



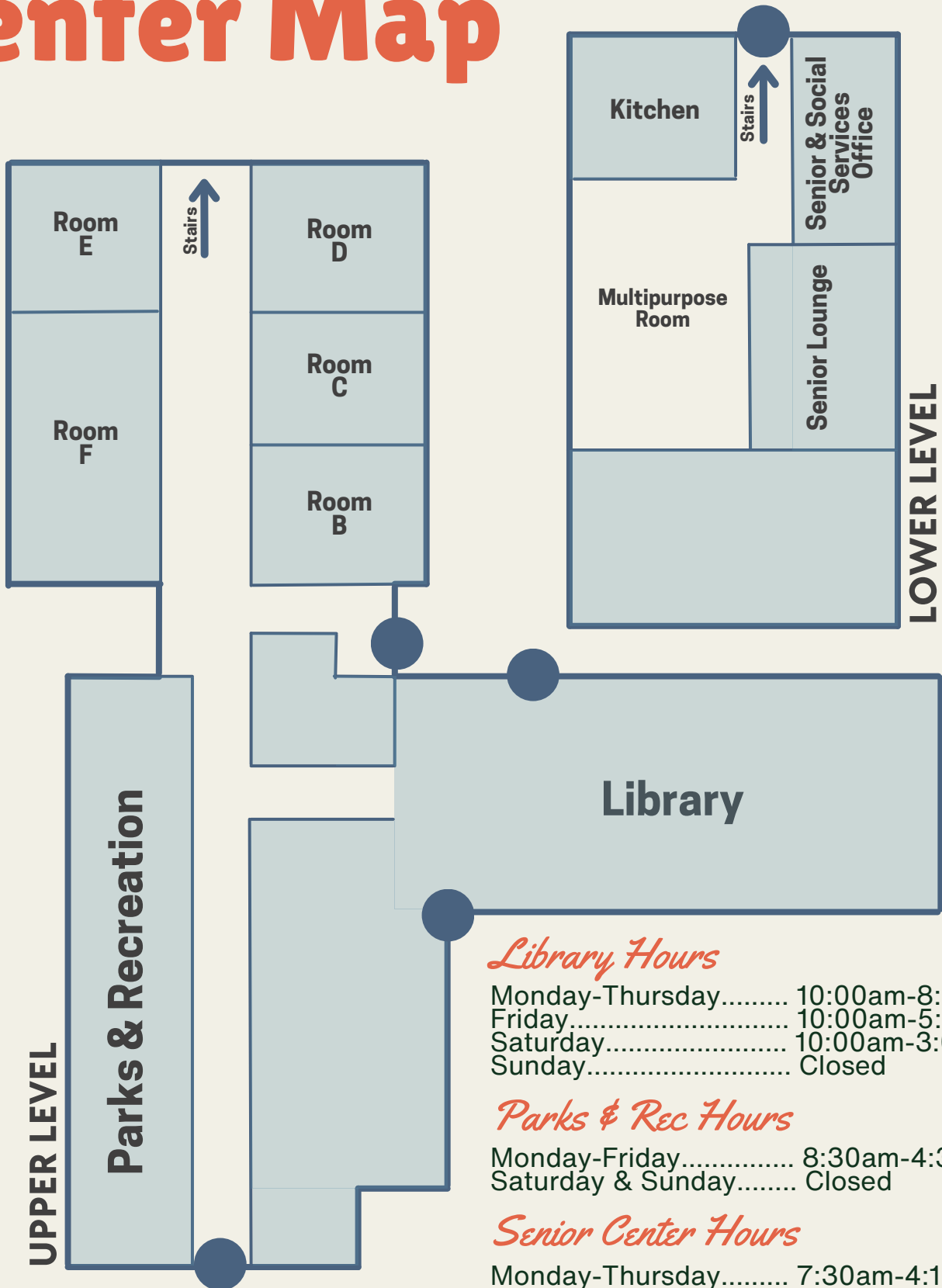
2025

**Winter & Spring**  
*Program Guide*  
**Canton, CT**

**Check Out All The Great  
Programming We Have to Offer  
January 2025 to May 2025**

[townofcantonct.org/senior-services](http://townofcantonct.org/senior-services)  
[cantonpubliclibrary.org](http://cantonpubliclibrary.org)  
[cantonrec.org](http://cantonrec.org)

# 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-Thursday.....	7:30am-4:15pm
Friday-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

Our mission is to empower individuals and families through accessible, diverse services that enhance their quality of life.

# 2025 Town Holidays

- Wed. 1/1 - New Years Day
- Mon. 1/20 - MLKJ Day
- Mon. 2/17 - President's Day
- Fri. 4/18 - Good Friday
- Mon. 5/26 - Memorial Day
- Fri. 7/4 - Independence Day
- Mon. 9/1 - Labor Day
- Mon. 10/13 - Columbus Day
- Tues. 11/11 - Veterans Day
- 11/27&11/28 - Thanksgiving
- Thurs. 12/25 - Christmas

# 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

## Our Mission

The mission of the Canton Public Library is to provide a vibrant, welcoming, accessible space to enhance community connection, enrich lifelong learning, and promote a dynamic exchange of ideas for all residents in all stages of life.

## Free Concerts Sponsored by the Friends of the Canton Library

Don't miss out on some great music and a good time in 2025!

Sat. 1/11: Kala Farnham, CT State Troubadour

Sat. 2/15: Joe Flood

Sat. 3/15: Blues 101 with Ramblin' Dan Stevens

# Parks & Recreation

## Contact Us

(860)693-5808  
cantonrec.org

## Meet the Staff

Taryn Schragar  
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.

## Already Thinking About the Summer?

*Don't Worry, We Have Been Too!*

All Summer Camps and Swim Lessons will be Open for Registration in February!



Call (860)693-5811  
to Register for Trips  
or to Ask Questions!

# Bus Trips

*with the Senior Center*

## St. Patrick's Day at The Aqua Turf

Don your green and hop aboard our wee bus to join the The St. Patrick's Day Celebration at The Aqua Turf in Plantsville. The Mclean Avenue Band and Irish Step Dancers will make the day grand and the delicious Corned Beef & Cabbage and Baked Cod along with the plentiful buffet will make you feel like you found a pot of gold. **Reservations open until February 10 or until sold out. Trip limited to 10.**

<i>Date &amp; Time</i>	<i>Location</i>	<i>Ages</i>
Tues., March 11th 10:00am-4:00pm	The Aqua Turf Plantsville, CT	55+
<i>Cost</i>		
\$60 per Person		

## North Country Band at the Aqua Turf

The sound of Nashville will be at The Aqua Turf when the North Country Band arrives. Wear your dancing shoes or boots -- line dancing instructions will be provided, no experience necessary! Lunch includes Chicken Kathryn and baked ham along with so much more so don't miss out on the rip-roarin' good time...saddle up and **get your reservations in by March 11 or sold out date. Trip limited to 10.**

