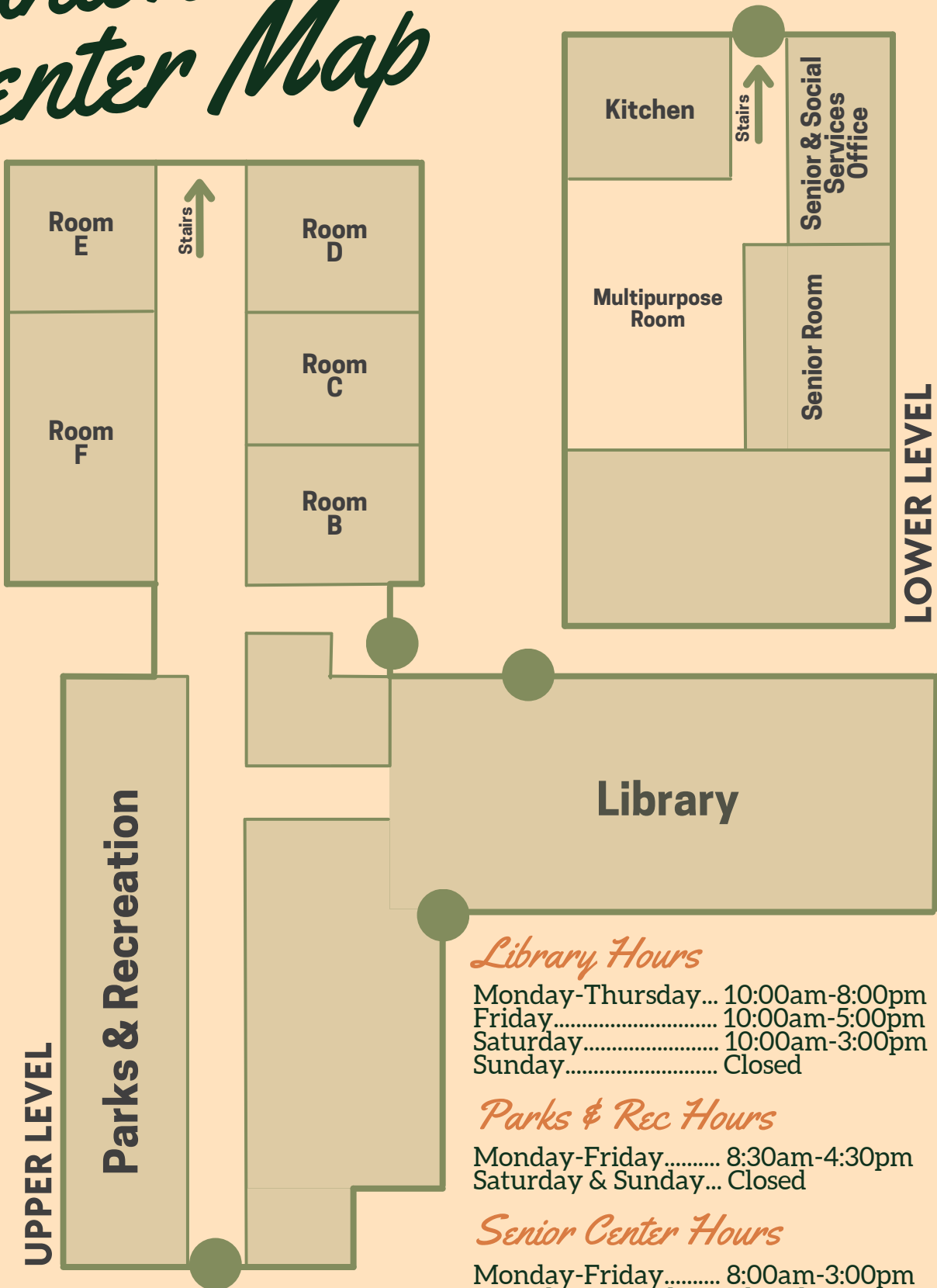


Fall
PROGRAM
20 • GUIDE • 24
Canton, CT



**CANTON PUBLIC LIBRARY
PARKS & RECREATION
SENIOR & SOCIAL SERVICES**

Canton Community Center Map



Library Hours

Monday-Thursday... 10:00am-8:00pm
 Friday..... 10:00am-5:00pm
 Saturday..... 10:00am-3:00pm
 Sunday..... Closed

Parks & Rec Hours

Monday-Friday..... 8:30am-4:30pm
 Saturday & Sunday... Closed

Senior Center Hours

Monday-Friday..... 8:00am-3:00pm
 Saturday & Sunday... Closed

SENIOR & SOCIAL SERVICES

Contact Us

(860)693-5811
townofcantonct.org/senior-services

Meet the Staff

Tonoa Jackson
Director of Senior & Social Services

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

Kara McConville
Senior Center Coordinator

Our Mission

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

Thank You From the Canton Food Bank

The volunteers at the Canton Food Bank want to extend our heartfelt gratitude for your generous donations. Your kindness and commitment to helping others with food assistance makes a significant difference for up to 50 families each week! It is the collective effort from caring individuals and businesses from and around Canton that enable us to provide produce, bread, meat and a variety of canned items. Thank you again for your generosity and for standing together to support those in need!



CANTON PUBLIC LIBRARY

Contact Us

(860)693-5800
cantonpubliclibrary.org

Meet the Staff

Sarah McCusker
Library Director

Heather Baker
Head of Children's Services

Beth Griffin
Public Services Manager

Meghan Glasgow
Teen Librarian

Beth Van Ness
Adult Services Librarian

Kate Jarest
Head of Library Resources & Technology

Museum Passes

The library has a large collection of museum passes to check out. These passes offer free or discounted entry to museums and attractions cross CT and Western MA. Visit cantonpubliclibrary.org for more information.

Friends of the Library

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

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

PARKS & REC

Contact Us

(860)693-5808
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 Parks & Recreation Department is to provide a wide range of recreational and leisure opportunities in an effort to enhance the quality of life for all Canton residents and promote physical, social and emotional experiences. In our effort to achieve this goal we will continue to provide safe, attractive and well maintained facilities.

New Fall Sticker



Parks & Rec Commission

Visit cantonrec.org to keep up with the Parks & Recreation Commission!

Bus Trips & Travel

with the Senior Center



RADIO CITY MUSIC HALL - DAY TRIP

Nov. 17, 2024
Departing from
Drake Hill Lot in
Simsbury at 8:30am
Returning Approx.
8:30pm
\$199 per Person

This morning, we depart for “the city that never sleeps”, New York, New York. With decorations galore, the city is busy getting ready for the holiday season. There is plenty of free-time before the show to explore the city! See all your favorite store fronts decorated, or just sit in a relaxing restaurant and watch the crazy world go by. At the Radio City Music Hall, you will have reserved orchestra seats to see the all-new Radio City Christmas Spectacular! Whether you have seen the show before or not, you are in for a treat!

