

2023 FALL PROGRAM GUIDE

CANTON, CT



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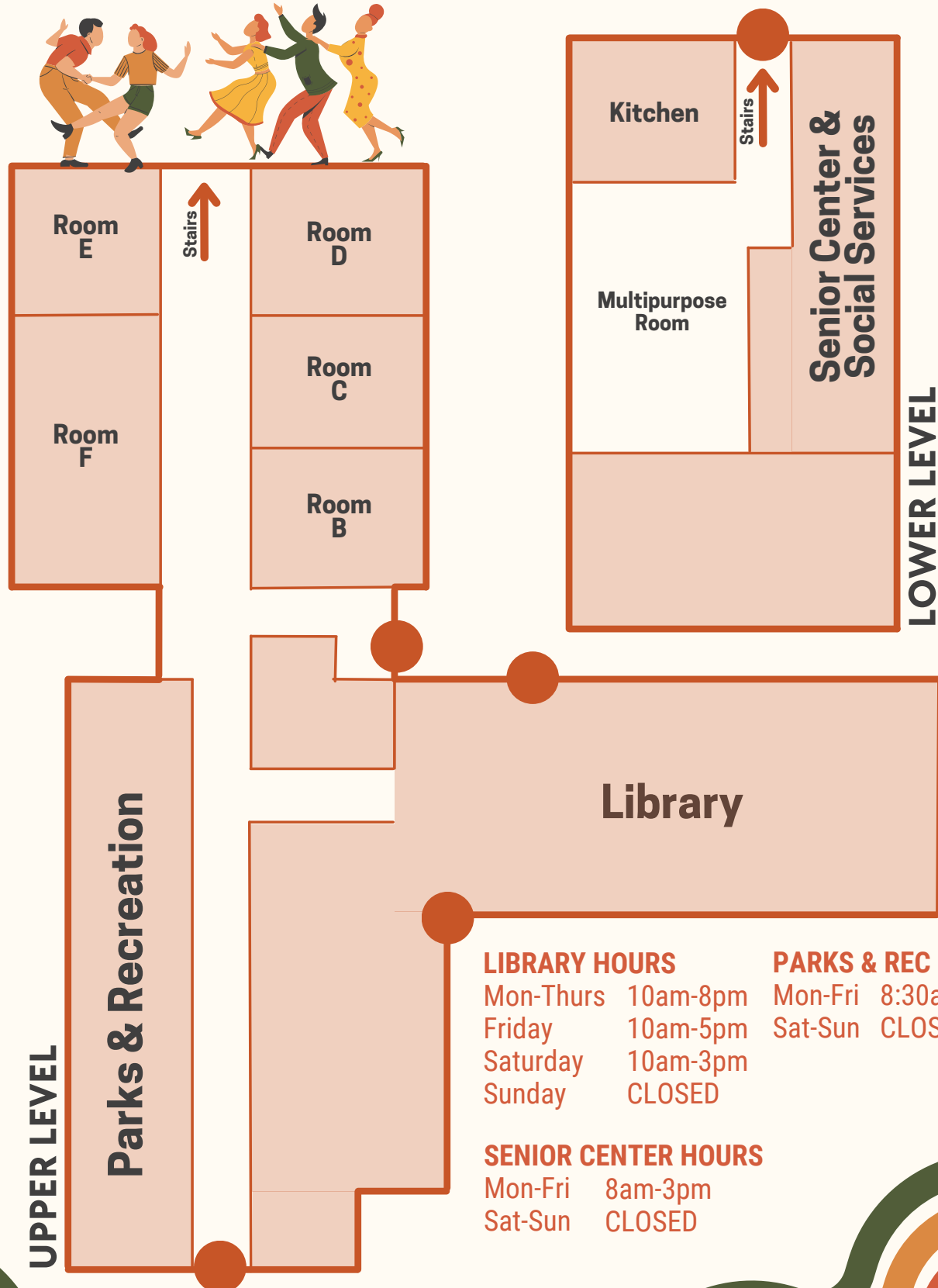
LOOK INSIDE FOR ALL THE
FALL PROGRAMMING

DEC
23

FROM THE CANTON PUBLIC LIBRARY,
PARKS & RECREATION AND SENIOR & SOCIAL
SERVICES

40 DYER AVENUE, COLLINSVILLE CT

WITHOUT THIS... YOU WILL BE LOST FOR DECADES!



LIBRARY HOURS

Mon-Thurs 10am-8pm
Friday 10am-5pm
Saturday 10am-3pm
Sunday CLOSED

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](http://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

MUSEUM PASSES

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

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.

UPCOMING TOWN HOLIDAYS

On these dates, town buildings will be closed for observation of the stated holiday.

SEPT. 4: LABOR DAY

OCT. 9: INDIGENOUS

PEOPLES/COLUMBUS DAY

NOV. 10: VETERANS DAY

NOV. 23 & 24: THANKSGIVING

DEC. 25: CHRISTMAS

BUS TRIPS

LAKE WINNIPESAUKEE TURKEY TRAIN

DEPARTURE AT 8:30AM
RETURNING AT APPROX. 7:15PM

**SEP
13**

**SEP
28**

MEATBALLS, MUSEUMS AND MGM

DEPARTURE AT 8:45AM
RETURNING AT
APPROX. 7:00PM



OKTOBERFEST AT KRUCKERS

DEPARTURE AT 7:30AM
RETURNING AT APPROX. 8:00PM



**OCT
11**

RADIO CITY MUSIC HALL



DEPARTURE
AT 8:15AM
RETURNING AT
APPROX. 9:00PM

DEC 4

HOLIDAY TEA AT CARAMOOR

DEPARTURE AT 10:30AM
RETURNING AT APPROX.
6:00PM

**DEC
13**



SPECIAL EVENTS

BUILDWAVE WORKSHOP LIBRARY

Grades 1 and Up with Grown-Up

Want to foster your child's interest in STEM while igniting their creative spark at the same time? Buildwave is a creative building program that feels like a video game! Over the course of the workshop, you'll create with over a dozen different building materials. The workshop is structured like a video game with an audiovisual setup featuring animations and music that guide students through the different building waves. It's an opportunity to build creative confidence, become better collaborators and encounter design and engineering fundamentals on a day that the public schools are closed!