<i>Date &amp; Time</i>	<i>Location</i>	<i>Ages</i>
Tues., April 8th 10:00am-3:30pm	The Aqua Turf Plantsville, CT	55+
<i>Cost</i>		
\$60 per Person		

## Culinary Institute of America

Visit the renowned Culinary Institute of America and get an inside look into their food and training. Then have lunch at American Bounty that sits above the Hudson River. After lunch enjoy the FDR Museum on your own time. **Stay tuned to email for future updates or call Senior & Social Services with questions.**

<i>Date &amp; Time</i>	<i>Ages</i>
Spring 2025	12+

## *Looking for a Bigger Adventure?*

### Alaskan Cruise feat. Denali Park

A 7-night cruise aboard Norwegian Jade + 3-night land tour package for Whittier to Fairbanks with airport transportation via Farmington. Traverse the Pacific coast by land and sea aboard the Norwegian Jade on a breathtaking journey that takes you from Vancouver, British Columbia to Alaska and beyond. This is Alaska as you always imagined and have been waiting for. **If interested, sign up for the March 18th info session. Call Senior & Social Services to register.**

<i>Date &amp; Time</i>	<i>Ages</i>
June 16th to June 26th, 2025	55+

### *Cost*

Inside Cabin: \$3,999 per Person Double or \$5,139 Single  
Oceanview Cabin: \$4,699 per Person Double or \$5,849 Single  
Balcony Cabin: \$5,699 per Person Double or \$7,899 Single

## One World Observatory & 9/11 Memorial in NYC

Honor those who lost their lives on September 11th with a visit to the One World Observatory and 9/11 Museum. Later on, enjoy some free time to spend leisurely in the Chelsea Market. **Stay tuned to email for future updates. If you have any questions call Senior & Social Services.**

<i>Date &amp; Time</i>	<i>Ages</i>
Spring 2025	12+

# Special Events

## Library Lock-In: A "Wild Robot" Event

*Library*

**Grades 4-12**

Join Teen Librarian Meghan and Children's Librarian Heather for an after-hours program JUST for kids and teens Grades 4 and up. We'll watch the movie, build edible robots, eat pizza, and answer wild robot trivia for small prizes! Advance registration is required to allow us to plan all the fun.

Friday, January 10th  
6:00pm-9:00pm

**Free with Registration Required**  
Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call  
(860)693-5800 to Register

## Canton Family Ice Skating Party

*Parks & Recreation*

Join us for our 8th annual Canton Family Ice Skating Party. Enjoy some time out with the family at Simsbury Farms Ice Rink hosted by Canton Parks and Recreation. There will be one hour of skate time with music. Hot chocolate will be provided.

Sunday, February 16th  
5:45pm-6:45pm  
Simsbury Farms Ice Rink  
\$8 R / \$10 NR when Pre-Registering  
\$10 R & NR for Day-of-Registration

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## Concert with Kala Farnham, Connecticut State Troubadour

*Library*

Enjoy a free concert with our State Troubadour. Refreshments. Everyone welcome, no registration required. Sponsored by The Friends of the Canton Public Library.

Saturday, January 11th  
Starting at 1:00pm

**Free with No Registration Required**

## Concert with Joe Flood

*Library*

Come enjoy a free concert sponsored by the Friends of the Canton Public Library. Refreshments. His latest album, "All Roads Lead to the Blues," has new original songs exploring blues forms and themes and their connections to Afro-Cuban, gospel, rock 'n' roll, and country music.

Saturday, February 15th  
Starting at 1:00pm

**Free with No Registration Required**

## Spring Craft Swap

*Library*

Our popular annual Craft Supply Swap is back! Give your unwanted supplies a new home and look for new treasures of your own. Look for more details on the library website in early February.

Saturday, March 29th  
Starting at 10:00am

**Free with No Registration Required**

## **Milk & Cookies Reception for the Pre-School Art Show**

*Library*

A special “milk and cookies” reception will be held for our young “preschool art show” artists and their families.

Tuesday, February 11th  
6:00pm-7:30pm

**Free with No Registration Required**

## **Take Your Child to the Library Day**

*Library*

It’s the 14th Annual “TYCTTLD”! We’ll celebrate with free, fabulous, fun activities for families. Get a library card (they’re free!), meet your children’s librarian, and explore all the wonders that your local library has to offer your family. Stop by at any time that Saturday for our in-house scavenger hunt, open craft station, and to visit our preschool art show, plus at 11:30 a.m. Nappy’s Puppets will present the shadow puppet play “Jack and the Beanstalk.”

Saturday, February 1st  
10:00am-3:00pm

**Free with No Registration Required**

## **2026 Nutmeg Release Party**

*Library*

Join us for the 2026 Nutmeg Release Party at the Canton Public Library! Be the first to see the 2026 Nutmeg lists in all four categories and check out the books before anyone else. Register early to secure your collectible mug—fun for all ages!

Tuesday, April 29th  
Starting at 6:00pm

**Free with Registration Required**  
Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call  
(860)693-5800 to Register

## **Pre-School Art Show**

*Library*

The lively and colorful display throughout the Children’s Room will include art from many local daycare/nursery schools, as well as Canton residents.

Throughout the Month of February  
During Library Open Hours

**Free with No Registration Required**

## **Nappy’s Puppets: Jack and the Beanstalk**

*Library*

Nappy’s Puppets presents “Jack and the Beanstalk,” a 45 minute shadow puppet show. Featuring handcrafted shadow puppets, this funny, fast-paced, action-packed show will follow Jack on his many adventures, based on the collection of Appalachian folk tales collected by Richard Chase.

Saturday, February 1st  
11:30am-12:15pm

**Free with Registration Required**  
Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call  
(860)693-5800 to Register

## **Canton Schools Art Show**

*Library*

Our local celebration of National Youth Art Month! Fine art, sculpture, photography and more from all Canton public schools will be on display throughout the library, in the Children’s Room, in the showcase display, and in the main gallery area during the entire month of March. This event is a collaboration with the Art Teachers of the Canton Public Schools, who select and display the works. Free evening reception Wednesday, March 12 from 6:30-7:45 PM, open to all, will celebrate the work of Canton’s young artistic community. All are welcome to attend.

Throughout the Month of March  
During Library Open Hours

**Free with No Registration Required**

# Community Involvement

## Senior & Social Services Volunteer

*Senior & Social Services*

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! 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's Canton Café
- Shoveling walkways and driveways during the winter months for our senior residents
- Providing rides for seniors to doctors appointments
- Food Bank delivery to homebound seniors
- Food Bank Shoppers and Food Distribution -- just to name a few.

**Please Call (860)693-5811 to Learn More and Apply**  
**Background Checks Required for All Volunteer Positions**

## Holiday Giving Program Thank You!

Canton Senior and Social Services is overwhelmed by the incredible generosity of the Canton community. The 2024 Holiday Giving Program, made possible by the collective efforts and generosity of Gifts for Canton, Canton PD, Canton Emergency Response Team, families, churches, and local businesses, brought warmth and cheer to many underprivileged families. We are deeply grateful to everyone who participated in the Toy & Gift Card Drive and Stock the Cruiser. Your kindness and compassion have truly made a difference in the lives of those in need.