ALASKAN CRUISE FEATURING DENALI NATIONAL PARK

June 16 - June 26, 2025
7-Night Cruise & 3-Night Land
Tour Package
Whitter to Fairbanks

Inside Cabin (dbl): \$3,999 pp
Inside Cabin (single): \$5,139
Oceanview (dbl): \$4,699 pp
Oceanview (single): \$5,489
Balcony (dbl): \$5,699 pp
Balcony (single): \$7,899

MONTHLY MUSICAL ENTERTAINMENT TRIPS

Join us as we head to the Aqua Turf Club for their monthly Senior Entertainment Events! For 50 years, the Aqua Turf Club has been considered one of Connecticut’s premier banquet facilities, situated on over 35 acres in the bucolic town of Plantsville. With spacious seating for upwards of 1,100 guests, the club is completely handicapped accessible and their staff is well attuned to the needs of senior guests. Trips are limited to 10 people on a first-come, first-served basis (6 minimum needed to run trip). The bus leaves from and returns to the Canton Senior Center. Riders must be able to enter and exit bus independently. Reservations must be paid in full at the time of registration and includes the price of the meal, entertainment and transportation.

Shake Rattle N’ Roll Dueling Pianos

Sept. 10, 2024 11:00am-3:30pm
Two top piano entertainers will take the stage for an epic battle! Mixing music, comedy and audience interaction in a singalong, laugh-along, dance-along show you’ll never forget.

American Bandstand Tribute

Oct. 8, 2024 11:00am-3:30pm
Join Dave Colucci & Donna Lee DePrille as they pay tribute to Dick Clark’s legendary TV show! Featuring songs from artists who performed on the Bandstand in the 50s & 60s.

Armed Forces Tribute & Downtown 6 Band

Nov. 12, 2024 11:00am-3:30pm
The Hartford Brass Ensemble pays tribute to the Armed Forces in honor of Veterans Day, and Downtown 6 brings their high energy as they cover some of your favorite bands!

Holiday Classics with the Cartells

Dec. 10, 2024 11:00am-3:30pm
Featuring a sing-a-long from The Glamour Girls & Santa & Mrs. Claus! Enjoy an afternoon filled with food, fun and music!

Traverse the Pacific coast by land and sea aboard one of NCL’s Jade on a breathtaking journey that takes you from Vancouver, British Columbia to Alaska and beyond. Cruise the Sternwheeler Discovery and encounter Alaska’s diverse culture and rich history. In a modern saloon, enjoy local dishes inspired by Fannie O, the famed Alaskan pioneer. Enjoy three nights at stunning lodges and hotels. Ride a luxury domes railcar, soak in views of the incredible landscapes from glass-ceiling railcars and open-air observation platforms as guides provide expert commentary. Travel deep into Denali National Park for the best opportunities to view the region’s wildlife. Cruise through Glacier Bay and the Inside Passage, taking in rugged natural wonders. Explore Alaska’s gorgeous capital, Juneau. Visit Ketchikan, the “Salmon Capital of the World.” On this escorted tour, this is Alaska as you always imagined and have been waiting for.

EMAIL
SENIORFUN@TOWNOFCANTONCT.ORG
FOR MORE INFORMATION ABOUT
ALL TRIPS

Special Events

HALLOWEEN AT THE PARK

Parks & Recreation

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, enjoy a variety of bounce houses and trick-or-treat with some of the departments and organizations of Canton!

Saturday, October 19th

11:30am-12:30pm

Mills Pond Park

Free with Pre-registration Required

OKTOBERFEST

Senior Center

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

FREE BLUEGRASS CONCERT WITH TEX'S TROUBADOURS

Library

Enjoy a free concert and refreshments courtesy of the Friends of the Canton Library.

Saturday, November 16th

Starting at 2:00pm

Registration Required at cantonpubliclibrary.org

WITCHES IN CONNECTICUT

Library

Back by popular demand! The harrowing story of the hanging of witches in Colonial New England continues to haunt our present-day imagination. The trials and executions of witches in CT predated the more famous Salem witch panic by over 40 years. Hear the stories of some of the women and men accused, tried and executed as witches and learn how CT successfully controlled the spread of witch accusations long before Salem erupted in panic and violence. Presented by the Connecticut Museum of Culture and History.

Tuesday, October 22nd

Starting at 7:00pm

Registration Required at cantonpubliclibrary.org

"HATCH THE CHICKEN"

Library

We're excited to announce the return of our five-week long experience of incubating, hatching and raising Bantam chicks LIVE in the Children's Room of the Canton Public Library! We hear that this year our chicks will be named after favorite children's book characters.

Fertilized Eggs Arrive: Tuesday 9/10

Expected Hatch Date: Tuesday 10/1

Chicks Depart Library: Tuesday 10/15

ELECTION 2024

Are you registered to vote? Stop in at the Canton Public Library on Tuesday, September 17th, National Voter Registration Day, to pick up voter registration forms and information about voting. The Canton Public Library and the Avon Free Public Library will be sponsoring Meet the Candidates forums for the 17th House and 8th Senate districts. Check the library website for dates and additional information!

ELECTION DAY EXPRESS

Senior Center

The Town of Canton Dial-A-Ride wants to ensure your voice is heard at the polls on November 5th, so hop aboard and make your vote count! This service is available for all Canton Seniors who have a paid Dial-A-Ride application on file with Martel Transportation.

Polls are open at Canton High School from 6:00am-8:00pm. Rides are available from 10:30am-12:00pm and 1:00pm-2:00pm.

Canton Public Library Crime Spree

Calling all true crime enthusiasts. Join us this fall for a series of programs designed to satisfy your inner armchair detective. Register for one or all at cantonpubliclibrary.org or (860)693-5800.

TRUE CRIME IN CONNECTICUT

Forgeries, theft, murder... This presentation uncovers stories from Connecticut's past and shows how our modern obsession with the true crime genre isn't so modern after all. Presented by the Connecticut Museum of Culture and History.

Tuesday, September 24th at 7:00pm

THE MANSON FAMILY: QUESTIONS, ANSWERS AND MORE QUESTIONS

Public School history teacher and UCONN adjunct instructor Patrick Richardson explores the legacy and myths surrounding Charles Manson, the Manson Family and the "Helter Skelter" murders of 1969. We will explore the key reasons why this case still fascinates and disturbs us today.

Tuesday, October 8th at 6:30pm

BRIDGET BROSNAHAN: FORENSIC EXPERT

Join former New Haven Police Detective and lecturer from the Henry C. Lee College of Criminal Justice and Forensic Sciences, Bridget Brosnahan, as she walks us through the steps of solving a violent crime. She'll piece together evidence and facts from a real life Connecticut case and let us know how she solved the crime.

