grades 4-8 6/19-6/23 5:00pm-7:00pm
CHS Turf Field \$125 Res. / \$135 Non-Res.

MINI-WARRIOR FIELD HOCKEY CLINIC

Players will be introduced to the sport of field hockey in a fun and engaging setting. Skills will include dribbling, passing, stick work, basic defense, shooting, and receiving. No experience necessary! Come try out this fun sport.

Program Information

Grades 1-3 6/19-6/23 4:00pm-4:45pm
CHS Turf Field \$50 Res. / \$60 Non-Res.

ADAPTIVE SWIM LESSONS PARKS & RECREATION

Ages 6-17

This course is meant for individuals with special needs, and is designed to help them reach personal goals in a safe and small learning environment. These lessons will focus on water safety, mobility, and comfort in and around the water and be catered to the students' strengths and abilities.

Session I (Ages 6-9)

Sundays 6/25-7/30 11:30am-12:05pm
Mills Pond Pool \$50 Res. / \$50 Non-Res.

Session II (Ages 10-17)

Sundays 6/25-7/30 12:15pm-12:50pm
Mills Pond Pool \$50 Res. / \$50 Non-Res.

DUSKY DOLPHINS SWIM TEAM PARKS & RECREATION

Ages 7-15

This five week program is a great way for children to participate in competitive swimming while becoming stronger swimmers. *Reg. discount for pool members available.*

Flippers: Swimmers 7-9/10 years old with little to no competitive experience. Swimmers should be comfortable in the water and be able to swim a complete lap (width/25 yards) without assistance.

Flyers: Swimmers 10-15 with some competitive experience and/or the ability to swim 25 yard laps with a knowledge of at least 2-3 of the competitive strokes (freestyle, backstroke, breaststroke, butterfly).

For practice schedules, meet information and more details, visit cantonrec.org

SWIM LESSONS PARKS & RECREATION

Ages 6 Months and Up

- All lessons are 40 minutes long.
- Each session is 2 weeks long meeting Monday-Friday.
- Lessons are held rain or shine; in the event of a lightning or thunder storm class will be cancelled.
- Please review all swim lesson guidelines, swim level information and pool rules prior to registering for the class.
- There are no make-up classes and students may not attend other classes; we do not pro-rate swimming lessons.

Session I 6/19-6/30

Session II 7/3-7/14

Session III 7/17-7/28

Session IV 7/31-8/11

Saturdays Session 6/17-8/5

For level descriptions, lesson times and more details, visit cantonrec.org

STROKE CLINIC PARKS & RECREATION

Ages 7 and Up

This clinic provides swimmers who have passed level 4 lessons the chance to work on their stroke technique and overall swim safety skills. This is a great program for kids who are looking to continue to develop their swimming, but aren't quite ready for the swim team commitment. All lessons are 45 minutes long and lessons are held rain or shine; in the event of a lightning or thunder storm class will be cancelled.

Program Information

Sundays 6/25-7/30 10:35am-11:20am
Mills Pond Pool \$65 Res. / \$65 Non-Res.

EXPLORERS DAY CAMP 2023

GENERAL INFORMATION

Explorers Day Camp is held Monday-Friday from 9:00am to 4:00pm at Mills Pond Park. After care is offered from 4:00pm to 5:30pm daily for an additional fee. In the event of bad weather or extreme heat, camp is held indoors at the Canton Community Center at 40 Dyer Ave.

IMPORTANT DEADLINES

WEEKLY REGISTRATION DEADLINE: 4:00pm each Wednesday for the following week.

PRICING

PER WEEK

Early Bird (Ending 4/30): \$260 Res. / \$270 Non-Res.
Regular Price: \$275 Res. / \$285 Non-Res.

FULL SUMMER PACKAGE

Early Bird (Ending 4/30): \$2,235 Res. / \$2,325 Non-Res.
Regular Package Price: \$2,385 Res. / \$2,475 Non-Res.

AFTER CARE

After Care Price: \$55 Res. / \$60 Non-Res. per Week
After Care Package Price: \$405 Res. / \$450 Non-Res.

2023 EXPLORERS DAY CAMP THEMES

WEEK 1

AHOY MATEY!