Tuesday, November 7th

Starting at 11:30am

Registration Required & Opening October 1st

SPOOK CARNIVAL! PARKS & RECREATION

Calling all ghouls and goblins- Canton Parks and Recreation will be hosting, with help from the Canton Youth Services Bureau, a Halloween event that is free to Canton residents. Join us for the Spook Carnival to play carnival games, race down inflatable obstacle courses, bounce in bounce houses and even get your face painted! The event will wrap up with trick-or-treating featuring some of the departments and organizations of Canton! Don't forget to wear your costumes!

Saturday, October 21st

10:00am-11:30am

Mills Pond Park

Free with Registration Required

NATIONAL BEAT POETRY FESTIVAL LIBRARY

Join Canton's Poet Laureate Virginia Shreve for an evening of open mic poetry as well as readings and performances from poets and musicians from around the country (some of whom have performed worldwide and with the original Beats).

Friday, September 1st

7:00pm-10:00pm

Town Hall Stage

PILOBLOUS PARKS & RECREATION

Pilobolus is a Fungus is an interactive performance for families based on Branches in which the audience takes a journey through nature, perceiving the sounds, shapes, colors, and movements of birds, water, trees, and of course, our namesake fungus, in new and unexpected ways. With the help of the Pilobolus dancers, audience members learn to express their deep connection to the world through movement and dance. Come early to try Connecting with Balance, a workshop designed to help all people reconnect with their bodies and environment. Exercises in movement and balance guide participants to maintain and improve balance, think creatively and build community through social engagement. This class will be held at 5:00 pm and is open to all levels of ability.

Sunday, August 27th

Connecting with Balance at 5:00pm

Pilobolus is a Fungus Performance at 6:00pm

Mills Pond Park

Free with No Registration Required

THE RETURN OF "HATCH THE CHICKEN" TO THE CANTON PUBLIC LIBRARY

We're excited to announce the return of our five-week long experience of incubating, hatching and raising Bantam chicken LIVE in the Children's Room of the Canton Public Library. Eggs and chicks will be available to see and experience during library open hours from Tuesday, August 22nd until Monday, September 25th. Please check the library website to find out more about "candling" dates plus the days and times after September 12nd that you can come and pet the baby chicks! We hear tell that this year our chicks will be named after children's musicians!

Eggs Arrive: August 22nd
Expected Hatching Date: September 12th
Chicks Departure: September 26th

NATIONAL VOTER REGISTRATION DAY

Stop by the library to pick up a voter registration form and get information about how to vote in Connecticut! Your vote is your voice!

Tuesday, September 19th

ELECTION DAY EXPRESS

SENIOR CENTER

The Town of Canton Dial-A-Ride wants to ensure your voice is heard at the polls on November 7th! So hop aboard and make your vote count! This service is available to all Canton Seniors who have a paid Dial-A-Ride application on file with Martel Transportation. For more information, call (860)693-5811

Tuesday, November 7th
10:30am to 2:00pm
Dial-A-Ride Application Required

THIRTEEN MOONS

LIBRARY

Presented by educators from the Mashantucket Pequot Museum, "Thirteen Moons" is an in-depth view of the Pequot's relationship to the seasons and lifeways. It also addresses common myths about the first Thanksgiving. This even is co-sponsored by CT S.E.E.

Thursday, November 16th
Starting at 7:00pm
Virtual via Zoom

DAVID LEFF'S LAST SUNDAYS

OPEN MIC POETRY READING

LIBRARY

Poetry Open Mic Night! Read a poem of your own or a favorite poem by someone else while enjoying dinner or a drink in good company.

Sunday, September 24th
Starting at 6:00pm
Lisa's Crown & Hammer

BIRDS OF PREY

LIBRARY

The Birds of Prey presentation is presented by the Connecticut Audubon Society.

Saturday, October 21st
Starting at 1:00pm with Registration Required

OCTOBERFEST

SENIOR CENTER

The annual favorite is being planned. More details to follow. Make sure you are on our email list to receive regular updates. Please email the Senior Center at seniorfun@townofcantonct.org if you would like to be added.

KNIT SO AS TO TURN WATER: THE HISTORY OF NEW ENGLAND'S MARITIME KNITTING LIBRARY

Imagine learning to knit with a pair of whalebone needles you carved yourself. Historian and knitter Rebecca Bayreuther Donohue will show us how the knitting traditions of New England reflect maritime cultures the world over.

Monday, September 18th
Starting at 6:30pm
Registration Required

COMMUNITY READ LIBRARY

A community read and discussion of *Lost Connections* by Johann Hari. Copies of the book will be available to borrow.

Saturday, November 4th
Starting at 2:00pm
Registration Required

WINTER WONDERLAND SENIOR CENTER

Save the date for Friday, December 15th! This year-end holiday favorite is being planned with more details to follow. Make sure you are on our email list to receive regular updates. Please email the Senior Center at seniorfun@townofcantonct.org if you would like to be added.

COMMUNITY INVOLVEMENT

VOLUNTEERS

We need you! If you are seeking to give back in a rewarding way and you have time to share -- we would love to hear from you! We welcome all ages who are capable in providing assistance with tasks like serving lunch at the Senior Center's Canton Café, shoveling during the winter months, providing rides for seniors to doctors appointments or grocery shopping, Food Bank delivery to homebound Seniors, etc. -- just to name a few. If you are interested, please call Senior & Social Services at 860.693.5811.

FUEL BANK

Tax deductible donations are gratefully accepted to help defray the winter heating costs for neighbors in need. Checks may be made out to Canton Emergency Fuel Bank (CEFB) and mailed to Collinsville Savings Society, PO BOX 350, Canton Ct 06019. Please put CEFB on the envelope.

CANTON FOOD BANK HOLIDAY MEALS

Canton Senior & Social Services partners with Canton Food Bank throughout the year to ensure our residents in need have ample access to nutritious food. In support of this effort, we are always grateful for donations. Please consider donating a gift card to a local supermarket or a check made payable to Canton Food Bank. Checks can be dropped off or mailed to: Senior & Social Services, 40 Dyer Avenue, Collinsville, CT 06019. (Donations are tax deductible.)