Wednesday, October 16th at 6:30pm

TRUE CRIME BOOK CHATS

Grab one of our riveting true crime books and dive into the dark side of human nature! Then join us to chat about your book, your favorite cases and get ideas for your next true crime obsession.

Tuesday, November 12th at 6:30pm

THANKSGIVING MEAL

Social Services

Canton Senior & Social Services will provide a traditional hot Thanksgiving meal for \$7 per person to community members in need.

Wednesday, November 27th

12:00pm-1:00pm

Call (860)693-5811 to Make a Reservation
Seats are Limited

ANNUAL HOLIDAY GIVING PROGRAM

Social Services

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 1st.

Application: townofcantonct.org/Holiday-Giving-Program

WINTER WONDERLAND

Senior Center

The year-end holiday hoop-la is being planned. More details to follow! Make sure you are on our email list to receive regular updates. Email seniorfun@townofcantonct.org if you need or want to be added.

DIY HOLIDAY CRAFT STATION

Library

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 the supplies needed to that kids can create. It's a "do-it-yourself" opportunity, so expect to give your littles ones a helping hand creating and tidying up.

Halloween: October 14-31

Thanksgiving: November 18-27

December Holidays: December 2-28

For children of all ages, grown-ups should expect to supervise and assist any crafters under the age of 5.

BIRD MIGRATION

Library

Come learn about the incredible journeys that migratory birds make twice each year through Connecticut, and why they need dark skies to navigate safely. Presented by Craig Repasz of Lights Out Connecticut.

Saturday, October 19th

Starting at 11:00am

Registration Required at cantonpubliclibrary.org

BE A NUTMEG READER AT THE CANTON PUBLIC LIBRARY

Library

You can sign up to earn collectible book badges as rewards for reading the 2025 Nutmegs 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 nutmegward.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 Nutmegs lists for 2025. 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 2025. Any participant who earns 10 or more badges before April 15, 2025 is eligible for a special reward (yes, there is a party!) in April 2025.

COMMUNITY

VOLUNTEERS

Social Services

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! Most of our volunteer opportunities do not require a lot of time and can be flexible to meet your schedule. We welcome all ages who are capable in providing assistance with tasks such as:

- Serving lunch at the Senior Center
- Shoveling walkways and driveways during the winter months for our senior residents
- Providing rides for seniors to doctor's appointments
- Food Bank delivery to homebound Seniors

- Food Bank Shoppers and Food Distribution
Please call the Senior & Social services at (860)693-5811 to learn more and apply. Background checks required for all volunteer positions.

CANTON FOOD BANK

Social Services

Canton Senior & Social Services partners with Canton Food Bank throughout the year to ensure our residents in need have ample access to nutritious food. Our collaboration becomes most impactful during the Thanksgiving and holiday season when we are able to provide our neighbors with traditional holiday foods and gift cards to supplement their shopping essentials. 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 the Canton Food Bank. Checks can be dropped off or mailed to: Senior Social Services, 40 Dyer Avenue, Collinsville, CT 06019. Donations are tax deductible.

Thanksgiving Meal Kit

Canton Food Bank will be offering families a Thanksgiving Meal Kit to include a frozen turkey and sides. Sign up at the Canton Food Bank and Senior & Social Services Office between 10/21-11/1.

HOLIDAY GIVING PROGRAM

Social Services

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 you 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). You 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.

Gifts for Canton

Canton Senior & Social Services are dedicated to working with Canton residents to ensure they have their basic needs met throughout the year. The Gifts for Canton - Holiday Giving Program is a special opportunity for us to assist in providing comfort and cheer around the holidays. There are several ways to support this effort:

- Stock the Cruiser: December 7th from 10:00am-2:00pm at The Shops at Farmington Valley
- Canton Emergency Response Team: December 7th 10:00am-2:00pm at Ocean State Job Lot in Canton

Youth Programs

PRE-SCHOOL

MUSIC WITH MISS. JEAN

Parks & Recreation

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

Fall Session 1
Wed. 9/4-10/2
9:30am-10:30am
Mills Pond Park
\$70 R / \$75 NR

Fall Session 2
Wed. 10/9-11/6
9:30am-10:30am
Mills Pond Park
\$70 R / \$75 NR

Fall Session 3
Wed. 11/13-12/18
9:30am-10:30am
Parks & Rec Room
\$70 R / \$75 NR

BABY & ME STORY TIMES

Library

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 sign, short books we read together, plus bounce and bubbles, Children's Librarian Heather Baker will provide 45 minutes of "library time" to build early literacy skills in our youngest children. Children up to 18 months can attend if they aren't yet "movers and shakers." Older siblings invited as well.

Wednesdays at 10:30am
Weekly 9/18-12/18 (No Program 10/16 & 11/27)
Free Drop-In Program: No Registration Required

PLAYSTRONG: TUMBLE TOTS

Parks & Recreation

12 Months - 5 Years

Mini Movers (12 Months - 24 Months)

This child with caregiver class promotes early social and physical skills and provides comfortable space for you to guide your baby's skill and growth with new friends!

Tiny 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 parent/guardian assistance and support in class.

Pre-Tumble (3 Years - 5 Years)

This is a great foundational class for independent (no parent/guardian) students who are looking for tumbling and fitness. Skills are taught through a mix of song and dance as well as obstacle courses and other fun games!

Fall Session 1: Mon. 9/9-10/21 (No Program 10/14)
Fall Session 2: Mon. 10/28-12/9 (No Program 11/11)

Tiny Tots 9:15am-10:00am
Pre-Tumble 10:00am-10:45am
Mini Movers 10:45am-11:15am
Parks & Rec Room

Pricing

Mini Movers: \$62 R / \$67 NR
Tiny Tots: \$82 R / \$87 NR
Pre-Tumble: \$82 R / \$87 NR

COLORFUL CREATIONS

Parks & Recreation

3.5 Years - 5 Years

Let's get creative and have some fun! Children will explore a variety of materials during the creative process and learn art techniques through modeling and actively using their imagination.

Winter Session 1

Thurs. 12/5-1/16 (No Program 12/19, 12/26 & 1/2)
9:45am-10:30am
Parks & Rec Room
\$123 R / \$133 NR

RHYTHM & RHYME STORY TIMES

Library

1 Year - 3 Years

Let us help grow your reader. We'll be introducing children plus 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. Siblings are also welcome to attend!