June 19-June 23

WEEK 4

COLOR WARS

July 10-July 14

WEEK 7

LOST IN SPACE

July 31-August 4

WEEK 2

SAFARI ADVENTURE

June 26-June 30

WEEK 5

MISSION IMPOSSIBLE

July 17-July 21

WEEK 8

UNDER THE SEA

August 7-August 11

WEEK 3

MAD SCIENCE MAYHEM

July 5-July 7

WEEK 6

UNDER THE BIG TOP

July 24-July 28

WEEK 9

CAMP OLYMPICS

August 14-August 18

C.I.T. PROGRAM 2023

The Canton Parks & Recreation Department is seeking responsible, outgoing, students entering 9th grade through 11th grade interested in working with children in a fun, fast-paced, outdoor setting during this upcoming summer. Counselors in Training (C.I.T.) will assist the camp counselors and camp supervisors with planning and leading activities, supervising

campers on-site and even get the chance to lead their own weekly activity with their assigned group!

**For more information or to download the C.I.T. application, visit cantonrec.org.*

SPECIALTY CAMPS

ART-VENTURES: SPLISH SPLASH ART BLAST CAMP PARKS & RECREATION

Grades K-5

This inspiring week of Art-ventures sparks creativity, engagement, exploration and individual expression. Learn about the fascinating underwater world of seahorses, sea turtles and other wonderful creatures while exploring original art forms and techniques. Design beach hats, sunglasses, and T-shirts. Create ocean slime and discover the art of mosaics while creating sea shell boxes. Sculpt shimmery coral and goofy clay octopuses. Paint ceramic fish banks, and design ocean creature stuffed animals. Experience painting, printmaking, stained glass, ceramics, collage, mosaics, fabric art and working with clay.

Program Information

7/10-7/14 9:00am-12:00pm

Parks & Rec Room \$185 Res. / \$195 Non-Res.

MAD SCIENCE: EUREKA! PARKS & RECREATION

Grades 1-6

Children overcome a series of challenges using basic materials, simple machines, tips from famous inventors, and most importantly, their minds. With a bit of ingenuity, they create catapults and forts, construct working light sticks, and assemble a set of circuits with batteries and light bulbs.

Program Information

7/31-8/4 9:00am-12:00pm

Parks & Rec Room \$185 Res. / \$195 Non-Res.

CAST: IMPROV THEATER CAMP

PARKS & RECREATION

Ages 8-13

CAST is back and teaming up with Wry BrEd to teach students the fundamentals of improvisation! In this week-long romp, we will play games that allow us to connect as an ensemble, make strong theatrical choices, and learn how to create entertaining characters, scenes, and environments, all while making it up on the spot. Our last day of class will end in a performance for your family and friends, to show off your amazing new skills - skills which will help with interpersonal and professional relationships! No acting experience necessary! Just a willingness to try new things.

Program Information

8/14-8/18 9:00am-12:00pm

CCC \$155 Res. / \$165 Non-Res.

FOOD EXPLORERS: SUMMER CAMPS

PARKS & RECREATION

Grades 2-6

CHOPPED: AMERICAN COOK OUT

8/7-8/11 9:00am-12:00pm

\$170 Res. / \$180 Non-Res.

Parks & Rec Room

On the Menu...

Carrot Cake Cups

Pasta Salad

Mac N' Cheese

Banana Split Cups

Black Bean Burgers

Stuffed Pie Bites

No-Bake Cheesecakes

Salad

Grilled Cheese

Tomato Soup

TAPAS AND TACOS

8/7-8/11 1:00pm-4:00pm

\$160 Res. / \$170 Non-Res.

Parks & Rec Room

On the Menu...

Spinach Artichoke Dip

Bruschetta

Zucchini Fritters

Egg Bites

Banana Split Bites

Breakfast Tacos

Black Bean Tacos

Sweet Tacos

Greek Tacos

Mushroom Tacos

TEENS

JUNIOR LIFEGUARDING PARKS & RECREATION

Ages 11-14

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

Program Information

8/6 10:30am-1:00pm

Mills Pond Pool \$55 Res. / \$65 Non-Res.

SWIM LESSON INSTRUCTOR AIDE PARKS & RECREATION

Ages 12-15

Canton Parks and Recreation Department is seeking responsible, outgoing, 12-15 year olds interested in working with swim lesson instructors and children at Mills Pond Pool. Water Safety Instructor Aides will assist certified instructors with planning and leading swim lessons throughout the summer. Interested individuals are required to register for the WSI Aide course scheduled for Sunday, June 18th. This class is designed to give participants a sneak peek into what it takes to become a great WSI. All participants will learn how to plan a lesson, tips, and techniques that it takes to be a hold a successful swim lesson.