ANNUAL HOLIDAY GIVING PROGRAM

The Holiday Giving Program is a special opportunity for us to assist in providing comfort and cheer around the holidays. To help support this effort and your neighbors in need please consider donating a gift card or a check made payable to the Town of Canton (memo: Senior & Social Services Holiday Giving). Your tax deductible donations in the form of a check may be dropped off or mailed to: Senior & Social Services, 40 Dyer Avenue, Collinsville, CT 06019.



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.

| Fall Session I | Fall Session II | Fall Session III |
|------------------|------------------|------------------|
| Wed. 9/6-10/4 | Wed. 10/11-11/8 | Wed. 11/15-12/13 |
| 9:30am-10:30am | 9:30am-10:30am | 9:30am-10:30am |
| Mills Pond Park | Mills Pond Park | Parks & Rec Room |
| \$70 R / \$75 NR | \$70 R / \$75 NR | \$70 R / \$75 NR |

OPEN ART STUDIO LIBRARY

Ages 2 Years+

Children's Programmer Sue Tarinelli designs a new art project each week for children to complete here at the library with their grownup's help. It's a great way to encourage art exploration and fine motor development while visiting with other families!

Tuesdays 10:30am-11:30am
Weekly 9/19-10/31 and 11/28-12/19
Free with No Registration Required

BABY & ME STORY TIMES LIBRARY

Ages Birth - 12 Months

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, songs, 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.

Wednesdays at 10:30am
Weekly 9/20-11/1 and 11/29-12/20
Free with No Registration Required

TOTS ON THE GO! PARKS & RECREATION

Ages 2 Years - 5 Years

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! Morning Moves is an energetic movement class centered on themed games and activities. Children will get to try something new while getting in-tune with their bodies & socializing.

Session I
Tuesdays 9/12-10/3
9:15am-9:55am
Parks & Rec Room
\$55 R / \$60 NR

Session II
Tuesdays 10/10-10/31
9:15am-9:55am
Parks & Rec Room
\$55 R / \$60 NR

PLAYSTRONG: TUMBLE TOTS

PARKS & RECREATION

Ages 18 Months - 5 Years

This is a great class for the active little ones who are looking for a foundation of tumbling and fitness.

Tiny Tumble Tots (18 Months - 3 Years): This is an excellent beginner class for the active little ones who are looking for a foundation of tumbling and fitness and still need a parent/guardian to assist/support in class. Students will learn basic forward rolls, jumps, pre-cartwheels and more! *Parent/caregiver participation is required.*

Pre-Tumble Tots (Ages 3 - 5 Years): This is a great foundational class for independent students who are looking for tumbling and fitness. Students will learn forward rolls, jumps, pre-cartwheels, balancing, strength, and more based on abilities! *This is a drop off class. Parents are asked to wait outside of the room during the class. All children must be able to participate independently.*

Tiny Tumble Tots
Mondays 9/11-10/30
9:15am-10:00am
Parks & Rec Room
\$80 R / \$85 NR

Pre-Tumble Tots
Mondays 9/11-10/30
10:00am-10:45am
Parks & Rec Room
\$80 R / \$85 NR

PRE-SCHOOL STORY TIMES WITH AN ART PROJECT

LIBRARY

Ages 3 - 5 Years

Join Children's Librarian Heather Baker for stories, rhymes, songs and games as we introduce your preschoolers to language, literature and the library. We'll end every week with an art project created by Ms. Sue. Stop by the Children's Desk first for a nametag!

Thursdays at 1:30pm
Weekly 9/21-11/2 and 11/30-12/21
Free with No Registration Required

SOCCER SHOTS

PARKS & RECREATION

Ages 2 - 5 Years

Mini Soccer Shots (Ages 2 - 3.5 Years): Soccer Shots Mini is a high-energy program introducing children to fundamental soccer principles, such as using your feet, dribbling and the basic rules of the game. Through fun games, songs and positive reinforcement, children will begin to experience the joy of playing soccer and being active.

Classic Soccer Shots (Ages 3.5 Years - 5 Years): Soccer Shots Classic utilizes creative and imaginative games to focus on basic soccer skills like dribbling, passing and shooting. We also highlight a positive character trait each session such as respect, teamwork and appreciation.

Mini Soccer Shots
Fall I: Sundays 9/10-10/1
Fall II: Sundays 10/15-11/5
9:30am-10:00am or
10:15am-10:45am
\$72 R / \$77 NR

Classic Soccer Shots
Fall I: Sundays 9/10-10/1
Fall II: Sundays 10/15-11/5
11:00am-11:45am
\$75 R / \$80 NR

RHYTHM & RHYME STORY TIMES

LIBRARY

Ages 1 - 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. An active group where parents and caregivers are heartily encouraged to play and sing along. Stop by the Children's Desk for nametags!

Fridays at 10:30am
Weekly 9/22-11/3 and 12/1-12/15
Free with No Registration Required

TOT & ME ON THE MOVE: FITNESS CLASS

PARKS & RECREATION

SEE PG. 20 FOR MORE DETAILS!

TOT TIME: OPEN PLAYTIME PARKS & RECREATION

Ages 1 - 3 Years

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.

Please note, as this is an open play time there will be not be a staff member directly supervising the activity and parents/guardians will be responsible for monitoring their child the entire time.

Fridays from 9:15am to 10:15am

Starting Friday, October 27th

See cantonrec.org for Sessions & Pricing

AFTER SCHOOL

MAD SCIENCE AFTER SCHOOL PARKS & RECREATION

Grades 1 - 6

Cherry Brook Primary School & Canton Intermediate School Fall Session: Crazy Chemworks: We'll learn about the tools scientists use in their laboratories, as well as atoms, molecules and reactions, acids and bases, fluorescence and phosphorescence. We'll also see some very cool dry ice demonstrations! Continue the science at home with fun labware take-homes and experiments.

Cherry Brook Primary School

Mondays 10/23-12/11

3:40pm-4:40pm at CBPS

\$170 for 8-Week Session

Canton Intermediate School

Thursdays 10/19-12/21 (No Class 11/16, 11/23)

3:00pm-4:00pm in Parks & Rec Room (CCC)

\$170 for 8-Week Session

ART-VENTURES AFTER SCHOOL PARKS & RECREATION

Grades K - 6

Cherry Brook Primary School (Grades K-3) Fall Session: Monsters and Mermaids Fantasy Art-Ventures:

Pay no attention to that fire-breathing dragon! Wielding paintbrushes, brave art explorers will journey into a fairytale kingdom where fairies flit through rainbow skies and zany zombies roam the streets.