Fridays at 10:30am

Weekly 9/20-12/20 (No Program 10/18 & 11/29)
Free Drop-In Program: No Registration Required
Stop by Children's Desk for Nametag

LITTLE YOGIS ADVENTURES

Parks & Recreation

3 Years - 5 Years

Welcome to Little Yogis Adventures, where little ones embark on a delightful journey into the world of yoga! In our lively and interactive classes, children engage in playful yoga activities tailored just for them. Through gentle movements, storytelling and fun games, we introduce yoga in a way that sparks their imagination and nurtures their natural curiosity.

Fall Session 1

Fri. 9/20-10/11
9:30am-10:00am
Parks & Rec Room
\$55 per Session

Fall Session 2

Fri. 10/25-11/15
9:30am-10:00am
Parks & Rec Room
\$55 per Session

PRE-SCHOOL STORY TIMES WITH AN ART PROJECT

Library

3 Years - 5 Years

Story time is our favorite time of the week! Join Children's Librarian Heather Baker for stories, rhymes, songs and games as we introduce your pre-schoolers to language, literature and the library. We'll end every week with an art project created by Ms. Sue.

Thursdays at 10:30am

Weekly 9/19-12/19 (No Program 10/19 & 11/28)
Free Drop-In Program: No Registration Required
Stop by Children's Desk for Nametag

LITTLE CHEFS

Parks & Recreation

3.5 Years - 5 Years

Have fun and learn some basic cooking/baking life skills. We will be creating different treats each week while learning together! Our young chefs will learn the necessary skills needed for cooking. We will focus on safety in the kitchen, reading, following simple recipes, measuring ingredients, familiarization with kitchen equipment and tools while creating tasty treats!

Winter Session 1

Thurs. 12/5-1/16 (No Program 12/19, 12/26 & 1/2)
8:45am-9:30am
Parks & Rec Room
\$123 R / \$133 NR

OPEN ART STUDIO

Library

2 Years +

Children's Programmer Sue Tarinelli designs a new art project each week to complete here at the library with their grown ups help. It's a great way to encourage art exploration and fine motor development while visiting with other families! Drop in and get creative each week with your little one, with all of the supplies provided.

Tuesdays Between 10:30am-11:30am

Weekly 9/16-12/16 (No Program 10/17 & 11/26)
Free Drop-In Program: No Registration Required

SKYHAWKS: SPORT TOTS

Parks & Recreation

2 Years - 5 Years

This multi-sport program was developed to give children a positive first step into athletics. The essentials of basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Our games and activities were designed to allow campers to explore balance, movement, hand-eye coordination and skill development at their own pace. Skyhawks staff are trained to handle the specific needs of young athletes.

Session 1

Sat. 9/14-10/19
Ages 2 Years - 3 Years 9:15am-10:00am
Ages 4 Years - 5 Years 10:15am-11:00am
Mills Pond Park
\$89 R / \$94 NR



SOCCKER SHOTS

Parks & Recreation

2 Years - 5 Years

Mini Soccer Shots (2 Years - 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.

Fall Session 1

Sun. 9/8-9/29

A 9:00am-9:30am

B 10:00am-10:30am

C 11:00am-11:30am

C.I.S. Field

Fall Session 2

Sun. 10/13-11/3

A 9:00am-9:30am

B 10:00am-10:30am

C 11:00am-11:30am

C.I.S. Field

Classic Soccer Shots (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.

Fall Session 1

Sun. 9/8-9/29

A 9:00am-9:45am

B 10:00am-10:45am

C 11:00am-11:45am

C.I.S. Field

Fall Session 2

Sun. 10/13-11/3

A 9:00am-9:45am

B 10:00am-10:45am

C 11:00am-11:45am

C.I.S. Field

Pricing

Mini Soccer Shots: \$72 R / \$77 NR

Classic Soccer Shots: \$75 R / \$80 NR

TOTS ON THE GO!

Parks & Recreation

2 Years - 5 Years

Join Tots on the Go and have your child exercise, play and move in a safe, nurturing environment. Each class will include themed activities and crafts with a chance to free play on an obstacle course. Children will be instructed to complete different activities that are both entertaining and fun! Classes include opportunities for children to explore their creativity, problem solving skills and mobility. Children will get to try something new while getting in-tune with their bodies and socializing.

Class 1

Tues. 9/10

9:15am-9:55am

Parks & Rec Room

\$15 per Class

Class 2

Tues. 10/15

9:15am-9:55am

Parks & Rec Room

\$15 per Class

Class 3

Tues. 11/19

9:15am-9:55am

Parks & Rec Room

\$15 per Class

AFTER SCHOOL

MAD SCIENCE AFTER SCHOOL

Parks & Recreation

Grades K - 6

Fall Session: STEM Odyssey

Join the Mad (Science) Labs program after school for hands-on exploration of sights, sounds, nature and more! Optical illusions, the secret components of white light and hidden rainbows and movies explore our sense of sight. Other senses, such as taste and hearing, are investigated too. A science related take home activity accompanies every class!

Grades K-3

Mon. 10/21-12/9

3:40pm-4:40pm

Cherry Brook Primary School

\$178 for 8-Week Session

Grades 4-6

Thur. 10/24-1/2 (No Program 11/28, 12/5, 12/26)

3:00pm-4:00pm

Canton Intermediate School

\$178 for 8-Week Session

TOT & ME ON THE MOVE

This class is a great way to stay active while engaging with your child and other caregivers! Now offering a Cardio & Mobility Class as well!

See pg. 17

MOMMY & ME YOGA

Enjoy a Saturday morning out of the house with your baby and meet other parents in the area all while making a mind-body connection. This class is great for moms with children ages 8 weeks to 1 year!

See pg. 17



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, burn off extra energy from the day, work on homework and explore interests. Beyond the Bell is offered Monday-Friday and is held at Cherry Brook Primary School. Canton Intermediate School students will be traveling via school bus to Cherry Brook Primary School at CIS dismissal.

PRICING

All Year Full Time Bundle (CBPS & CIS)

\$2,999 - Payment Plan Available

All Year Part Time Bundle (CBPS Only)

\$1,900 - Payment Plan Available

Monthly Full Time
\$329

Monthly Part Time
\$204

Monthly Single Date
\$35 per Day

Half Days
\$55

No School Days at Community Center
\$85

FOOD EXPLORERS AFTER SCHOOL

Parks & Recreation

Grades K - 3

Fall Session 1: Fall Desserts

Each week you'll make brand-new recipes focused on fall flavors and ingredients. You'll be making: Apple Cider Donut Holes, Caramel Apple Dip, Cranberry Cobbler and Sweet Potato Donuts with Marshmallow Butter Cream Frosting.

Fall Session 1

Wed. 10/2-10/23

3:45pm-4:45pm

Cherry Brook Primary School

\$75 for 4-Week Session

Fall Session 2: Holiday Desserts

Each week you'll make a dessert inspired by favorite holiday flavors and foods. You'll be making: Cannoli Pies, Churro Mini Donuts, Sugar Cookie Dip and Candy Cane Trifles.