Program Information

6/18 11:30am-2:15pm

Mills Pond Pool \$25 Res. / \$35 Non-Res.



LEGO: SUMMER CAMPS PARKS & RECREATION

Grades K-5

MINECRAFT LEGO SUMMER CAMP

Prepare for a full-day LEGO camp packed with hands-on and mind-on STEM fun! First, build projects inspired by cool machines while applying real-world concepts in physics, engineering and architecture. Then, venture into the world of Minecraft in our unique LEGO experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources and battle to stop the Ender Dragon from ending the world.

Program Information

7/17-7/21 9:00am-2:00pm

Parks & Rec Room \$240 Res. / \$250 Non-Res.

POKEMON LEGO SUMMER CAMP

Prepare for a full-day LEGO camp packed with hands-on and mind-on STEM fun! First, build projects inspired by cool machines while applying real-world concepts in physics, engineering and architecture. Then join Ash and Pikachu to explore the vast world of Pokemon as we build and catch our favorite Pokemon, rescue Pikachu from Team Rocket and take a ride on the S.S. Anne to uncover rare and mystic Pokemon. Come along on our journey to catch 'em all!

Program Information

7/24-7/28 9:00am-2:00pm

Parks & Rec Room \$240 Res. / \$250 Non-Res.

TEEN CRAFTERNOON LIBRARY

Grades 4-12

Choose knitting projects or crafts, ranging from perler beads, friendship bracelets, to 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.

Program Information

Tuesdays Starting at 3:00pm
Free with No Registration 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 of the library to help younger students with their schoolwork.

Program Information

Wednesdays Starting at 3:00pm
Free - Drop In or Email
mglasgow@townofcantonct.org to schedule a session

TEEN GAME NIGHT LIBRARY

Grades 6-12

Teens and tweens are invited to join us for two hours of games! Attendees will decide what games we play!

Program Information

4th Wednesday of Month
Registration Required

TEEN GAMES UNPLUGGED LIBRARY

Grades 4-12

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 like Scattergories, Sequence, Yahtzee and Rummikub. If it's new to you, we'll teach you how to play!

Program Information

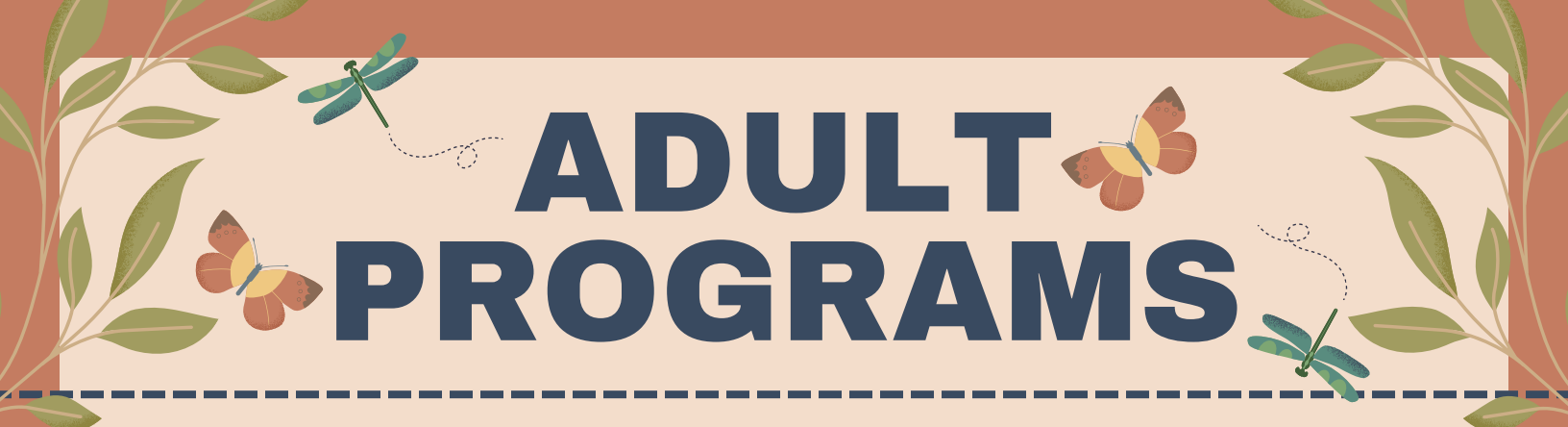
Thursdays 3:00pm
Free with No Registration Required

BE A NUTMEG READER AT THE CANTON PUBLIC LIBRARY!