## Neighbors Helping Neighbors Spring Cleaning Day

*Senior & Social Services*

Spring into action! Let's come together to help our neighbors in need. Sign up to volunteer for Neighbors Helping Neighbors Spring Cleaning Day!

Date & Time To Be Determined...  
Expected to be a Saturday in May

**Please Call (860)693-5811 to Learn More**

## 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 Tuesday of the Month  
1/21, 2/18, 3/18, 4/15 & 5/20  
Starting at 1:00pm

**Visit [cantonlibraryfriends.org](http://cantonlibraryfriends.org) for More Information**

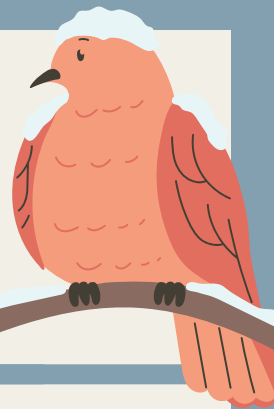
## Parks & Recreation Commission Meetings

*Parks & Recreation*

The Canton Parks & Recreation Commission meets the third Monday of every month. Please feel free to join!

3rd Monday of the Month  
1/27, 2/24, 3/17, 4/21 & 5/19  
Starting at 7:00pm

# 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 kids dancing and helps them burn off some energy before nap time.

#### Winter Session 1

Wed. 1/8-2/5

9:30am-10:30am

Parks & Rec Room

\$70 R / \$75 NR

#### Winter Session 2

Wed. 2/19-3/19

9:30am-10:30am

Parks & Rec Room

\$70 R / \$75 NR

**Registration Required**

**Visit [cantonrec.org](http://cantonrec.org) to Register**

### Pre-School Story Times with a Craft

*Library*

**Ages 3-5 Years**

Story time is our favorite time of the week! For children aged 3 to 5 years, with a parent/caregiver. Join Ms. Heather 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 first at the Children's Desk for nametags.**

**Thursdays at 10:30am**

**Free with No Registration Required**

### Rhythm and Rhyme Story Time

*Library*

**Ages 6 Months-3 Years**

Let us help grow your reader. We'll be introducing children ages 6 months through age 3 and their loved ones to language, literature, and the library through songs, rhymes, stories, and games. Parents and caregivers are heartily encouraged to play and sing along, and siblings are welcome to attend. **Stop first at the Children's Desk for a nametag.**

**Fridays at 10:30am**

**Free with No Registration Required**

### Open Art Studio

*Library*

**Ages 3-5 Years**

Children's Programmer Sue Tarinelli designs a new art project each week for children aged 2 and up 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! Drop in and get creative each week with your little one.

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

**Free with No Registration Required**

### T-Ball

*Parks & Recreation*

**Ages 4-6 Years**

Get ready, future baseball superstars! Kids will dive into the fundamentals of America's beloved game—mastering throws, catches, and hits while having a blast!

**For More Information**

**See pg. 11**



## PLAYSTRONG Programs

*Parks & Recreation*

**Ages 1-5 Years**

This is a great class for the active little ones who are looking for a foundation of tumbling and fitness. Skills are taught through a mix of song and dance as well as obstacle courses and other fun games!

### **Tiny Tumble Tots (Ages 1.5-3 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/support in class. Skills are taught through a mix of song and dance as well as obstacle courses and other fun games! Students will learn basic forward rolls, jumps, pre-cartwheels and more!

### **Pre-Tumble (Ages 3-5 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! Students will learn forward rolls, jumps, pre-cartwheels, balancing, strength, and more based on abilities!

#### **Winter Session**

Mon. 1/6-2/24

Parks & Rec Room

#### **Spring Session**

Mon. 3/3-4/7

Parks & Rec Room

#### **Class Times**

Tiny Tumble Tots A 9:15am-10:00am

Pre-Tumble 10:00am-10:45am

Tiny Tumble Tots B 10:45am-11:30am

#### **Session Costs**

Tiny Tumble Tots \$82 R / \$87 NR

Pre-Tumble \$82 R / \$87 NR

#### **Registration Required**

Visit [cantonrec.org](http://cantonrec.org) to Register

## Stories for Twos and Threes

*Library*

**Ages 2 & 3 Years**

**New!** Ms. Heather will share stories, songs, rhymes, and more with us to support your child's developing skills. For ages 2-3 with their loved ones. We'll finish the story time with a craft OR an interactive activity. **Stop first at the Children's Desk for a nametag.**

**Wednesdays at 10:30am**

**Free with No Registration Required**

## Little Chefs

*Parks & Recreation*

**Ages 3.5-5 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 and familiarization with kitchen equipment and tools while creating tasty treats.

#### **Winter Session 2**

Thurs. 2/6-2/27

8:45am-9:30am

Parks & Rec Room

\$123 R / \$133 NR

#### **Winter Session 3**

Thurs. 3/6-4/10

9:00am-9:45am

Parks & Rec Room

\$131 R / \$141 NR

#### **Registration Required**

Visit [cantonrec.org](http://cantonrec.org) to Register

## Colorful Creations

*Parks & Recreation*

**Ages 3.5-5 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 2**

Thurs. 2/6-2/27

9:45am-10:30am

Parks & Rec Room

\$123 R / \$133 NR

#### **Winter Session 3**

Thurs. 3/6-4/10

9:45am-10:30am

Parks & Rec Room

\$131 R / \$141 NR

#### **Registration Required**

Visit [cantonrec.org](http://cantonrec.org) to Register



## Tots on the Go!

*Parks & Recreation*

**Ages 2-5 Years**

Join Tots on the Go and have your child exercise, play and move in a safe, nurturing environment. Each monthly class will include themed activities and crafts with a chance to free play on an obstacle course at the end. 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.

### January Class

Tues. 1/14  
9:15am-9:55am  
Parks & Rec Room  
\$15 per Class

### February Class

Tues. 2/11  
9:15am-9:55am  
Parks & Rec Room  
\$15 per Class

### March Class

Tues. 3/11  
9:15am-9:55am  
Parks & Rec Room  
\$15 per Class

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

# Arts & Crafts

## DIY Valentines Craft Station

*Library*

**Open to All Ages**

Our very popular Holiday Craft Station will be returning to celebrate Valentines Day. The Children's Library Staff provides all the 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. For children of all ages. **Grown-ups should expect to supervise and assist any crafters under age 5.**

**Available 2/8-2/14**  
**During Library Open Hours**  
**Free with No Registration Required**

# After School

## Little Yogis After School

*Parks & Recreation*

**Grades K-3**

Each session focuses on physical, mental and emotional development through engaging activities. This class is designed to not only introduce children to the physical poses of yoga, but also to instill in them valuable life skills such as focus, resilience and empathy.