Canton Intermediate School (Grades 4-6) Fall Session: Art We There Yet? World Treasures Art-Ventures:

Grab your passport and climb aboard! During this multi-cultural art exploration, young art travelers jet from continent to continent and discover amazing art secrets hidden all across the globe.

Cherry Brook Primary School

Tuesdays 10/3-12/12 (No Class 11/7, 11/14, 12/5)

3:40pm-4:40pm at CBPS

\$170 for 8-Week Session

Canton Intermediate School

Mondays 10/23-12/11

3:00pm-4:00pm in Parks & Rec Room (CCC)

\$170 for 8-Week Session

CAS SOCCER CLINIC AFTER SCHOOL

PARKS & RECREATION

Grades K - 6

Our popular summer camp is here for every week! CAS Community Clinics focus on creating a fun, learning environment while fostering a love for the game through skill acquisition, conditioned practices small-sided games.

Fridays 9/22-10/20

Grades 4-6 3:00pm-4:30pm \$105 R / \$110 NR

Grades K-3 4:45pm-5:45pm \$65 R / \$75 NR

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 has scheduled activities and crafts 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 at Cherry Brook Primary School. Participants from Canton Intermediate School will travel to Cherry Brook via the Route 9 bus each day. The program runs from school dismissal until 6:00pm on regular days and 5:30pm on half days.

**For more information including policies, registration deadlines and payment plans, please visit the Beyond the Bell program page at cantonrec.org.*

Pricing

All Year Full Time Bundle: \$2,670
All Year Part Time Bundle: \$1,705
Seasonal Bundles: \$900
Monthly Full Time: \$325
Monthly Part Time: \$200
Monthly Single Date: \$35
Half Day: \$55
No School Days: \$85

FOOD EXPLORERS AFTER SCHOOL PARKS & RECREATION

Food Explorers After School is coming to Canton Intermediate School and Cherry Brook Primary School this fall! More details to come! Please check cantonrec.org for updates!



STITCH AND STRING LAB LIBRARY Grades 3+

Children's programmer Sue Tarinelli meets weekly with young crafters for an hour of creative, hands-on project making that focus on sewing, embroidery, weaving and fiber crafts. Free with all materials included!

Wednesdays Starting at 4:30pm

Session I: 10/4-10/25

Session II: 11/1-11/29 (No Class 11/22)

Session III: 12/6-12/20 (No Class 12/27)

Free with Registration Required

SPORTS

RECREATION BASKETBALL CLINIC (K/1) PARKS & RECREATION

Grades K & 1

The six-week recreation basketball clinic offers children grades K-1 to get their first experience with basketball. This program is introductory in nature where participants will learn the game of basketball through engaging drills and small-sided games. Our experienced coaches will focus on developing the basics and fostering a love of the game. Spots are limited, register today! Registration closes on 10/21. Non-residents can register 10/13-10/21.

Session I

Saturdays 12/2-1/20

8:30am-9:15am in CBPS Gym

\$90 R / \$100 NR

Session II

Saturdays 12/2-1/20

9:25am-10:10am in CBPS Gym

\$90 R / \$100 NR

RECREATION BASKETBALL LEAGUE

PARKS & RECREATION

Grades 2 - 8

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

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

Registration will close prior to the deadline if teams reach capacity

Registration Deadline: 10/11

Team/Practice Day Request Deadline: 10/11

Non-Resident Registration: 10/12-10/20

Late Registration Deadline: 10/20

Practice Begins: 11/27

Regular Season Begins: Tentatively 12/9

Fee
\$145 R / \$160 NR

CHILL LAX'N: BOYS FALL LACROSSE CLINIC

PARKS & RECREATION

Ages 7 - 14

This fun but competitive program is for both experienced lacrosse players and those new to the game. Experienced players will continue to grow and improve in the off season and will work towards mastery of individual skills and team strategy. New players will get an advanced start on the spring season and will learn fundamental lacrosse skills, such as catching, cradling, ground balls, passing, and shooting.

Wednesdays 9/20-10/18

5:00pm-6:00pm

CMHS West Field

\$95 R / \$105 NR

WARRIOR FIELD HOCKEY CLINIC, PLAYDAYS & MINI- WARRIOR!

PARKS & RECREATION

Grades K - 8

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!

Warrior Field Hockey Clinic/Playday: 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.

Mini-Warrior

Sundays 9/10-9/24

9:00am-10:00am

CMHS Turf Field

\$70 R / \$80 NR

Warrior

Sundays 9/10-9/24

10:15am-11:30am

CMHS Turf Field

\$115 R / \$125 NR

WARRIOR BASKETBALL PRESEASON CLINIC PARKS & RECREATION

Grades 3 - 8

The Warrior Basketball Preseason clinic hosted by Canton Varsity Boys Basketball Coach, Craig Archambault, will be a 5-week skill development program for boys and girls in grades 3-8. This skills clinic will focus on developing fundamental skills in the areas of ball handling, shooting, passing defense, individual scoring moves and team offense/defense strategies. It will give participants the opportunity to learn and prepare their skills for their winter season ahead!

Thurs/Fri 9/29-10/26

*Visit cantonrec.org for full schedule
7:00pm-9:00pm in CMHS Gym
\$150 R / \$150 NR

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 fall 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!

Sundays 10/1-10/29

8:00am-10:00am

Mills Pond Park - Lower Baseball Field
\$130 R / \$140 NR

WARRIOR WRESTLING CLUB PARKS & RECREATION

Ages 6 - 14

Join the CHS Varsity Coaches for a developmental wrestling program. The foundations of wrestling will be focused on while providing a great workout & fun atmosphere through drills and games. This Wrestling club will promote self discipline, self confidence, mental toughness and strong work ethic. All levels of experience are encouraged to attend.

Tuesdays 9/19-11/9

5:00pm-6:30pm in CHS Wrestling Room
\$175 R / \$180 NR

KIDS ON THE GO!: MULTISPORT PARKS & RECREATION

Ages 4 - 6

This program is for the kid always on the go! Classes are focused on improving your child's physical growth and coordination through a mix of agility stations, games and sports. A fun, active class that will highlight different sports such as basketball, soccer and kickball. Participants will get to try new activities each week. This program offers a little bit of everything to ensure kids stay active, play and have fun!