LIBRARY

Sign up at www.cantonpubliclibrary.org as a 2024 Nutmeg Reader 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, Middle or High School Nutmeg lists for 2024. Complete the quiz and you will earn a collectible book badge for each title you have read. You can read and collect them all year (until April 2024).





ADULT PROGRAMS

ART

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.

Program Information

3rd Wednesday of the Month 6:30pm
Location Alternates Canton & Burlington Library
Free with No Registration Required

DECOUPAGE SHELLS WORKSHOP SENIOR CENTER

As the summer winds down, we have a great way to keep a piece of it with you all year long. Join our instructor from StillWaters USA who help you design 2 beautifully decoupaged shells that you will take home to enjoy or possibly use as gifts.

Program Information

8/22 10:00am Multi-Purpose Room
\$25 per Attendee Maximum 20 Attendees
Call (860)693-5811 with Questions

MAY FLOWERS ACRYLIC PAINTING SENIOR CENTER

It's that time of year when nature's blooms begin to color our world. How about creating a personal garden on canvas that will bring the color of the spring season indoors? Join our resident artist, Claire Boughton, as she guides you through the steps to paint a masterpiece you'll cherish all year long, even when the flowers are gone.

Program Information

5/9 11:00am Room E
\$5 per Attendee Maximum 8 Attendees
Call (860)693-5811 with Questions

"SWANK-Y" WATERCOLORS SENIOR CENTER

Join Canton's own Grant Swank as he inspires you to create 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.

Program Information

4/17, 5/8, 6/12, 7/17, 8/21 11:00am-1:00pm
Senior Room Free for 55+ / \$5 Under 55
Call (860)693-5811 with Questions

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.

Program Information

2nd Thursday of the Month (during May & June)
Starting at 6:30pm Registration Required



I ♥ CANTON

ENRICHMENT

SCRABBLE CLUB SENIOR CENTER



Are you a word whiz, super speller or a voracious vocabularian and want to show it off? Starting ASAP is a dedicated time slot in the Senior Room for anyone who would like to exercise their talents on a Scrabble board. Bring a friend and let's keep our brain sharp and smart! P.S. If you work up an appetite, our regularly scheduled lunch is immediately following at noon with meals prepared by Little Oak Cafe.

Program Information

Fridays 10:00am-12:00pm Senior Room
Call (860)693-5811 with Questions

WRITERS GROUP LIBRARY

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

Program Information

Every Monday 1:00pm-2:30pm
2nd Wednesday of the Month 6:30pm

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 via Zoom

Walking Book Discussion

Saturdays at 2:00pm (4/15, 5/20, 6/17)

Mystery Lovers Book Club

Last Thursday of the Month at 6:30pm

PREVENTING ELDER FRAUD FREE SEMINAR

SENIOR CENTER

Join a representative from Northwest Community Bank and a member of the Canton Police Department as they team up to educate you on financial fraud, why seniors are targeted, common schemes and tactics used by the bad guys and how exactly it occurs. Maybe you have already been a victim, know someone who has or you just want to arm yourself with the critical knowledge to avoid falling prey to this growing trend of criminal exploitation.

Program Information

5/11 Starting at 10:00am Room E
Free with Registration Required
Call (860)693-5811 to RSVP

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.

Program Information

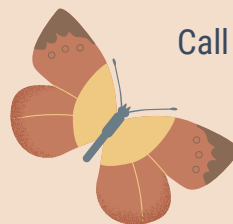
3rd Tuesday of the Month Starting at 7:00pm

WII BOWLERS SENIOR CENTER

Practice and join our team! Wii Bowling is an indoor game played on the television with a lightweight, easy to use, handheld remote. New team members always welcome!

Program Information

Call (860)693-5811 for Details



WHAT I NEED TO KNOW ABOUT MY ELECTRIC CHOICES SENIOR CENTER

We are all aware of the impact of inflation these days and the most recent price hike instituted by Eversource. But did you know that you have the ability to take back a bit of control and possibly reduce your electric bill? Join a team from AARP who will educate you on your choices when it comes to electric suppliers in CT. Bring your electric bills to the session to review and understand its components. Learn to make informed decisions based on your usage and where you can go for reliable CT electric supplier information. Summertime is around the corner and so are AC-driven electrical bills.