### Winter Session

Fri. 1/3-2/14  
3:30pm-4:30pm  
CBPS Cafeteria  
\$100 for Full Session

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## Food Explorers After School

*Parks & Recreation*

**Grades K-3**

### Chocolate Confections (Winter Session)

Join Food Explorers for a celebration of chocolate! You'll be making: Chocolate pancake tacos, chocolate mini donuts with chocolate glaze, chocolate strawberry cheesecake cups and chocolate orange pies.

### Winter Session

Wed. 1/8-1/29  
3:45pm-4:45pm  
CBPS Cafeteria  
\$85 for Full Session

### Spring Desserts (Spring Session 1)

Join Food Explorers for a 4-week dessert class! You'll be making: Strawberry lemonade pies, carrot cake donuts, chocolate banana cupcakes and raspberry vanilla whoopie pies.

### Spring Session 1

Wed. 3/26-4/23  
3:45pm-4:45pm  
CBPS Cafeteria  
\$85 for Full Session

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## Art-Ventures After School

*Parks & Recreation*

Grades K-3

### Art-Ventures in the Rainforest (Winter Session)

Head off on a jungle safari! Art adventurers trek through the rainforest, discovering the wondrous and rare creatures that call it home. Create stained glass tigers, build rockin' rain sticks, paint ceramic turtles, design repousse reptiles and sculpt froggy light switch covers. All that and so much more during the winter session of Art-Ventures After School!

#### Winter Session

Tues. 1/14-3/11

3:40pm-4:40pm

CBPS Cafeteria

\$142 for Full Session

### Where the Wild Things Art (Spring Session)

Art-Ventures will explore many whimsical and original art forms and techniques, discovering clay and collage, painting and drawing, mask-making and decorating, just to name a few! Sculpt colorful hybrid creatures and clay pots. Even make your own t-shirts! Humor and surprises are always included!

#### Spring Session

Tues. 4/8-5/27

3:40pm-4:40pm

CBPS Cafeteria

\$142 for Full Session

#### Registration Required

Visit [cantonrec.org](http://cantonrec.org) to Register

## Be a Nutmeg Reader at the Canton Public Library!

*Library*

Grades 2-12

You can sign up to earn collectible book badges as rewards for reading the 2025 Nutmegs Books. Complete any quiz and you will earn a collectible book badge for that book. Read and collect them all year, through the end of April 2025. Any participant who earns 10 or more badges before April 30, 2025 is eligible for a special reward and a party in May 2025.

#### Ongoing Until 4/30

Free with No Registration Required

Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org)

## Mad Science After School

*Parks & Recreation*

Grades K-3

### Science Surprise! (Winter Session)

Students will unbox the surprising world of science as they discover a new STEM topic in each class! In this program, kids learn about several specialized areas of science, including forensics, geology, meteorology, entomology and mechanical engineering. They gain foundational science knowledge that will help them in their future science endeavors.

#### Winter Session

Mon. 1/27-3/10

3:40pm-4:40pm

CBPS Cafeteria

\$142 for Full Session

### Mad Medley (Spring Session)

When students join this program after school, they join us for an exploration of some of our favorite classes. We could be confronting aliens in one class, chemistry in the next and maybe even some art concepts. This program offers something for everyone! A science-related take home activity accompanies every class.

#### Spring Session

Mon. 4/7-5/19

3:40pm-4:40pm

CBPS Cafeteria

\$142 for Full Session

#### Registration Required

Visit [cantonrec.org](http://cantonrec.org) to Register

## 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 will allow your child time to do everything from completing homework to playing games with their friends!

To Learn More About Beyond the Bell, Visit: [cantonrec.org](http://cantonrec.org)

# Sports

## Little Warriors Golf Program

*Parks & Recreation*

**Ages 3-7 Years**

Give your child the gift of golf, whether it's a 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. 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 all sports by capitalizing on age specific development windows. Coach Brian Phelps is a Certified PGA Professional in Player Development and Teaching with coaching as his life passion!

### **Ages 3-4**

Mon. 4/21-5/12  
4:30pm-5:15pm  
Mills Pond Park  
\$88 R / \$98 NR

### **Ages 5-7**

Mon. 4/21-5/12  
5:15pm-6:15pm  
Mills Pond Park  
\$100 R / \$110 NR

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## T-Ball

*Parks & Recreation*

**Ages 4-6 Years**

Children learn the basics of baseball including how to throw, catch, hit, and the positions of America's favorite pastime; all while having fun in a safe environment. T-ball takes place on Saturdays spread over 5 weeks in April and May at Mills Pond Park. Participants get a cool team t-shirt to keep!

### **T-Ball**

Sat. 4/26-5/31  
9:30am-10:30am  
Mills Pond Park  
\$55 R / \$65 NR

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## USTA Youth Tennis Clinics

*Parks & Recreation*

**Grades 1-8**

Led by approved USTA tennis coaches, the program includes the latest fun and engaging activities that help players successfully learn and play! The program focuses on developing the skills to serve, rally and play more quickly utilizing modified tennis balls, age-appropriate racquets, and court sizes. All players in their first session receive and keep a new age-appropriate racquet and program t-shirt.

### **USTA Youth Tennis Clinics**

Sun. 4/27-6/8

Red Ball (Grades 1-2) 9:00am-10:00am  
Orange Ball (Grades 3-5) 10:00am-11:00am  
Green Ball (Grades 6-8) 11:00am-12:00pm  
Mills Pond Park  
\$95 R / \$100 NR

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## Adaptive Basketball Clinic

*Parks & Recreation*

**Ages 4-21 Years**

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

### **Adaptive Basketball Clinic**

Sun. 1/19-3/16  
9:00am-10:00am  
CIS Gymnasium  
\$30 for Full Clinic

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## Interested in Helping Out as a Volunteer Coach?

Visit the Adaptive Basketball Clinic Program on [cantonrec.org](http://cantonrec.org) to Register as a Volunteer Coach!

## Skyhawks Basketball Clinics

*Parks & Recreation*

**Grades K & 1**

This recreation basketball clinic offers children grades K-1 their first experience with basketball. This program is introductory in nature where participants will learn the game of basketball through engaging drills and small-sided games. Our coaches will focus on developing the basics and fostering a love of the game. Using our progression-based curriculum, we focus on the whole player - teaching sportsmanship and teamwork.

### Skyhawks Basketball Clinics

Mon. 1/6-2/10

Session 1 3:40pm-4:25pm

Session 2 4:30pm-5:15pm

CBPS Gymnasium

\$89 R / \$99 NR

**Registration Required**

Visit [cantonrec.org](http://cantonrec.org) to Register

## Warrior Volleyball Clinic

*Parks & Recreation*

**Grades 5-9**

Players will learn volleyball basics, develop skills, and play a lot of fun games to improve! This program takes an in-depth approach to the basic fundamentals and techniques of volleyball. Warrior Volleyball Clinics are designed for girls in grades 5th-9th who wish to learn and/or improve their volleyball fundamentals including passing, setting, hitting, game tactics, and rules, all while conditioning. Our coaching staff and volunteers have a wealth of knowledge about the game.