Saturdays 9/16-10/7

9:15am-10:00am
Mills Pond Park
\$60 R / \$65 NR

VOLUNTEER COACHES NEEDED!

Volunteer coaches are needed for every age level. For more information, email kfaust@townofcantonct.org

NEXT GENERATION OF DANCE PARKS & RECREATION

Ages 3 - 10

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. Sign up today! Please review all information below prior to registering.

Hip-Hop/Gymnastics (6-10 Years Old): Session I & II are 8-week classes and there is no commitment to the recital at the end of the year. The Recital Session begins in late January. This is a longer session where participants will work on skills and choreography to be presented at the final recital (June date TBA). Participants who are registered for Session III are automatically included in the recital. Instructor will provide additional information on recital costume (additional fee).

Combo (3-5 Years Old): All sessions are 8 weeks long (exception of the final session at 9 weeks). Children participating in the combo class are not required to participate in the recital, but will have the option to take part in the recital if interested. Ms. Aly will discuss the recital options during the session with parents. If your child plans on participating in the recital, please note there is an additional costume fee, which the instructor will also coordinate with you.

Hip-Hop/Gymnastics

Session I: Wednesdays 9/20-11/8

Session II: Wednesdays 11/29-1/24

5:15pm-6:15pm in Parks & Rec Room

\$126 R / \$135 NR

Combo

Session I: Wednesdays 9/20-11/8

Session II: Wednesdays 11/29-1/24

4:30pm-5:15pm in Parks & Rec Room

\$112 R / \$120 NR

ARTS & CRAFTS

JR. ART NIGHT WITH TOMMIE LIBRARY

Grades 3+

Join aspiring artist Tommie Barker, a recent CHS graduate and current University of Hartford art student, each month for a fun art project. With new projects every month, make sure to check the library website for project details. Please note, per library policies any children age 9 or younger must be accompanied by a parent/guardian during the duration of the program.

Tuesdays 9/12, 10/10, 11/14, 12/12

Starting at 6:30pm

Registration Required

DIY HOLIDAY CRAFT STATION LIBRARY

Open to All Ages

Grown-Up Supervision Under Age 5

Kids of all ages can make their own original holiday inspired crafts at our special station! Come by when it works for your schedule! Our very popular Holiday Craft Station will be returning to celebrate Halloween, Thanksgiving and all the big December holidays. The Children's Library Staff provides all supplies needed so that kids can create. It's a "do-it-yourself" opportunity, so expect to give your little ones a helping hand creating and tidying up.

Station Open

October 23rd-31st

November 13th-22nd

December 1st-31st

TEENS

CONQUERING THE COLLEGE ESSAY LIBRARY

The college essay, part of the Common App, is an integral part of the college application package. It can seem overwhelming - but it doesn't have to be. It can even be enjoyable! Teacher, writer and essay coach Dave Polochain will share insights into the essay process in this hour long interactive workshop for teens and parents.

Wednesday September 27th
Starting at 6:00pm
Registration Required

TEEN CRAFTERNOON LIBRARY

Grades 4 - 12

Choose knitting projects, crafts ranging from perler beads and friendship bracelets to hand stamped and illustrated lettering and more! We provide project ideas, extra help and all materials needed.

Tuesdays at 3:00pm
Starting September 12th

TEEN GAMES UNPLUGGED LIBRARY

Grades 4 - 12

Discover all kinds of games you can play without electronics in a free afternoon with Teen Librarian Meghan Glasgow. Try some favorites like "Sorry" and "UNO"!

Thursdays at 3:00pm
Starting September 14th

TEEN ADVISORY GROUP (TAG) LIBRARY

Grades 5 - 12

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

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

TAG meets twice a month for 1 hour with additional volunteer opportunities. To get started, fill out the Teen Advisory Group application on the library's webpage.

6TH ANNUAL TEEN PHOTOGRAPHY CONTEST LIBRARY

Grades 7 - 12

All aspiring middle and high school photographers are invited to snap and submit potential award-winning photos. Submissions will be featured in November's month-long photographic art show at the Library. This contest is open to Farmington Valley residents and students in grades 7-12. Winners will be judged by a panel of local photographers and artists and will be announced at the reception and awards ceremony. The exhibit will be on display from November 1st to November 30th.

**Please visit the Canton Public Library website for submission details.*

Submission Deadline: Wednesday 10/25
Award Ceremony: Wednesday 11/15

CAMP NAKNITSWEMO LIBRARY

Our focus in November will be on all kinds of knitting projects in honor of National Knit a Sweater Month, or #NaKnitSweMo, an amusing hashtag that's a take-off on NaNoWriMo, the national writer's movement every November. Pick your own project and finish it within the month to earn your way into a special movie event and be eligible for prizes! We provide ideas, help and all materials needed. Select a project, choose a yarn, collect the tools you need and join us to cast-on on November 1st. Check back in October for dates and times for our cast-on party and other special knit-in events.

KID & TEEN CRAFT FAIR LIBRARY

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

Saturday, December 2nd
11:00am-2:00pm

COOKIE DECORATING AND A MOVIE LIBRARY

Grades 4 - 12

Have some laid-back holiday fun where you get to decorate your own sugar cookies, then eat them as you watch a holiday movie favorite. Led by Teen Librarian Meghan Glasgow and library staff. Movie choice (PG) will be determined by participant vote.

Wednesday, December 20th
3:00pm-5:00pm
Registration Required

BE A NUTMEG READER AT THE CANTON PUBLIC LIBRARY

You can sign up to earn collectible book badges as rewards for reading the 2024 Nutmeg Books. Each age group has their own list of recommended titles, with a unique badge available for each book on the list. The book lists are available at the library or on www.nutmegaward.org. 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 2024. The quiz links are on the Canton Public Library website. Complete any quiz and you will earn a collectible book badge for that book. You can read and collect them all year, through the end of April 2024. Any participant who earns 10 or more badges before April 15th, 2024 is eligible for a special reward (yes, there is a party!!) in April 2024.

**Sign Up to be a Nutmeg Reader at the
Canton Public Library Website for Free!**



NOW HIRING!



AFTER SCHOOL COUNSELOR

We are looking for enthusiastic and responsible youths who are interested in becoming after school counselors! Our after school program, Beyond the Bell, works with kids grades K-6!