Program Information
5/18 10:00am Room F
Call (860)693-5811 to RSVP

ELDER FRAUD BINGO SENIOR CENTER

No, we are not talking about someone walking off with the bingo winnings of the day! But we are talking about having a bit of fun while learning how to arm ourselves against the nefarious, no-good thieves who occupy their days conjuring up sneaky ways to defraud the seniors in our communities. Join a representative from the Connecticut Department of Banking, Government Relations and Consumer Affairs who will discuss protecting your personal information and finances, banking scams and fraud, identity theft and more.

Program Information
6/6 Starting at 11:00am Room E
Call (860)693-5811 to RSVP

FITNESS & EXERCISE

MIND BODY BOOST 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 hand-eye coordination and balance. Increase both your strength and flexibility. Boost your mood! No experience is required to attend. Fitness has never been so enjoyable and a variety of equipment is supplied to make it even more fun!

Program Information
Fridays 1:00pm 5/5-6/16 in Parks & Rec Room
Fridays 1:00pm 6/23-9/1 in Room C
\$7 Drop-Ins Monthly Package for \$5/Class
Ages 55+ Join Anytime!
Call (860)693-5811 to RSVP

ZUMBA GOLD PARKS & RECREATION

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

In-Person: Pick Your Own Schedule
Saturdays 10:30am-11:30am
Tuesdays 5:45pm-6:45pm
\$52 Res. / \$52 Non-Res.
**For details, visit cantonrec.org*

BABY AND ME ON THE MOVE: FITNESS CLASS

PARKS & RECREATION

This class is a great way to stay active, while engaging with your child and other caregivers. The format will entail a structured fitness set as well as a walk. All fitness levels are welcomed! The class is designed to help kick start your fitness journey and find a community of caregivers.

Program Information

Thursdays 4/20-5/25 9:15am-10:15am
Parks & Rec Room \$60 Res. / \$65 Non-Res.

BALLET WITH BONNIE FLATTERY

PARKS & RECREATION

Ballet is a fun way to exercise! It's all about movement and enjoying rhythm while dancing to music using ballet techniques. Focus will be on body alignment, natural movements, building strength and increasing balance and stability.

Program Information

Wednesdays 4/19-6/14 2:00pm-3:00pm
Parks & Rec Room \$70 Res. / \$70 Non-Res.

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, boosting your flexibility and posture as well as improving you balance. Yes, you will sit in a chair and still feel like you've gotten a great workout! This is also a nice complement to Robyn's Mind Body Boost course on Fridays.

Program Information

Wednesdays 11:30am 5/3-6/14 in Parks & Rec Room
Wednesdays 11:30am 6/21-8/30 in Room C
\$7 Drop-Ins Monthly Package for \$5/Class
Ages 55+ Join Anytime!
Call (860)693-5811 to RSVP

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.

Summer Session I

Saturdays 6/3-6/24 9:00am-10:30am
Mills Pond Park \$90 Res. / \$100 Non-Res.

Summer Session II

Mondays 6/5-6/26 6:00pm-7:30pm
Mills Pond Park \$90 Res. / \$100 Non-Res.

Summer Session III

Mondays 7/10-8/7 6:00pm-7:30pm
Mills Pond Park \$90 Res. / \$100 Non-Res.

Summer Session IV

Saturdays 7/22-8/12 10:00am-11:30am
Mills Pond Park \$90 Res. / \$100 Non-Res.

ADVANCED BEGINNER & ROUND ROBIN PLAY

Want to build on your beginner pickleball skills and get some games in too? 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 beginner pickleball class or have equivalent skills.

Summer Session I

Saturdays 6/3-6/24 10:30am-12:00pm
Mills Pond Park \$90 Res. / \$100 Non-Res.

Summer Session IV

Saturdays 7/22-8/12 11:30am-1:00pm
Mills Pond Park \$90 Res. / \$100 Non-Res.

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.

Program Information

Tuesdays 10:30am-11:30am
Parks & Rec Room \$15 per Month

POUND FITNESS CLASS PARKS & RECREATION

A full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. 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!

Program Information

Mondays 6:30pm-7:30pm
Parks & Rec Room
\$60 Res. / \$70 Non-Res. per Session
**For session dates visit cantonrec.org*

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 reduce pain, especially from knee osteoarthritis, back problems and fibromyalgia.