### Grades 5-6

Tues. 4/1-5/13

4:30pm-6:00pm

CMHS Gymnasium

\$100 R / \$110 NR

### Grades 7-9

Tues. 4/1-5/13

6:00pm-7:30pm

CMHS Gymnasium

\$100 R / \$110 NR

**Registration Required**

Visit [cantonrec.org](http://cantonrec.org) to Register

# April Break

## CAS: Soccer Spring Break Camp

*Parks & Recreation*

**Ages 6-12 Years**

Our popular summer camp is here for spring break! CAS Community Camps focus on creating a fun learning environment while fostering a love for the game through skill acquisition, conditioned practices and small-sided games. This camp will focus on the themes of ball mastery, passing and receiving, dribbling, moving with the ball, and shooting.

### Spring Break Camp

Monday 4/14-Friday 4/17

9:00am-1:00pm

CIS Soccer Field

\$175 R / \$185 NR

**Registration Required**

Visit [cantonrec.org](http://cantonrec.org) to Register

## Art-Ventures April Break Camp

*Parks & Recreation*

**Grades K-6**

Spish, Splash Art Blast: This inspiring week of ART-ventures sparks creativity, engagement, exploration, and individual expression. Learn about the fascinating underwater world of seahorses, sea turtles and other wonderful creatures while exploring original art forms and techniques. Create ocean slime and discover the art of mosaics while creating seashell boxes. That and so much more at the Art-Ventures April Break Camp!

### Spring Break Camp

Monday 4/14-Friday 4/17

10:00am-1:00pm

Parks & Rec Room

\$170 R / \$180 NR

**Registration Required**

Visit [cantonrec.org](http://cantonrec.org) to Register

# Teens

## 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. Feel free to bring your own projects too. Each month, join us for a special guided project.

Tuesdays  
3:00pm-4:30pm

**Free with No Registration Required**

## Babysitter Training Certification Course

*Parks & Recreation*

**Ages 11-16 Years**

The primary purpose of the American Red Cross Babysitter Training course is to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid.

Mondays: 2/24, 3/3 & 3/10  
3:00pm-5:00pm  
Room B  
\$95 R / \$105 NR

**Registration Required**  
**Visit [cantonrec.org](http://cantonrec.org) to Register**

## Interested in More American Red Cross Classes?

See pg. 23 for Adult & Pediatric CPR/AED/First Aid Certifications

## Cookie Decorating & 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. Movie choice (PG) will be determined by participant vote.

Friday, December 20th  
1:00pm-3:00pm

**Free with Registration Required**  
**Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call (860)693-5800 to Register**

## Teens Games Unplugged

*Library*

**Grades 4-12**

Discover all kinds of games you can play without electronics in a free afternoon of fun. Try some favorites: Sorry, Wig-Out, Guess Who, Uno, or Sleeping Queens. Or more recent additions: Scattergories, Sequence, Yahtzee, and Rummikub

Thursdays  
3:00pm-4:30pm

**Free with No Registration Required**

## Teen Movie Night

*Library*

**Grades 5 and Up**

Enjoy a special after-hours Teen Movie Night at the Canton Public Library on the second Friday of each month from 6-8 PM! January's feature is Wild Robot. **Future titles to be announced.**

Fridays: 1/10, 2/14, 3/14 & 4/11  
Starting at 6:00pm

**Free with Registration Required**  
**Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call (860)693-5800 to Register**





# Adult Programs

## Art

### Hour of Art *Senior Center*

Join the talented students from CHS Art Honor Society to get creative together. No experience necessary -- just come with an open mind and let's see what we can make together! Camaraderie, conversations, and free coffee too! **Min. 3, max. 10 registrants needed.**

Tuesdays: 12/17, 1/21, 2/18 & 3/18  
2:45pm-3:45pm  
Senior Lounge

**Free with Registration Required**  
Call (860)693-5811 to Register

### Faux Floral Workshop *Senior Center*

Let's usher in the spirit of Spring as we gather to create something fresh and fabulous to celebrate the season of new beginnings. Paid reservations required. **Minimum 3 registrants to run the class.**

Tuesday, March 25th  
10:00am-11:00am  
Senior Lounge  
\$10 per Participant

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) or  
Call (860)693-5811 to Register

## Craft & Chat *Library*

Join us for a monthly drop-in crafting group. Bring your own knitting, crocheting, embroidery, or whatever else you're working on and socialize and share with others. **No instruction provided.**

4th Monday of the Month  
1/27, 2/24, 3/24 & 4/28  
Starting at 6:30pm

**Free with No Registration Required**

## Adult Craft Night *Library*

Let's get creative! Join us for a fun craft project -- something new every month! **Check the library website for project details.**

2nd Thursday of the Month  
1/9, 2/13, 3/13, 4/10 & 5/8  
Starting at 6:30pm

**Free with Registration Required**  
Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call  
(860)693-5800 to Register

## 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!

Thursdays: 1/16, 2/20, 3/20, 4/17 & 5/15  
Starting at 1:00pm

**Free with Registration Required**  
Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call  
(860)693-5800 to Register

## Spring Succulent Candle Workshop

*Parks & Recreation*

Join Kelly from Dane Good in Welcoming Spring! This spring season, why not celebrate by creating a beautiful, vibrant succulent garden on top of a candle that you'll get to make yourself? You'll learn how to prepare, pour and decorate your candle so that you can enjoy it all season long. **Children ages 12-16 must be accompanied by an adult.**

Thursday, May 8th  
6:30pm-7:45pm  
Room C  
\$55 per Participant

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## Enrichment

### Creating Your Personal Brand with Jean Mix

*Library*

Whether you are promoting your business, trying to move up in your company, or trying to get a job or internship, it is important that you know what sets you apart. In this competitive environment, it is essential that we communicate how we add value to a company or industry. Branding is the key to identifying your superpower or what makes you special and communicating that to your target audience through the use of social media, networking, or public outreach. This one-hour Branding session will walk participants through the steps to come up with their own personal brand and strategies to help them deliver that message and achieve their goals.

Tuesday, January 14th  
Starting at 6:30pm

**Free with Registration Required**  
Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call  
(860)693-5800 to Register

## 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. Coffee and tea are supplied while players bring a pot luck of goodies to share.

Thursdays  
12:00pm-3:00pm  
Multi-Purpose Room

**\$.05 per Card with Varying  
Increases for 2 Games  
No Registration Required**

## 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. Drop-ins welcome.

Wednesdays (Closed 1/1/25)  
10:00am-12:00pm  
Senior Lounge

**Free with No Registration Required**

## Winter Native Plant Sowing

*Library*

Learn a low-cost way to grow native plants from seed. Some seeds need a period of cold stratification for successful germination. We'll use a plastic jug as a mini greenhouse by planting seeds inside and leaving it outside over winter. **Bring a one-gallon translucent jug; potting soil and seeds will be provided.**

Tuesday, January 28th  
Starting at 6:30pm

**Free with Registration Required**  
Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call  
(860)693-5800 to Register



## Embracing AI in Everyday Life: Simple Ways to Use AI to Make Your Day Easier

*Library*

Curious about AI but unsure where to start? Join us for a friendly and engaging discussion about how artificial intelligence is already part of our daily routines—and how you can easily use it to make everyday tasks more convenient and fun! In this session, we'll explore simple, practical examples of AI in action, from finding new recipes, planning your day or a trip, summarizing an article, or even learning new skills. Whether you're tech-savvy or just getting started, this event will help you feel confident and excited about using AI in ways that suit your lifestyle. Let's explore AI together and discover how it can be a helpful tool for everyone!