ON-SITE BASKETBALL SUPERVISOR

Love basketball? This job is for you! The supervisor is responsible for overseeing the daily operations of the Rec Basketball League's games on Saturday mornings throughout the winter. This includes making sure games start on time, keeping time and score, and working with the certified referee to keep games running smoothly.

ASSISTANT BASKETBALL COACH

Help future basketball stars develop the skills and fundamentals to prepare for a team setting. The assistant coach of this K/1 Basketball Clinic program will be responsible for running drills and working with the head coach to keep participants engaged and safe.

**INTERESTED?
VISIT:**

**TOWNOFCANTON.ORG/EMPLOYMENT-OPPORTUNITIES
TO GET YOUR HANDS ON AN APPLICATION!**

ADULT PROGRAMS

ART

BEGINNER PAINT CLASSES PARKS & RECREATION

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

September

Thursday 9/21
6:00pm-7:30pm
Parks & Rec Room
\$20 R / \$25 NR

October

Thursday 10/26
6:00pm-7:30pm
Parks & Rec Room
\$20 R / \$25 NR

DOUGH BOWL CANDLE WORKSHOP PARKS & RECREATION

Join Kelly for a Dane Good Candle Workshop! We'll be making triple-wick dough bowl candles that you'll learn how to prep, pour and decorate. Dane Good is based in Collinsville and donates a portion of all sales to a pet rescue organization.

Thursday, September 28th
6:00pm-7:15pm in Parks & Rec Room
\$55 per Participant

LEARN TO CROCHET GRANNY SQUARES LIBRARY

Have you been wanting to learn how to crochet? Join us for some hands-on instructions as we make classic granny squares. At the first session we'll learn how to crochet the squares and in the second we'll talk about different projects you can make and learn how to join the squares together.

Registration Required

Making Squares

Thursday 10/5
6:30pm

Joining Squares

Thursday 11/2
6:30pm

WATERCOLOR HOME PORTRAIT PARKS & RECREATION

Join local artist Nicole Desanti for step-by-step instruction on how to paint your own home, or a home to be given as a gift to a loved one this holiday. The medium will be watercolor and the size of the house portrait will be 5"x7". All materials will be provided and you will leave with a special gift to give this holiday season! During registration you will be prompted to submit a photo of the house you wish to paint. The registration/cancellation deadline will be Tuesday, November 21 to allow the artist time to create/sketch each custom canvas.

Thursday, November 30th
6:00pm-8:00pm in Parks & Rec Room
\$85 per Participant

ADULT CRAFT NIGHT LIBRARY

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

2nd Thursday of the Month
Starting September 14th at 6:30pm

ENRICHMENT

WII BOWLING SENIOR CENTER

Want to get some exercise minus the big heavy ball? No need for the silly shoes either. Just bring your competitive spirit and join this wonderful and welcoming group of Seniors who bowl away with laughter and camaraderie. They are always looking for new members to join the fun on Wednesday mornings. If you work up an appetite racking up a perfect game in this big-screen, digital version of the real thing, then stay afterwards and join us for a delicious lunch catered by Dish N' Dat.

Wednesdays at 10:00am
Senior Room
Registration Required
Call (860) 693-5811

SCRABBLE CLUB SENIOR CENTER

Are you a word whiz, super speller or have a voracious vocabulary and want to show it off? Come join others on Friday mornings. Bring a friend and let's keep our brains sharp and smart!

Fridays from 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. 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 at 1:00pm-3:00pm
Starting Monday, September 11th
Registration Required

BINGO SENIOR CENTER

Join this growing group of BINGO enthusiasts. A great, low-key social event that involves a large digital screen to easily see and hear the numbers being called. Come when you can, bring a friend or make some new ones. Coffee and tea are supplied while players bring a pot luck of goodies to share.

Thursdays at 12:00pm
Multi-Purpose Room
Registration Required

BOOK CLUBS LIBRARY

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

Science Book Discussion
2nd Thursday of the Month at 12:30pm

Monday Evening Book Group
2nd Monday of the Month at 7:00pm

Walking Book Discussion
1 Saturday a Month at 2:00pm

Mystery Lovers Book Club
Last Thursday of the Month at 6:30pm

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.

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

AARP SMART DRIVER COURSE SENIOR CENTER

The nation's first and largest refresher course designed specifically for drivers over 60 is rolling back into town, so don't miss your opportunity!

Tuesday, October 24th
9:00am-1:00pm in Multi-Purpose Room
\$20 AARP Members / \$25 Non-Members
RSVP by Calling (860) 693-5811

FITNESS & EXERCISE

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 your balance. Yes, you will sit in a chair and still feel like you've gotten a great workout!

Mondays at 10:30am
Multi-Purpose Room
\$5/Class When Signing Up for Bundle
\$7/Class Drop-Ins

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.

Tuesdays at 10:30am-11:30am
Parks & Rec Room
\$15 for Full Month
\$5 for Drop-Ins

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 required. Fitness has never been so enjoyable and a variety of equipment is supplied to make it even more fun!

Fridays at 8:00am
Multi-Purpose Room
\$5/Class When Signing Up for Bundle
\$7/Class Drop-Ins



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. 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. Focus will be on body alignment, natural movements, building strength and increasing balance and stability. Through good body alignment, participants could see an improvement in posture, while strength and balance are gained through movement. Jazz and modern will be included.

Fall Session I

Wed. 9/27-11/1
2:00pm-3:00pm
Parks & Rec Room
\$45 per Participant

Fall Session II

Wed. 11/8-12/20
2:00pm-3:00pm
Parks & Rec Room
\$45 per Participant

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 - among many other health challenges. Join Tai Chi Joe and start to enjoy the benefits of an alternative exercise that's easier on the joints.

Mondays at 1:00pm in Multi-Purpose Room

\$5/Class When Signing Up for Bundle
\$7/Class Drop-Ins

Thursdays at 1:00pm in Room E

\$5/Class When Signing Up for Bundle
\$7/Class Drop-Ins

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!