Program Information

Mondays 1:00pm 5/1-8/26 in Multi-Purpose Room
Thursdays 1:00pm 5/4-6/15 in Parks & Rec Room
Thursdays 1:00pm 6/22-8/31 in Room C
\$7 Drop-Ins Monthly Package for \$5/Class
Ages 55+ Call (860)693-5811 to RSVP

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.

Program Information

Thursdays 7:30pm-8:30pm
\$52 per Session
**For session dates, 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!

Program Information

Thursdays 11:00am-12:00pm
Parks & Rec Room \$60 Res. / \$70 Non-Res.
**For session dates, visit cantonrec.org*



HEALTH & WELLNESS

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.

Program Information

1st Tuesday of the Month 12:00pm
Senior Room or by Appointment at Arden Court
Call (860)693-5811 to Schedule

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.

Program Information

Each 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.

Program Information

1st Thursday of the Month 9:00am-11:00am
5/4, 6/1, 7/6, 8/3, 9/7, 10/5, 11/2, 12/7

MENTAL HEALTH FIRST AID FREE SEMINAR SENIOR CENTER

Learn how to support your friends, family and neighbors. Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults. You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

Program Information

6/15 9:00am-1:00pm Room E
Call (860)693-5811 to RSVP

KEEP AN EYE OUT...

FALL PREVENTION: MATTER OF BALANCE SEMINAR

The Senior Center is pleased to offer a free, 3-week course provided by their partners at the Farmington Valley Health District. Since this involves numerous weeks beginning in September, we are offering this preview so that you may plan ahead.

May older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. This program emphasizes practical strategies to manage falls. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength and balance.

Who should attend? Anyone who is concerned about falls, interested in improving balance, flexibility and strength; anyone who has fallen in the past or has restricted activities because of falling concerns. This program will be free but requires registration.

Program Information

Mondays 9/11-11/6 10:30am-12:30pm Room E
Call (860)693-5811 to RSVP

SOCIAL SERVICES

RENTER'S REBATE

Applications are now being accepted from Canton residents for the State of Connecticut Renters Relief for Elderly and Disabled at the Senior & Social Services Office. Elderly applicants must have been 65 years of age before December 31, 2022, rent or share rent and have lived in Connecticut for one year. All applicants disabled and 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 \$40,300 if single or \$49,100 if married. Applicants must submit documentation of ALL income and ALL receipts for rent and utilities paid January 2022 through December 2022.

ENERGY ASSISTANCE

The application for the State of Connecticut Energy Assistance Program is open for the 2022-2023 winter season at the Canton Senior & Social Services Office. 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.

CEAP IMPORTANT DEADLINES

March 31, 2023: Deadline for deliverable fuel authorizations.

May 31, 2023: Last day to apply for Energy Assistance.

June 16, 2023: Last day to submit deliverable fuel bills.

BACK-TO-SCHOOL SUPPLIES PROGRAM

Canton Senior and Social Services Back-to-School Supplies Program aims to assist Canton students in need of all ages with acquiring school supplies. Applications to receive supplies will be available through Senior and Social Services July 17th through August 11th.

**CALL (860)693-5811 OR EMAIL
SASS@TOWNOFCANTONCT.ORG TO
REQUEST APPLICATIONS OR WITH ANY
QUESTIONS REGARDING PROGRAMS.**

CANTON FOOD BANK



The Canton Food Bank is a non-profit organization that assists families struggling with the burden of managing a tight budget and financial tradeoffs when it comes to providing nutritional meals for their family. Families are welcome to shop for fresh produce, meat and nonperishables every Monday evening from 6:00pm-7:00pm (beginning May 1st) or Tuesday morning from 7:30am-11:30am. It is located at Trinity Episcopal Church. Residents of Canton are eligible to receive food assistance through the Food Bank upon completing a simple intake application and providing proof of residency at the Senior & Social Services Office. Families who already use the Food Bank must update their application by providing proof of residency to confirm you are a Canton resident and returning it to the Senior & Social Services Office by June 23rd.

DIAL-A-RIDE

Dial-A-Ride provides local in-town transit service to residents of Canton who are age 60 or older, or residents age 18 or older 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.

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. 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 of CEFB" on the envelope.

IT'S NOMINATION TIME!

Nominate a Special Senior in Honor of Older Americans Month 2023

To nominate a senior, send a written summary that explains why your nominee is deserving of recognition to the Senior Center Office at 40 Dyer Ave or email the summary to seniorfun@townofcantonct.org. Deadline is May 1st.

Questions? Call (860)693-5811!

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