

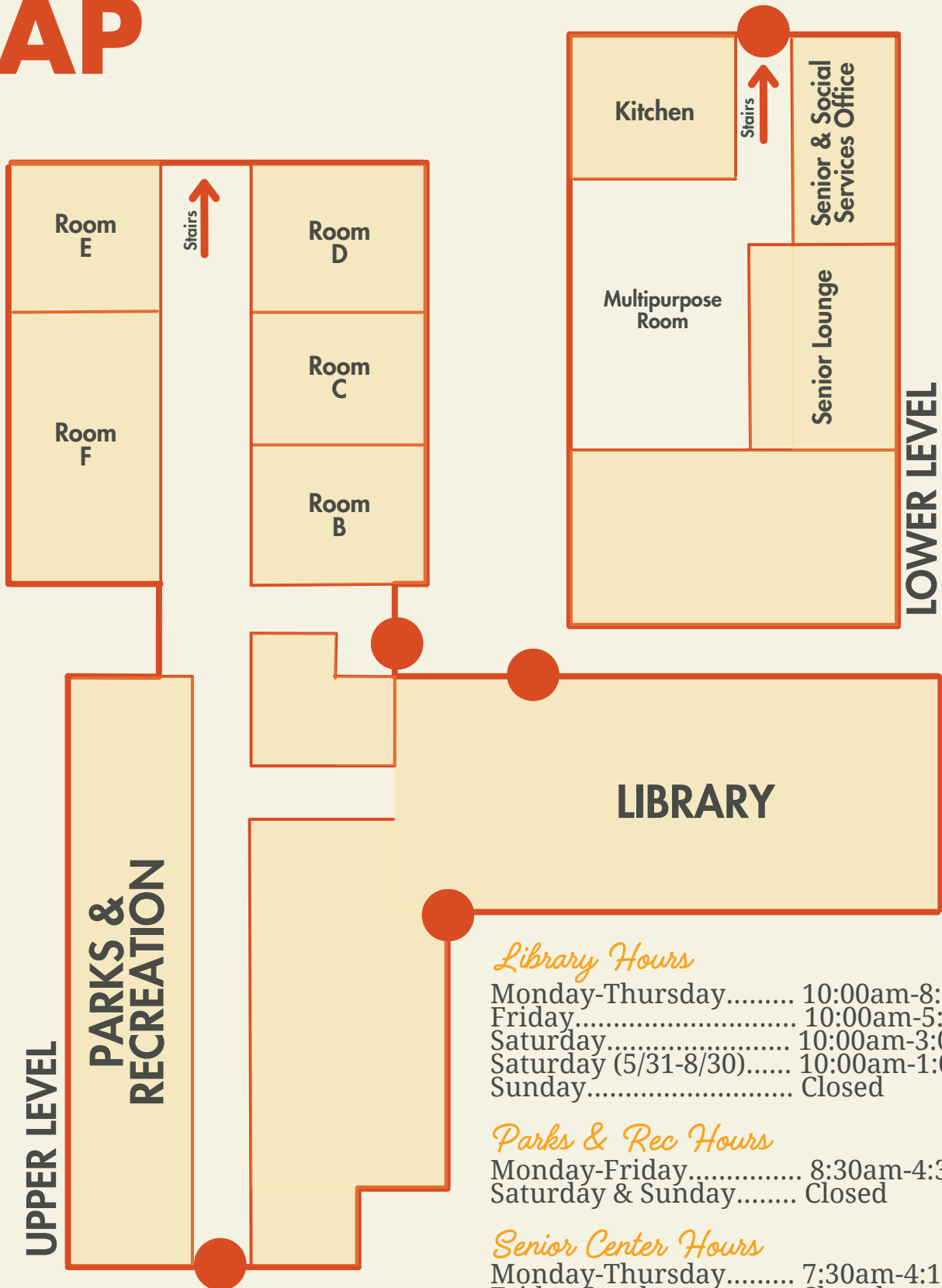
**2025**

*Summer  
Program  
Guide*

**CANTON, CT**



# COMMUNITY CENTER MAP



### *Library Hours*

Monday-Thursday..... 10:00am-8:00pm  
 Friday..... 10:00am-5:00pm  
 Saturday..... 10:00am-3:00pm  
 Saturday (5/31-8/30)..... 10:00am-1:00pm  
 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  
cantonrec.org

## 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.

## Do You Have an Active Membership?

When was the last time you renewed your membership? Are you new to the Senior Center and would like to stay up to speed on our happenings? It's simple -- fill out a membership form and pay the annual \$5 fee to gain access to our free programs and events as well as our online communications. Membership forms available on the website or via the Senior Center office. Non-residents are welcome to join as well for \$10.