Fall Session 2

Fri. 11/8-12/6 (No Program 11/29)

3:45pm-4:45pm

Cherry Brook Primary School

\$75 for 4-Week Session

ART-VENTURES AFTER SCHOOL

Parks & Recreation

Grades K - 6

Monsters & Mermaids Fantasy (CBPS Fall)

Pay no attention to that fire-breathing dragon! Armored in aprons and wielding paintbrushes, brave young art explorers' journey into a fairytale kingdom, where fairies flit through rainbow skies and zany zombies roam the streets. Meet fantastical creatures, both spooky and sweet, while conjuring bedazzling art. Decorate wicked cool witch or wizard hats and sculpt clay witches on broomsticks! That and so much more with this fun, fantasy-filled Art-Ventures!

Fall Session

Tues. 10/15-12/17 (No Program 11/5 & 12/3)

3:40pm-4:40pm

Cherry Brook Primary School

\$178 for 8-Week Session

Artist's Passport (CIS Fall)

Kids take an around-the-world cultural adventure. They explore far-off places and learn about the people who live there, from the Americas to Polynesia, from the city to the countryside. They experiment with Crayola products while trying art techniques developed by local artists and artisans. They make different masterpieces each week such as drums, masks, canvases, prints, buses and more.

Fall Session

Mon. 10/21-12/9

3:00pm-4:00pm

Canton Intermediate School

\$178 for 8-Week Session

LITTLE YOGIS AFTER SCHOOL

Parks & Recreation

Grades K - 3

Welcome to Little Yogis After School! Each one-hour class focuses on physical, mental and emotional development through engaging activities. Kids will enjoy - breathing exercises for relaxation and focus, yoga poses for flexibility and strength, story times with engaging children's yoga books and mindfulness activities and yoga games.

Fall Session

Fri. 9/20-11/1 (No Program 10/11)

3:30pm-4:30pm

Cherry Brook Primary School

\$100 for 6-Week Session

SPORTS

INTRO TO FIELD HOCKEY

Parks & Recreation

Grades K - 3

This engaging clinic will concentrate on teaching the essential techniques of field hockey. The session will emphasize skill enhancement through drills, small games, competitive activities and obstacle courses. Participants will work on dribbling, passing, stick handling, basic defense, shooting and receiving. No prior experience is required! Join us and discover the enjoyment of this sport!

Sun. 9/22-10/13
9:00am-10:00am
CMHS Turf Field
\$68 R / \$73 NR

CAS: SOCCER CLINIC AFTER SCHOOL

Parks & Recreation

Grades K - 3

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

Session 1
Fri. 9/13-10/4
4:30pm-5:15pm
CIS Soccer Field
\$65 R / \$75 NR

Session 2
Fri. 9/13-10/4
5:15pm-6:30pm
CIS Soccer Field
\$65 R / \$75 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 skills clinic, hosted by James Annunziato along with several current player volunteers.

Sun. 9/22-10/27
9:00am-11:00am
Mills Pond Park
\$130 R / \$140 NR

RECREATION BASKETBALL LEAGUE

Parks & Recreation

Grades 2 - 8

Canton's Recreation Basketball League is for boys and girls 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). Grades 4-8 will practice at Canton Intermediate School (Wed or Thurs).

Teams will have one game per week that is 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.

Residents Registration Deadline
October 11th

Team/Practice Day Requests Deadline
October 11th (all requests will be taken into consideration, but are not guaranteed)

Non-Residents Registration Window
October 12th-October 25th

Late Registration Deadline
October 25th (space for certain teams may be limited, registration is not guaranteed)

Practice Begins
Week of December 2nd (schedules and teams announced early November)

Regular Season Begins
Tentatively December 13th

Refund Request Deadline
November 7th

**Basketball Registration
Opens August 22nd**

LITTLE WARRIORS JUNIOR GOLF PROGRAM

Parks & Recreation

Ages 3 - 7

Give your child the gift of golf, whether it's the PGA tour, business meetings or just a healthy life habit. Golf can be a hard sport to learn, but can be easier with the correct early development. Have your kids learn FUNdamentals with a local golf professional. By following the guiding principles of The American Development Model, we can guarantee your junior will not only have fun, but will start having more fun playing sports by capitalizing on age specific development windows. Coach Brian Phelps is a Certified PGA Professional in Player Development with teaching and coaching as a life passion. All equipment will be supplied.

Ages 3-4

Mon. 9/9-10/21
4:30pm-5:15pm
Mills Pond Park
\$130 R / \$140 NR

Ages 5-7

Mon. 9/9-10/21
5:15pm-6:15pm
Mills Pond Park
\$145 R / \$155 NR

NEXT GENERATION OF DANCE

Parks & Recreation

Ages 4 - 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 and will be learning lots of awesome and fun gymnastic skills. This program is a great way to keep up your skills and learn new ones.

Combo Class (Ages 4-6) Session 1

Wed. 9/18-11/6
4:45pm-5:30pm
Parks & Rec Room
\$112 R / \$120 NR

Hip-Hop & Gymnastics (Ages 7-11) Session 1

Wed. 9/18-11/6
5:30pm-6:30pm
Parks & Rec Room
\$126 R / \$134 NR

SKYHAWKS: BASKETBALL CLINIC (GRADES K/1)

Parks & Recreation

Grades K & 1

This 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. Using our progression-based curriculum, we focus on the whole player, teaching sportsmanship and teamwork. Participants will learn the fundamentals of passing shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

Mon. 11/18-12/16

Session 1 3:40pm-4:25pm

Session 2 4:30pm-5:15pm

Cherry Brook Primary School
\$89 R / \$99 NR

TEENS

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: "Scattegories," "Sequence," "Yahtzee," and "Rummikub."

Thursdays at 3:00pm

Weekly Starting on 9/12
Free Drop-In

TEEN CRAFTERNOON

Library

Grades 4 - 12

Explore a variety of creative projects including knitting, perler beads, friendship bracelets, hand-stamped and illustrated lettering and more! We provide project ideas, extra help and all materials needed.

Tuesdays at 2:30pm

Weekly Starting on 9/10
Free Drop-In

SKI BUS PROGRAM

Parks & Recreation

Keep an eye out at cantonrec.org for more information and dates to come!

CANTON LIBRARY'S 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 to the 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, movie, music CDs and magazines for the YA collection
 - Creating an inviting teen area in the library
- TAG meets twice a month for 1 hour with additional volunteer opportunities. To get started, fill out the Teen Advisory Group application on the library's website.

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 materials needed. Select a project, choose yarn, collect the tools you need and join us to cast-on November 1st!