Tuesday, February 4th  
Starting at 6:30pm

**Free with Registration Required**  
Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call  
(860)693-5800 to Register

## 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; all administered through the U.S. Veterans Affairs Benefits Administration (VBA).

1st Friday of the Month  
Appointments Available 9:00am-1:00pm

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



## Scrabble *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 on Wednesday mornings. Bring a friend and let's keep our brains sharp and smart! Drop-ins welcome!

Wednesdays (Closed 1/1/25)  
10:00am-12:00pm  
Senior Lounge

**Free with No Registration Required**

## First Friday Flicks *Library*

Join us for First Friday Flicks, a free movie the first Friday of every month. 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  
1/3, 2/7, 3/7, 4/4 & 5/2  
Starting at 1:00pm

**Free with No Registration Required**

## Informational Presentation: Alaskan Cruise ft. Denali Park

*Senior Center*

Are you interested in the June excursion to Alaska and Denali Park? Join a representative from the tour company to learn more about all that is included and how it might just be the trip for you!

Tuesday, March 18th  
Starting at 10:00am  
Senior Lounge

**Free with Registration Required**  
Call (860)693-5811 to Register



## Jumpstart Your Journaling Practice

*Library*

The benefits of journaling are well documented, and there are so many ways to go about it - how can you build a journaling practice that's just right for you? In this interactive session, we'll learn three simple ways to jumpstart your journaling, get some hands-on practice, and discover how we can weave these techniques together to create a practice that you love! Bring your journal, an open mind, and all of your questions.

\*Virtual Program\*  
Monday, January 13th  
Starting at 6:30pm

**Free with Registration Required**  
Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call  
(860)693-5800 to Register

## Cards

*Senior Center*

Pop in to the new senior lounge after lunch and grab a deck of cards and a few friends. This time is dedicated to all types of card games. Plenty of decks and free coffee to go around.

Wednesdays After Lunch  
Senior Lounge

**Free with No Registration Required**

## Tech Help

*Senior Center*

Drop in and receive assistance from members of the Canton High School National Honor Society. Bring your questions and conundrums along with your cell phone, laptops, or iPads.

1st and 3rd Wednesdays of the Month  
2:30pm-3:30pm

**Free with No Registration Required**

## Fireside Chats

*Senior Center*

Join the Canton High School National Honor Society for an hour of conversation around our cozy fireplace. Come join the chat and intergenerational fun. Topics to be drawn at random each session. Free coffee and hot cocoa will be available. **Minimum 3 registrants to run session.**

Mondays: 1/13, 2/10 & 3/10  
2:30pm-3:30pm  
Senior Lounge

**Free with Registration Required**  
Call (860)693-5811 to Register

## Author Talk with Juliet Grames

*Library*

Juliet Grames, former Collinsville resident and the author of *The Seven or Eight Deaths of Stella Fortuna* and *The Lost Boy of Santa Chionia* returns to talk about her latest novel.

Thursday, April 3rd  
Starting at 6:30pm

**Free with Registration Required**  
Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call  
(860)693-5800 to Register

## 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 Tuesday 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.

1st Tuesday of the Month  
11:00am-12:00pm  
Senior Lounge

**Free with No Registration Required**

## **BINGO Bonanza with Brookside** *Senior Center*

Join us on our usual Bingo day but with a special twist! Staff from The Residence at Brookside in Avon join us and they are sweetening the pot with fabulous game prizes. Don't miss out!

Thursday, January 16th  
12:00pm-3:00pm  
Multi-Purpose Room

**Free with Registration Required**  
**Call (860)693-5811 to Register**

## **Mahjong** *Senior Center*

The name of the game means "sparrow" in southern Chinese dialects, referring to the bird-like clacking sound the tiles make during reshuffling. This social game of skill, strategy and a little bit of luck is a great way to meet people, form friendships and keep the mind sharp! Drop-ins welcome.

Fridays (Closed 4/18/25)  
12:00pm-2:00pm  
Senior Lounge

**Free with No Registration Required**

## **Visible Mending** *Library*

Join Sophia DeJesus-Sabella to learn some beautiful and functional visible mending techniques to give your clothes new life. Everyone will go home with a completed sample and a small kit to continue their mending at home. Space is limited and registration is required.

Thursday, March 27th  
Starting at 6:30pm

**Free with Registration Required**  
**Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call**  
**(860)693-5800 to Register**

## **Genealogy Tips from Your Neighbors**

*Library*

Join us for a panel discussion and question and answer from local people with experience doing genealogies.

Date & Time To Be Determined

**Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) for More Information**

## **Book Clubs** *with the Library*

### **Cozy Quiet Book Group**

Would you love to read quietly in the library after closing time? Well, the opportunity is coming! Starting in January we will have a cozy quiet book club on the last Saturday of the month. Just get to the library before we close at 3 pm.

Saturdays: 1/25, 2/22, 3/29 & 4/26  
Starting at 3:00pm  
Library

**Free with No Registration Required**

### **Science Book Discussion**

Join our Science Book Discussion Group at Good Friends Restaurant. Every month we read a nonfiction Science book or a Science Fiction novel and have a lunch discussion. You can borrow the current book at our library circulation desk. All adults are welcome at our book discussions

Thursdays: 1/9, 2/13, 3/13 & 4/10  
Starting at 12:30pm  
Good Friends Restaurant in New Hartford

**Free - Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) for More Information**

## Mystery Lovers

Do you love mysteries? Come to our mystery discussion at Good Friends Restaurant on the Canton/New Hartford line on Route 44. The Mystery Lovers discuss our current read and enjoy drinks and/or a meal together. If you are new to the group, please use the registration link so we know to expect you at the meeting.

Thursdays: 1/30, 2/27, 3/27 & 4/24  
Starting at 6:00pm

Good Friends Restaurant in New Hartford

**Free - Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) for  
More Information**

## Monday Evening Book Group

Our Monday Book Club is meeting on Zoom from Jan. through March and in person again in the library program room starting in April. Copies of the book are available at our circulation desk in advance of the meeting. All adults are welcome to join these book discussions. You only need register if you have not joined the group before and would like to be on the email list for updates.

Mondays: 1/13, 2/10, 3/10 & 4/14  
Starting at 7:00pm

Held Virtually January-March  
Held in Person Starting April

**Free - Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) for  
More Information, New Members Must  
Register**

## Walking Book Discussion

Our walking book discussion meets at Nepaug Reservoir at the Route 202 gate to walk together and discuss our latest read. You can join us by registering if you have not yet attended the group. We will then put you on our mailing list if you enjoy this monthly walk and discussion.