Fall Session I

Mondays 9/11-10/23
6:30pm-7:30pm
Parks & Rec Room
\$60 R / \$70 NR

Fall Session II

Mondays 10/30-12/4
6:30pm-7:30pm
Parks & Rec Room
\$60 R / \$70 NR

Free Trial Class: 8/28

QUICK HIIT PARKS & RECREATION

Want to squeeze in a quick workout before school pick up? Join us for a High Intensity Interval Training class. This 30-minute class will work the whole body and get the heart rate pumping. HIIT = quick and effective workout. HIIT workouts feature varying intervals of intense cardio and/or strength exercises paired with active recovery.

Session I

Thursdays 9/21-10/26
2:00pm-2:30pm
Parks & Rec Room
\$45 R / \$55 NR

Session II

Thursdays 11/2-12/21
2:00pm-2:30pm
Parks & Rec Room
\$45 R / \$55 NR

*\$10 Drop-Ins Available

PICKLEBALL CLINICS PARKS & RECREATION

Get started in the fastest growing sport in the US - pickleball!

Please visit cantonrec.org for the most up to date class schedules & availabilities!

YOGA WITH NANCY - LIVE STREAM

PARKS & RECREATION

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

Fall Session I

Thursdays 8/31-10/19
7:30pm-8:30pm on Zoom
\$52 per Participant

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! **How it works:** Pick your schedule - purchase this flex schedule to be able to attend when it works for you. 8 class pass; classes run continuously throughout the year. Once you take 8 classes, register again to replenish your pass.

Classes will be offered on both Tuesdays & Saturdays. Your 8 class pass can be used for either day!

Tuesdays & Saturdays 9/5/2023-6/29/2024

Tues.: 5:45pm-6:45pm Sat.: 10:30am-11:30am
\$52 per Participant for 8 Classes

TOT & 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. Children ages 4 and under are welcomed to join their caregiver to the class.

Fall Session

Thursdays 9/14-10/19
9:15am-10:15am
Parks & Rec Room
\$55 R / \$60 NR
\$10 Drop-Ins Available

YOGACHI WITH MARY ELLEN

PARKS & RECREATION

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

Fall Session

Thursdays 10/5-11/16
11:00am-12:00pm
Parks & Rec Room
\$70 R / \$80 NR

Winter Session

Thursdays 12/14-1/25
11:00am-12:00pm
Parks & Rec Room
\$60 R / \$70 NR

HEALTH, WELLNESS & FINANCE

FVHD FALL PREVENTION: MATTER OF BALANCE SEMINAR SENIOR CENTER

We are pleased to offer this free 8-week course provided by our partners at the Farmington Valley Health District. Many 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 risk at home and exercise to increase strength and balance.

Mondays 9/11-11/6 (No Session 10/9)

10:30am-12:30am in Room E
RSVP by Calling (860) 693-5811

MEMORY CARE SERIES LIBRARY

This series is in collaboration with the Avon Free Public Library and Bloomfield Libraries. The current, virtual programs will focus on the Mediterranean diet, cognitive function, cognitive impairment and susceptibility to scams. Please visit the Canton Public Library website for more details.

Mediterranean Diet & Cognitive Function

Tuesday, October 3rd at 1:00pm

Cognitive Impairment & Susceptibility to Scams

Friday, November 3rd at 1:00pm

FLU VACCINE CLINIC SENIOR CENTER

Regular flu vaccines will be available for ages 9 and up with high dose flu vaccines available for adults over 65. Please bring your medical insurance card. The insurances accepted are: Medicare Part B, Aetna Regular & Medicare, ConnectiCare Regular & Medicare, Anthem Regular & Medicare, Harvard Pilgrim HealthCare.

Wednesday, October 4th

10:30am-1:30pm in Parks & Rec Room
Call Farmington Valley VNA at (860) 651-3539 to Make an Appointment
Walk-Ins Welcome!

MEDICARE MONDAYS - FREE INFO SESSIONS SENIOR CENTER

Have questions about Medicare Parts A & B? Five different seminars on specific insurance carriers will summarize the benefits of the Advantage plans and help explain the programs offered through the State of CT that can help pay for prescriptions and co-pays.

October 16th: United Healthcare

October 23rd: Care Partners

October 30th: Anthem

November 6th: Aetna

November 13th: ConnectiCare

Starting at 1:30pm in Room C
RSVP by Calling (860) 693-5811

MEDICARE 101: FREE PROGRAM SENIOR CENTER

New to Medicare? Or do you want to know what's new with Medicare? Come join local and independent insurance broker Jamie Flaherty for a discussion on the unique challenges and opportunities with Medicare, the Medicare Savings Program, who qualifies, the advantages and disadvantages of the Medicare Advantage Plans and a general discussion on Medicare with questions answered.

Tuesday, November 21st

10:00am-11:00am in Multi-Purpose Room
RSVP by Calling (860) 693-5811

FREE 3-PART SERIES ON DEMENTIA & ALZHEIMER'S SENIOR CENTER

The Canton Senior Center is pleased to offer a series of seminars presented by the Alzheimer's Association. This three-part program will cover important information related to understanding the diseases as well as determining whether or not you or a loved one may be at risk. Session III will be focused specifically on those who are caregivers for anyone afflicted with Alzheimer's or dementia.

Session I: Warning Signs of Dementia

Tuesday, September 26th
10:00am in Room F

Session II: Understanding Alzheimer's & Dementia

Tuesday, October 17th
10:00am in Room F

Session III: Effective Communication & Understanding Dementia Related Behaviors

Tuesday, November 14th
10:00am in Room F

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.

Once a Month on 9/26, 10/31, 11/30, 12/29

10:00am in Senior Room
Appointments Also Available at Arden Courts

VETERANS ADVOCACY & ASSISTANCE SENIOR CENTER

Veterans and their spouses now have the ability to make appointments with Canton's district representative and Veterans Service Officer, Bill Muhl, to seek help with applying for U.S. Veterans Affairs Disability Compensation Claims, the Veterans Pension and Survivors Pension Benefit Programs and Dependency and Indemnity Compensation.

1st Friday of the Month

9:00am by Appointment Only
Call 5th District Office at (203) 805-6340

STAY UPDATED!

Stay updated about what is going on at the Library, Parks & Recreation and the Senior & Social Services Office by visiting our websites listed on pg. 2!

WHAT I NEED TO KNOW ABOUT MY ELECTRIC CHOICES SENIOR CENTER

We are all well 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.