COOKIE DECORATING & A MOVIE

Library

Grades 5 - 12

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

Friday, Dec. 20th from 1:00pm-3:00pm
Free with Registration Required

ART COLLEGE PREP WORKSHOP

Library

Grades 7 - 12

Are you a middle or high school student with a passion for the arts? Join us for an essential workshop designed to guide you through the unique process of applying to performing arts colleges. This program will provide:

- An overview of the application process: Learn what makes applying to arts schools different from mainstream colleges
- Expert insights: Hear from admissions officers, parents and current students about what it takes to succeed
- Practical guidance: Get tips on creating a standout portfolio and acing your auditions

Thursday, Sept. 26th from 6:00pm-8:00pm

7TH 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. The contest is open to Farmington Valley residents and students.

Submission Deadline
October 25th by 8:00pm

For More Details, Visit the Library Website

KID & TEEN CRAFT FAIR

Library

Grades 12 & Under

Join us at the library for the third Holiday Kids & Teen Craft Fair, where talented young crafters will be selling their 100% handmade items. It's the perfect opportunity to find unique holiday gifts and support our young artists. Everyone is welcome to attend and shop.

Want to be one of the kid and teen crafters? Sellers must be in Grade 12 or under. Sign-ups for tables will begin online in October.

November 23rd from 10:00am-1:00pm

Adult Programs

ART

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!

2nd Thursday of the Month at 6:30pm

Registration Required

Visit cantonpubliclibrary.org or call (860)693-5808

EASY ART FOR ADULTS

Library

Do you love to be creative and have fun without the pressure of perfection? Join us for some fun and easy art projects! Zero skills required, just let your inner artist run wild!

3rd Wednesday of the Month at 1:00pm

Registration Required

Visit cantonpubliclibrary.org or call (860)693-5808

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 their company donates a portion of all sales to a pet rescue organization

Fall Workshop 1

Thurs. 10/10

6:15pm-7:15pm

Room C

\$58 per Person

Fall Workshop 2

Thurs. 12/12

6:15pm-7:15pm

Room C

\$58 per Person

WOOD FLOWER ARRANGEMENT WORKSHOP

Parks & Recreation

Join us for a delightful wood flower arrangement class this fall. Craft a beautiful, lasting centerpiece that captures the essence of the season and will last forever. You'll have a variety of fall-inspired blooms to work with, including boxwood greenery, spider mums, marigolds, asters, black-eyed Susans, and more!

Saturday 11/2 from 11:00am-12:00pm

Room C

\$45 for 6"x6" Box

\$55 for 8"x8" Box

ENRICHMENT

FIRST FRIDAY FLICKS

Library

Join us for First Friday Flicks, a free movie the first Friday of every month at 1:00pm. Movie titles will be available online and at the circulation desk before each showing. Feel free to bring your own snacks and beverages with a lid.

1st Friday of the Month at 1:00pm

Drop-In with No Registration Required

SCRABBLE CLUB

Senior Center

Are you a word whiz, super speller or have a voracious vocabulary and want to show it off? Come and show your stuff! Bring a friend and let's keep our brains sharp and smart!

Fridays from 10:00am-12:00pm

Senior Lounge

Call (860)693-5811 with Questions!



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 come make some new ones! Tea and coffee are supplied while players bring a pot luck of goodies to share.

Thursdays at 12:00pm (Play Starts 12:30pm)
Multi-Purpose Room
RSVP at (860)693-5811

BOOK CLUBS

Library

Our book discussion groups are open to all. Copies of the books are available at the circulation desk. Check the library website for titles and other program details and to register to be put on the group email list.

Science Book Discussion
2nd Thursday of the Month at 12:30pm
Good Friends Restaurant (New Hartford)

Monday Evening Book Group
2nd Monday of the Month at 7:00pm
Sept. 9th, Oct. 21st, Nov. 18th & Dec. 9th
Canton Public Library (or Zoom)

Walking Book Discussion
2nd or 3rd Saturday of the Month at 2:00pm
Check Library Website for Exact Dates
Nepaug Reservoir on Route 202

Mystery Lovers Book Club
Last Thursday of the Month at 6:00pm
Good Friends Restaurant (New Hartford)

WII BOWLING

Senior Center

Want to get some exercise and socializing in 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! 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 \$5.00 lunch catered by Dish n' Dat.

Wednesdays at 10:00am
Senior Lounge
RSVP at (860)693-5811



FITNESS & EXERCISE

HEALTHY HUSTLE

Parks & Recreation

Looking for a quick and effective workout? Join us for a fusion fitness class! In just 40 minutes, you'll work the whole body and get your heart rate pumping with varying intervals of intense cardio and strength exercises paired with active recovery. Class will include HIIT (high intensity interval training) along with other mobility, strength and cardio formats.

Fall Session 1
Thur. 9/5-10/3
5:45pm-6:30pm
Parks & Rec Room
\$30 R / \$35 NR

Fall Session 2
Thur. 10/10-11/14
5:45pm-6:30pm
Parks & Rec Room
\$30 R / \$35 NR

CHAIR PILATES

Senior Center
Ages 55+

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!

Mon. at 10:45am
Senior Center

Wed. at 11:30am
Multi-Purpose Room

\$5 per class if paid online or at the beginning of each month via check. Checks must be made payable to the Town of Canton and may be brought to class or dropped off/mailed to the Senior Center ahead of time. \$7 per class for drop-ins.

PILATES FUSION

Parks & Recreation

Improve your flexibility and posture! Sculpt, tone and renew your body! This class combines standing and mat pilates with yoga and barre. Light weights, a ball and possibly POUND Ripstix will be used.

Fridays 10:45am-11:45am
Parks & Rec Room
\$15 per Month of Class



TAI CHI

Senior Center

Ages 55+

Tai Chi is an ancient Chinese movement practice that focuses on muscle control, stability, balance and flexibility using gentle movements. Practices regularly, it can help reduce pain, especially from know 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. If you have never tried Tai Chi before, now is your chance - first class is free for any new registrants who are not current students.

Mon. at 1:00pm
Senior Center

Wed. at 1:00pm
Room E

\$5 per class if paid online or at the beginning of each month via check. Checks must be made payable to the Town of Canton and may be brought to class or dropped off/mailed to the Senior Center ahead of time. \$7 per class for 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. Focus will be on body alignment, natural movements, building strength and increasing balance and stability. Jazz and modern will be included.

Fall Session 1
Wed. 9/18-10/23
2:00pm-3:00pm
Parks & Rec Room

Fall Session 2
Wed. 10/30-12/11
2:00pm-3:00pm
Parks & Rec Room

\$45 for 6-Week Session \$45 for 6-Week Session

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, etc.

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



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.