Saturdays: 1/4, 2/1, 3/1 & 4/5  
Starting at 2:00pm

Meet at Route 202 Gate  
of Nepaug Reservoir

**Free - Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) for  
More Information**

# Fitness & Exercise

## Fitness Matrix

*Parks & Recreation*

This fun, beginner-to-intermediate class provides a full-body workout using multiple fitness modalities. Each class varies slightly, but will work all major and some minor muscle groups.

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

**Registration Required  
Visit [cantonrec.org](http://cantonrec.org) to Register**

## Line Dancing

*Senior Center*

Beginners welcome, no partner needed. Come enjoy dancing with us to simple, easy-to-learn, line dances. Wear comfortable clothes and shoes -- you are bound to have a hip swingin', heel stompin' good time. Minimum 5 pre-paid registrants to run class.

Fridays at 1:00pm in the Multi-Purpose Room  
No Class: 4/18  
\$5 per Class Pre-Paid or \$7 per Class Drop-In

**Registration Required  
Visit [cantonrec.org](http://cantonrec.org) or Call  
(860)693-5811 to Register**

## Pilates Fusion

*Parks & Recreation*

Improve flexibility and posture while sculpting, toning and renewing your body! This class combines standing and mat pilates with yoga and barre.

Fridays at 10:45am  
Parks & Rec Room  
\$15 per Month

**Registration Required  
Visit [cantonrec.org](http://cantonrec.org) to Register**

## **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! No special attire or shoes required/dress comfortably.

Mondays at 10:45am in Room C  
Wednesdays at 11:30am in Room E  
No Class: 1/1, 1/20 & 2/17  
\$5 per Class Pre-Paid Rate  
\$7 per Class Drop-In Rate

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) or Call  
(860)693-5811 to Register

## **Tai Chi** *Senior Center*

Tai Chi is an ancient Chinese movement practice that focuses on muscle control, stability, balance, and flexibility using gentle movements. Practiced regularly, it can help reduce pain, especially from knee osteoarthritis, back problems, and fibromyalgia -- among many other health challenges. No special attire or shoes required/dress comfortably. 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. Minimum 5 registrants to run class.**

Mondays at 10:00am in Room D  
Wednesdays at 10:00am in Room C  
No Class: 1/1, 1/20 & 2/17  
\$5 per Class Pre-Paid Rate  
\$7 per Class Drop-In Rate

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) or Call  
(860)693-5811 to Register

## **Express Yoga** *Parks & Recreation*

Express Yoga is a shortened, 30-minute class offered in both a morning and evening format to fit into anyone's busy schedules! In the morning express yoga sessions, students will be guided through Sun Salutations (Surya Namaskar), an invigorating yoga sequence for warming up the body to prepare for the day ahead! In the evening express yoga sessions, students will be guided through Moon Salutations (Chandra Namaskar), a calming yoga sequence for the nervous system to prepare for rest and relaxation at the end of a busy day.

Mon. 1/6-3/10  
AM Session 8:00am-8:30am  
PM Session 5:30pm-6:00pm  
Parks & Rec Room  
\$48 for Full Session

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## **Ballet, Modern & Jazz with** **Bonnie Flattery** *Parks & Recreation*

The advantage of dance and movement programs like ballet, modern and jazz 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.

<b>Spring Session I</b>	<b>Spring Session II</b>
Wed. 3/5-4/9	Wed. 4/23-5/28
2:00pm-3:00pm	2:00pm-3:00pm
Parks & Rec Room	Parks & Rec Room
\$45 for Full Session	\$45 for Full Session

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## Pound Fitness

*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!

### Session 4

Mon. 1/27-3/17  
6:30pm-7:30pm  
Parks & Rec Room  
\$60 R / \$70 NR

### Session 5

Mon. 3/24-4/28  
6:30pm-7:30pm  
Parks & Rec Room  
\$60 R / \$70 NR

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## 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 energize you and improve your overall health, including posture, balance, power and range of motion.

### Session 2

Thurs. 2/13-4/3  
7:30pm-8:30pm  
Virtual  
\$62 for Full Session

### Session 3

Thurs. 4/10-5/29  
7:30pm-8:30pm  
Virtual  
\$62 for Full Session

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## 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.

### Winter Session

Thurs. 2/13-3/20  
11:00am-12:00pm  
Parks & Rec Room  
\$60 R / \$70 NR

### Spring Session

Thurs. 5/8-6/26  
11:00am-12:00pm  
Parks & Rec Room  
\$80 R / \$90 NR

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## 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.

Saturdays Year-Round  
10:30am-11:30am  
Multi-Purpose Room  
\$52 for 8-Class Pack

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Express Yoga 8:00am Tai Chi 10:00am Chair Pilates 10:45am Express Yoga 5:30pm Pound 6:30pm	Fitness Matrix 10:30am	Tai Chi 10:00am Chair Pilates 11:30am Ballet, Modern & Jazz 2:00pm	YogaCHI 11:00am Virtual Yoga with Nancy 7:30pm	Pilates Fusion 10:45am Line Dancing 1:00pm	Zumba Gold 10:30am

# Health, Wellness & Finance

## Nutrient Boost: Simple Strategies for a Healthier Plate with Kristen Ludwig

*Library*

Whether you're managing high cholesterol, pre-diabetes, diabetes, heart disease or looking to prevent any of these, this nutrition workshop is for you! Kristen will walk you through her tried and true eating framework that she uses with all of her clients to help them have more energy, manage/prevent chronic disease and lead the best quality of life possible. Kristen does not promote any restrictive diets that limit your favorite foods, instead she will teach you how to fit these foods in so that you can still enjoy them and meet your health goals.

Tuesday, March 11th  
Starting at 6:30pm

**Free with Registration Required**  
Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) or Call  
(860)693-5800 to Register

## Medical Foot Clinic

*Senior Center*

Dancing Feet LLC is looking to give you happy feet. Medical foot care is performed by a Registered Nurse and includes general assessment of the feet and lower extremities; nail trimming, filing and cleaning; reduction of thickened nails; soothing of corns and calluses; massaging, applying lotion and powdering feet. Referrals to a physician or podiatrist, if necessary.

1st Monday of Each Month  
9:30am-2:30pm  
Senior Lounge

\$40 - Payable by Check or Cash to Provider

**Registration Required**  
Call (860)693-5811 to Register

## Hearing Screening

*Senior Center*

Are you concerned with hearing loss? Have you ever had a hearing test or are you 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 especially when the Senior Center offers it for free!

2nd Thursday of the Month  
9:30am-11:30am  
Senior Lounge

**Free with Registration Required**  
Call (860)693-5811 to Register

## Memory Screening

*Senior Center*

Free memory screenings are available at the Canton Senior Center through a partnership with Hartford HealthCare Center for Healthy Aging. These confidential screenings, which include an approximate 30-minute consultation, do not diagnose any illness but can help indicate if someone should follow up with a medical exam.