Tuesday, November 14th
10:00am in Room C
RSVP by Calling (860) 693-5811

THIRD THURSDAY FINANCIAL SEMINAR SERIES SENIOR CENTER

Join Beth Duffy, Edward Jones Financial Advisor, as she offers a free and fantastic three-part seminar series spanning September through November.

Session I: Leave It, Move It, Roll It, Take It

Designed to help you learn how to handle a 401k, pension or other employer-sponsored retirement plans when you leave a job.

Session II: Tax-Free Investing

Overview of tax-advantaged investments such as muni bonds, IRAs and/or life insurance.

Session III: Script Your Family's Future

Discussion on asset transfer, incapacity protection, guardian for minors or dependents, charitable intent and/or tax control.

Thursdays 9/21, 10/19, 11/16
9:30am in Multi-Purpose Room
RSVP by Calling (860) 693-5811

SOCIAL SERVICES

RENTER'S REBATE

Application Deadline: Sept. 29th, 2023

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 process for the State of Connecticut Energy Assistance Program is open for the 2023-2024 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. **

ANNUAL HOLIDAY GIVING PROGRAM

Canton Senior & Social Services' annual Holiday Giving Program is a resource for Canton residents who may be struggling financially. We provide assistance to help ensure that any child in their household under the age of 18 experiences the holiday spirit. Applications (one per household) for the program are available through Senior & Social Services beginning November 1, 2023.

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, 2023 through August 31, 2024.

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.

CANTON FOOD BANK

The Canton Food Bank, located at Trinity Episcopal Church, 55 River Rd in Collinsville, 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 6-7pm or Tuesday morning from 7:30am-11:30am. 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 located at 40 Dyer Avenue, Collinsville, CT 06019

2023 THANKSGIVING & HOLIDAY MEALS

Canton Senior & Social Services and Canton Food Bank will provide Thanksgiving and holiday meals to community members in need. To receive a meal please call 860-693-5811, beginning November 10, 2023.

Please call (860) 693-5811 or email sass@townofcantonct.org to request program applications or to schedule an appointment.

SPOOK CARNIVAL

**SATURDAY, OCT. 21ST
10:00AM - 11:30AM**

Calling all ghouls and goblins- Canton Parks and Recreation will be hosting a Halloween event that is free to Canton residents. Join us for the Spook Carnival to play carnival games, race down inflatable obstacle courses, bounce in bounce houses and even get your face painted! The event will wrap up with trick-or-treating featuring some of the departments and organizations of Canton! Don't forget to wear your costumes!

**FREE!
REGISTER AT CANTONREC.ORG**



BUS TRIPS DESCRIPTIONS

LAKE WINNIPESAUKEE TURKEY TRAIN 9/13

The first stop on this trip to New Hampshire is at the NH Liquor & Wine Outlet which offers an impressive selection of spirits with tax-free & relatively low prices. Spend some time here shopping for your favorite beverages before you board the Turkey Train! This is a roundtrip dinner train that gives glimpses of New Hampshire's largest lake (Lake Winnepesaukee) and beautiful lakeside homes. Don't forget to leave room for second dessert at the ice cream bar or stock up on your favorite candy, by the pound at Kellerhaus. To this day the same Keller family recipes and traditions are used to make their homemade chocolates, candies, and ice cream.

MEATBALLS, MUSEUMS AND MGM 9/28

Visit five world-class museums, including the Springfield Science Museum, the Michele and Donald D'Amour Museum of Fine Arts, the George Walter Vincent Smith Art Museum, the Wood Museum of Springfield History, and The Amazing World of Dr. Seuss. Enjoy lunch at the iconic Red Rose Restaurant which has been serving up delicious classics like spaghetti and meatballs and chicken parmesan since 1963. After lunch, walk just a few steps to MGM Casino to try your luck at the casino or simply enjoy the atmosphere and people-watching.

OKTOBERFEST AT KRUCKERS 10/11

Head to Krucker's located in Pomona, New York for an unforgettable Oktoberfest! Start the day with a welcome reception consisting of Apple Cinnamon Scones, Pancakes, Apple Cider and Coffee! Our Oktoberfest lunch will consist of Apple Sauce, Bread and Butter, Warm Pretzels, Beef Barley Soup, Mashed Potatoes, Potato Pancakes, Brussel Sprouts, Glazed Carrots, Dessert, Oktoberfest Beer, Wine and Soft Drinks! Choose between Sauerbraten with Red Cabbage or Sliced Pork Loin with Sauerkraut as your main entrée. During the day there will be plenty of fun activities including Horse Shoes, Corn Hole, Bocce Ball, Bingo, German Music and Folk Dancing!

RADIO CITY MUSIC HALL 12/4

This morning, we depart for "the city that never sleeps", New York, New York, and begin at the Radio City Music Hall, where you have reserved orchestra seats to see the all-new Radio City Christmas Spectacular! Using 'Christmasvision' and digital technology, the interior of Radio City will transform into a massive and magical canvas. You will have the Radio City Rockettes performing their 'Parade of Wooden Soldiers,' 'New York Christmas,' and the 'Living Nativity.' With decorations galore, the city is busy getting ready for the holiday season. There is plenty of free-time, after the show, to explore the city all decorated for Christmas. See all of your favorite store fronts decorated for the holidays! Or, just sit in a relaxing restaurant and watch the crazy world go by. The run time for Christmas Spectacular is 90 minutes and there is no intermission.

HOLIDAY TEA AT CARAMOOR 12/13

Caramoor Center for Music and the Arts, located in Katonah, NY, is a destination for exceptional music, captivating programs, spectacular gardens and grounds, and wonderful moments with friends and family. Your cultural exploration begins with a docent-led tour of the historic Rosen House (which will be decorated for the holidays). Learn the history of how Caramoor came into the hands of Walter and Lucie Rosen, and how it was opened up for the public to attend concerts and tours. Sit back and enjoy a concert of holiday music in the majestic Music Room which is adorned with Renaissance furniture and architectural elements that will enhance your musical experience. The holiday concert will include sing-alongs. Finally, you'll be treated to a relaxed and refined holiday tea before heading home. The menu will consist of: a variety of tea sandwiches, scones with clotted cream and preserves, desserts, and a selection of teas.

SKI SUNDOWN BUS PARKS & RECREATION

The Ski Bus will be back this winter!
More information coming soon!
Visit cantonrec.org for Updates



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