Drilling for Improved Game Play

So you need to practice certain skills outside of a game situation. This class will consist of drilling specific pickleball skills so that they transfer more easily to your game play. The last part of the class will be game play for about 30 minutes to put those skills to practice. Enrollees should have already taken a beginner class and be able to consistently rally during game play.

Advanced Beginner Pickleball

Want to build on your beginner pickleball skills and get some games in too? Then sign up for this class! 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.

Classes Held on Mondays, Tuesday & Saturdays
Visit cantonrec.org for Exact Session Dates & to Register!

ROOKIE RUNNING CLUB

Parks & Recreation

From absolute beginners to those runners wanting to improve their mile times, this course is for anyone 10 years and older that wants to put a little spring in their step this season. Runners will have 8 weeks to train with RRCA certified coach and local running mom, Monica, to run the Trick or Trot Halloween 5k race on Saturday, October 26th in Collinsville (race registration separate, not included in class fee). This course offers a mix of walking, running and yoga for runners to prepare to complete a 5k and feel their absolute best inside and out!

Tues. 9/3-10/22
5:00pm-6:30pm
Mills Pond Park
\$120 R / \$130 NR

BALLET FOR BODY & BRAIN

Senior Center

Ages 55+

Come experience first-hand the direct benefits that ballet can have on both your body and brain by blending cerebral and cognitive thought processes with muscle memory and body awareness. Instructor Jane Levin, who had a professional dancing career in New York City, has taught hundreds of dancers of all ages, striving always to bring out the best in each student regardless of whether they are dancing for fun or have aspirations of becoming a professional dancer.

Tues. at 10:30am
First Class on Sept. 10th is Free
Room D

\$5 per class if paid online or at the beginning of each month via check. Checks must be made payable to the Town of Canton and may be brought to class or dropped off/mailed to the Senior Center ahead of time. \$7 per class for 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 levels of fitness! Easily modifiable, Pound provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out!

Session 1
Mon. 9/9-10/21
6:30pm-7:30pm
Parks & Rec Room
\$60 R / \$70 NR

Session 2
Mon. 10/28-12/2
6:30pm-7:30pm
Parks & Rec Room
\$60 R / \$70 NR

YOGA WITH NANCY (LIVESTREAM)

Parks & Recreation

Yoga is a simple, amazing connection of body, mind and spirit, great for all ages and body types! Class includes stretches, breathing techniques and relaxation.

Session 1
Thur. 8/22-10/10
7:30pm-8:30pm
Virtual via Zoom
\$52 per Session

Session 2
Thur. 10/17-12/12
7:30pm-8:30pm
Virtual via Zoom
\$52 per Session

TOT & ME ON THE MOVE

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 welcome! The class is designed to help kick start your fitness journey and find a community of caregivers. Children 4 and under are welcome to join their caregivers in class.

Fall Session 1
Thur. 9/12-10/17
9:15am-10:15am
Parks & Rec Room
\$48 R / \$52 NR

Fall Session 2
Thur. 10/24-11/21
9:30am-10:30am
Parks & Rec Room
\$48 R / \$52 NR

TOT & ME ON THE MOVE: CARDIO & MOBILITY

Parks & Recreation

This new class will focus on raising the heart rate for a quick and effective workout. This primarily body weight class will build strength and mobility through a variety of exercises. Similar to the Thursday class, caregivers of all levels of fitness are encouraged to come workout and bring their children (4 years and under).

Fall Session 1
Tues. 9/17-10/8
9:30am-10:05am
Parks & Rec Room
\$30 R / \$34 NR

Fall Session 2
Tues. 10/22-11/12
9:30am-10:05am
Parks & Rec Room
\$30 R / \$34 NR

MOMMY & ME YOGA

Parks & Recreation

This class will provide two main functions; a great bonding experience out of the house and functional restorative pelvic floor exercises. Using yoga to match the breath flow and make a mind-body connection will help new mothers begin to regulate their nervous systems and rebuild their physical strength. This class is also a great way to meet other parents in the area. You are welcome to bring a baby seat, towel or babywear for this class. Children are suggested to be pre-walking age (8 weeks to 1 year). Newly postpartum mothers should be cleared by their doctor for physical activity prior to attending class.

Sat. 9/14-10/5
9:15am-10:00am
Mills Pond Park
\$65 R / \$70 NR

BEGINNER YOGA

Parks & Recreation

In this class, individuals will learn a gentle and accessible yoga practice in the Kripalu yoga tradition, combining mind, body and spirit. Participants will learn supportive, foundational movement, meditation and breath practices in a beginner Kripalu yoga class.

55+ Fall Session

Mon. 9/9-11/4
12:00pm-1:00pm
Parks & Rec Room
\$96 for 8-Week Session

Under 55 Fall Session

Mon. 9/9-11/4
5:15pm-6:15pm
Parks & Rec Room
\$96 for 8-Week Session

YOGACHI WITH MARY ELLEN

Parks & Recreation

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

Fall Session

Thur. 10/3-11/21
11:00am-12:00pm
Parks & Rec Room
\$80 R / \$90 NR

ZUMBA GOLD

Parks & Recreation

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

Fall Session

Pick Your Class Schedule!
Classes Available Tue, Wed, & Sat
Visit cantonrec.org for Full Schedule
\$52 for 8 Classes

HEALTH, WELLNESS & FINANCE

INTRODUCTION TO MINDFULNESS PRACTICES

Parks & Recreation

Are you navigating through your day in a state of mindfulness or mindlessness? Learn what mindfulness is and what it is not and engage in an opportunity to learn and practice various mindfulness skills to enhance well being. Learn evidence-based practices based on mindfulness-based stress reduction (MBSR) programs. Each week, a different type of mindfulness practice will be introduced with time for experiential practice.

Monday Session

Mon. 9/9-11/4
2:00pm-3:00pm
Parks & Rec Room
\$96 for 8-Week Session

Tuesday Session

Tue. 9/10-11/12
5:45pm-6:45pm
Room C
\$96 for 8-Week Session

FVHD FALL PREVENTION: MATTER OF BALANCE

Senior Center

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 risks at home, exercise to increase strength and balance.

Days & Times Still Being Finalized

Free Event with Registration Required
Email seniorfun@townofcantonct.org for Updates

MEDICARE UNCOMPLICATED

Library

Are you aging into Medicare at 65, or are you already on Medicare and stressed out? Have no fear, Dave is here! Join David Shepherd to learn everything you need to know about Medicare from eligibility to cost to understanding your choices.