Thursday, March 27th  
9:00am-12:00pm  
Senior Lounge

**Free with Registration Required**  
Call (860)693-5811 to Register

## Fitness Class Scholarships

*Senior Center*

We are pleased to offer limited monthly scholarships to Senior Center fitness classes for qualified individuals. If you have been wanting to exercise but cost is prohibitive, we welcome you to apply. Stop by the Senior and Social Services office to obtain and submit an application. Canton residents who already receive other state and federal assistance through SNAP, Renter's Rebate, Energy Assistance, SSDI and SSI are encouraged to apply.

Call (860)693-5811 with Questions

## Adult & Pediatric CPR/AED & First Aid Certifications

*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.

### January Class

Tuesday 1/7  
2:00pm-4:30pm  
Parks & Rec Room  
\$75 R / \$85 NR

### February Class

Thursday 2/13  
2:00pm-4:30pm  
Parks & Rec Room  
\$75 R / \$85 NR

**Registration Required**  
Visit [cantonrec.org](http://cantonrec.org) to Register

## Learning to Live With and Manage 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? Come join the Cherry Brook Healthcare Center staff for a fun, educational experience on the topic. Light snack served.

Monday, March 4th  
10:00am-11:00am  
Senior Lounge

**Free with Registration Required**  
Call (860)693-5811 to Register

## Kitchen Equipment Swap

*Library*

Join us for our first Kitchen Equipment Swap. Bring the gadgets languishing in your cupboards, linens, crockery or flatware and get something new and useful to you.

Saturday, February 22nd  
1:00pm-3:00pm

**Free - Visit [cantonpubliclibrary.org](http://cantonpubliclibrary.org) for More Information**

## Cancer Conversations: Empowering Cancer Education and Prevention

*Senior Center*

Join Maggie from UConn Health for an informative presentation on the importance of cancer education and early screenings. Learn about the different types of cancer, risk factors, and the critical role screenings play in early detection and prevention. This session is a valuable opportunity to ask questions, gain practical knowledge, and take charge of your health and well-being.

Tuesdays: 1/14 (Breast), 2/11 (Lung), 3/11 (Colon) & 4/8 (Skin)  
10:00am-11:00am  
Senior Lounge

**Free with Registration Required**  
Call (860)693-5811 to Register

## Balance Screening

*Senior Center*

Are you worried about your risk of fall or injury? Cherry Brook Healthcare Center will have a physical therapist on site to assess your balance and provide helpful information about preventing falls. **No appointment necessary.**

1st Wednesday of Each Month  
11:30am-12:30pm  
Senior Lounge

**Free with No Registration Required**

## Blood Pressure/Blood Sugar Screening

*Senior Center*

Blood pressure and blood sugar screening is free and offered weekly by the Visiting Nursing and Hospice Care of Litchfield (VNHCL) to help individuals stay on top of these two important health indicators. **No appointment necessary.**

Wednesdays  
10:00am-12:00pm  
Multi-Purpose Room

**Free with No Registration Required**



# MENU

## Monday & Wednesday Senior Lunches

*Senior Center*

Delicious meals catered by Little Oak Cafe/Lisa's Crown and Hammer/Lisa's Luna Pizza on Mondays and DISH 'n Dat on Wednesdays. Paid reservations are required in advance: By noon on Thursdays for Monday meals and by noon on Mondays for Wednesday meals. Payment and tickets may be made and picked up at the Senior and Social Services office.

Mondays & Wednesdays  
12:00pm-1:00pm  
Multi-Purpose Room

Resident: \$5 Dine-In & \$6 Takeout  
Non-Resident: \$6 Dine-In & \$7 Takeout

**Call (860)693-5811 with Questions**

## Monthly Lunch Grants

*Senior Center*

We are pleased to offer limited monthly grants for qualified individuals to attend our Monday/Wednesday lunch program. If you have been wanting to attend but cost is prohibitive, we welcome you to apply. Stop by the Senior and Social Services office to obtain and submit an application. Canton residents who already receive other state and federal assistance through SNAP, Renter's Rebate, Energy Assistance, SSDI and SSI are encouraged to apply.

**Call (860)693-5811 with Questions**

## Financial Education Seminar Series

*Senior Center*

Keep your eyes open for more info on this popular seminar series sponsored by Beth Duffy, local Canton Financial Advisor for Edward Jones. With an unfortunate increase in seniors and many others being affected by fraud and high-level scamming, you can count on that being one of the offered topics. Other residents have greatly enjoyed Beth's presentations and relaxed, approachable nature.

Time & Date To Be Determined...

**Call (860)693-5811 with Questions**

## 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 are eligible to receive food assistance through the Food Bank upon completing an intake application and providing proof of residency. **Applications may be found at [www.townofcantonct.org/NUTRITION](http://www.townofcantonct.org/NUTRITION)**

Open Enrollment  
Mondays 6:00pm-7:00pm  
Tuesdays 8:00am-11:00am  
Trinity Episcopal Church  
Located at 55 River Rd.

**Visit [townofcantonct.org/NUTRITION](http://townofcantonct.org/NUTRITION) for Applications**

## 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. Please contact Senior & Social Services if you are in need of emergency fuel assistance. **To make a tax deductible donation to CEFB please make checks 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.**

Call (860)693-5811 with Questions

## State of Connecticut Renters' Rebate

Elderly applicants must have been 65 years of age before December 31, 2024, 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. Applicants must submit documentation of ALL income and ALL receipts for rent and utilities paid January through December 2024. The application may be found at [www.townofcantonct.org/RENTERS-REBATE](http://www.townofcantonct.org/RENTERS-REBATE)

### Application Period

April 1st-September 30th

Visit [townofcantonct.org/RENTERS-REBATE](http://townofcantonct.org/RENTERS-REBATE) for Applications

## 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. Applications available at [www.townofcantonct.org/TRANSPORTATION](http://www.townofcantonct.org/TRANSPORTATION)

### Rides Available

Monday-Friday  
9:00am-4:00pm

### Visit

[townofcantonct.org/TRANSPORTATION](http://townofcantonct.org/TRANSPORTATION)  
for Applications

## State of Connecticut Energy Assistance

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

April 1, 2025: *Deadline for fuel authorization for delivery*

May 30, 2025: *The last day a household can apply to establish its eligibility for benefits*

June 17, 2025: *Last day to submit deliverable fuel bills*

### Application Period

April 1st-May 30th

Call (860)693-5811 with Questions

## AARP Free Tax Prep

AARP Tax Volunteers will be available, by appointment only, for free tax preparation beginning February 4th. Appointments will be held Tuesdays February - April and Fridays March - April.

### Tuesdays

February-April  
9:30am-2:30pm

### Fridays

March-April  
9:30am-2:30pm

Held in Room D of the  
Canton Community Center

Call (860)693-5811 with Questions and  
to Make an Appointment



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