Tuesday 9/17 at 6:30pm

Registration Required at cantonpubliclibrary.org

TIPS TO OPTIMIZE BRAIN HEALTH

Library

Did you know that there is growing scientific evidence that cognitive decline, Alzheimer's and dementia may be prevented, reduced or reversed? Join Dr. Wendy Hurwitz to learn easy, simple, drug-free things that you can do that may help prevent, reduce or reverse cognitive decline and strategies to optimize brain health. This is a two part series, and while both are recommended you may attend one or both. Sponsored by Arden Courts of Avon & Farmington.

Tuesday 9/10 & Tuesday 10/1
6:00pm-7:30pm

Registration Required at cantonpubliclibrary.org

OCTOBER FLU VACCINE CLINIC

Senior Center

This free October flu vaccine clinic takes place at the Canton Community Center and is offered by the Visiting Nursing and Hospice Care of Litchfield (VNHCL). Vaccines available: Regular for ages 9 and older and the high dose for adults over 65. Please bring your medical insurance card. We are accepting Medicare Plan B as primary insurance, Aetna Regular & Medicare, Connecticut Regular & Medicare, Anthem Regular & Medicare, Harvard Pilgrim HealthCare, United HealthCare Regular & Medicare. CIGNA or Care Partners of CT or Health New England are not accepted.

Tuesday 10/15 12:30pm-2:30pm
Walk-Ins Welcome

MEDICARE 101

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 Medicare Advantage Plans and a general discussion on Medicare, with questions answered.

Thursday 10/17 from 9:00am-10:00am
Senior Lounge
RSVP at (860)693-5811

AMERICAN RED CROSS CERTIFICATION COURSES

Parks & Recreation

This American Red Cross course equips students with the knowledge necessary to recognize and care for a variety of first aid, breathing and cardiac emergencies involving adults and infants. This course is a blended learning course, meaning a portion of the course is completed online prior to attending an in-person skills session.

Adult & Pediatric CPR/AED/First Aid

Tuesday 10/8
2:00pm-4:30pm
Parks & Rec Room
\$75 R / \$85 NR

AARP SMART DRIVER COURSE

Senior Center

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

Tuesday 11/19 from 9:00am-1:00pm

Multi-Purpose Room
Limited to 20 Seats

\$20 AARP Member / \$25 Non-AARP Member
Exact Cash & Checks Payable to AARP
RSVP at (860)693-5811

HARTFORD HEALTHCARE 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? These confidential screenings, which include an approx. 30-min. consultation, do not diagnose any illness but can help indicate if someone should follow up with a medical exam.

Friday 9/6 from 9:00am-11:30am
Room C

Call (860)693-5811 to Arrange for a Screening

LEARNING TO MANAGE AND LIVE WITH DIABETES

Senior Center

Are you or someone you love living with diabetes? Has it been a lifelong journey or are you newly diagnosed? Are you worried about how diabetes can affect your life? Or are you looking to gain a little insight into the world of diabetes for you or a loved one? Come join the Cherry Brook Health Care Center staff for a fun, educational experience on the topic.

Thursday 9/26 at 10:00am
Senior Lounge

COFFEE WITH THE COA

Senior Center

The Commission on Aging (COA) invites you to coffee and friendly conversation in the comfy new Senior Lounge! Save the dates for the first Friday of each month and stop by and meet the members. They are your eager advocates and would love to answer your questions and hear any suggestions you may have that might benefit seniors and the town.

First Tuesday of the Month Starting 9/3
11:00am-12:00pm
Senior Lounge

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 Benefits Programs Dependency and Indemnity Compensation; all administered through the U.S. Veterans Affairs Benefits Administration (VBS).

First Friday of the Month
Between 9:00am-1:00pm by Appointment Only
Room B

Call the 5th District's office at (203)805-6340 to arrange a meeting at the Canton Community Center with the Veteran's Service Officer.

Senior Center Free Health Screenings

WEDNESDAYS
SENIOR LOUNGE

BALANCE SCREENING

Are you worried about your risk of fall or injury? The Cherry Brook Health Care Center will have a physical therapist on site to assess your balance and provide helpful information about preventing falls.

11:30am-12:30pm

BLOOD PRESSURE & BLOOD SUGAR

Blood pressure and blood sugar screening is offered by the Visiting Nursing and Hospice Care of Litchfield (VNHCL) to help individuals stay on top of these two important health indicators.

10:00am-12:00pm

1ST THURSDAY OF THE MONTH
SENIOR LOUNGE

HEARING

Are you concerned with hearing loss? Have you ever had a hearing test or due for a re-check? It is important to have hearing tested if you start to notice your challenges in social settings, requiring the radio or television at higher volumes, or constantly asking people to repeat themselves. Don't put it off!

9:00am-11:00am

The Senior Room Has A New Look!

Thanks to grant money, the Senior Room was able to undergo a long-awaited refresh that includes a whole new vibe of comfort and welcoming. Already home to a few of the clubs, we hope the inviting atmosphere entices current and new members to join together in conversation, classes and all-around camaraderie! The Senior Room is not just a room anymore - it is a place to gather, relax and enjoy so we will now refer to it as the Senior Lounge!



Social Services

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 families. Residents of Canton eligible to receive food assistance through the Food Bank upon completing an intake application and providing proof of residency.

Mondays 6:00pm-7:00pm

Tuesdays 8:00am-11:00am

Trinity Episcopal Church (55 River Rd)

Applications: townofcantonct.org/nutrition

SENIORS FARMERS MARKET NURTITION PROGRAM

SFMNP serves seniors 60 years of age or older OR disabled individuals that meet income eligibility guidelines by providing a benefit card to purchase fresh fruits, vegetables, cut herbs and honey at authorized locations throughout Connecticut. The program runs from July 1 to November 30 annually. Benefit cards are distributed at Canton Senior & Social Services office.

Learn More: townofcantonct.org/nutrition

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 through August 31.

Learn More: townofcantonct.org/transportation

THE HOLIDAY GIVING PROGRAM

Learn more about how you can help with the Annual Holiday Giving Program or how to apply!

See pg. 5 & 6

CANTON EMERGENCY 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.

CONNECTICUT ENERGY ASSISTANCE PROGRAM

Energy Assistance 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.**** Applications will be taken at Senior & Social Services by appointment only.

Important Deadlines

September 1, 2024: *Appointments to submit an application begin*

November 1, 2024: *First day for fuel deliveries that can be paid for by the program*

May 31, 2025: *Last day that a household can apply to establish its eligibility for benefits*

STATE OF CT RENTERS REBATE

Renters' Rebate is a reimbursement program for Connecticut renters who are elderly or totally disabled, and whose income does not exceed \$43,800 if single or \$53,400 if married. Elderly applicants must have been 65 years of age before December 31, 2023, rent or share rent and have lived in CT for one year. All applicants must submit documentation of ALL income and ALL receipts for rent and utilities paid January through December 2023.

Application Period: April 1-September 30
Applications: townofcantonct.org/renters-rebate

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