Questions? Call (860)693-5811

## Neighbors Helping Neighbors Spring Cleaning Day

Neighbors Helping Neighbors is a townwide event with the community coming together to help seniors and others to complete essential home maintenance tasks.

See pg. 9 for Details

# 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 Services and Technology

## Our Mission

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



## America 250 Committee

In 2026, the United States will commemorate the 250th anniversary of signing the Declaration of Independence and the founding of our country. The Town of Canton has established a committee to plan a community-wide celebration of this milestone anniversary.

## Interested in Joining?

Email Sarah McCusker at [smccusker@townofcantonct.org](mailto:smccusker@townofcantonct.org)

OR

Come to a Committee Meeting on the First Monday of the Month at 6:30pm in the Community Center



# PARKS & RECREATION

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

## Our Stickers Are Back!

Keep an eye out this summer for our two new stickers!



*Canton Parks & Recreation*  
**SUMMER CONCERT  
SERIES**

**THURSDAY EVENINGS FROM 6:30PM-8:00PM**

**6/19:** *Soul Sound Revue*

**6/26:** *Memphis Soul Spectacular*

**7/3:** *The Fortunate Sons Band*

**7/10:** *Audacity*

**7/17:** *Stanley Street Big Band*

**7/24:** *The Berkshires*

**7/31:** *The Steve Dunn Band*

**8/7:** *American Honey*

  
**American Eagle**  
Financial Credit Union



*Harvey Lewis*  
OPTICIANS  
ESTABLISHED 1880

**KCAS-KEL**  
MANUFACTURING COMPANY, INC.

**BRISTOL'S**  
  
**TREE SERVICE**  
LLC

  
**NARDIFAMILY**  
CHIROPRACTIC INC.

**KA** KEATING AGENCY  
INSURANCE

**FOX**  
PEST CONTROL

**FREE YOGA IS BACK!**

*Don't Miss Out!*  
Yoga in Our City will be returning this year to offer free yoga classes starting at 5:15pm on concert nights.

**YOGA** IN  
OUR CITY

# MILLS POND POOL

## *Information & Activities*

Canton Parks & Recreation is looking forward to the 2025 pool season at Mills Pond Pool. Please continue to check the website for additional updates throughout the season. Please review all information provided below prior to entering Mills Pond Pool. We look forward to seeing you soon!

### **PUBLIC SWIM SCHEDULE**

Dates and hours of operation are subject to change. During general pool hours, the pool will be open to both members and daily drop-ins. The splash pad can be accessed by purchasing a membership or a daily drop-in. Lap swim will be available during public swim hours.

#### **MODIFIED HOURS**

**JUNE 9-13 3:30PM-7:30PM**

**JULY 4 11:30AM-3:30PM**

**AUGUST 18-22 3:30PM-7:30PM**

**AUGUST 23-24 1:00PM-5:00PM**

#### **GENERAL HOURS**

**MONDAY-FRIDAY 1:30PM-8:00PM**

**SATURDAY-SUNDAY 1:00PM-7:30PM**

**ADULT SWIM MON. & WED. 7:30PM-8:00PM**

### **POOL MEMBERSHIPS & DAILY DROP-INS**

#### **Memberships**

Mills Pond Pool memberships are available to purchase now! Memberships will be offered for households, individuals and seniors.

#### **Daily Drop-ins**

The daily admission fee is \$5 for residents and \$8 for non-residents. Daily drop-ins may be paid with cash, check or credit card (\$15 minimum for credit card transactions). Anyone entering the facility must be a member or pay the daily drop-in with the exception of children two years of age and under who are free to attend.

### **FACILITY PROTOCOLS**

#### **Rules**

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

#### **Checking In**

Each member will be asked to scan their membership tag or digital card at the front desk upon entering the pool house. Daily drop-ins will be asked to provide their names when checking in to purchase a daily drop-in.

#### **Lap Swim**

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

#### **Pool Deck/Grass Area**

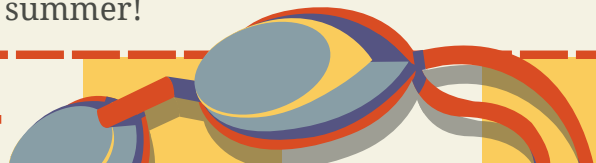
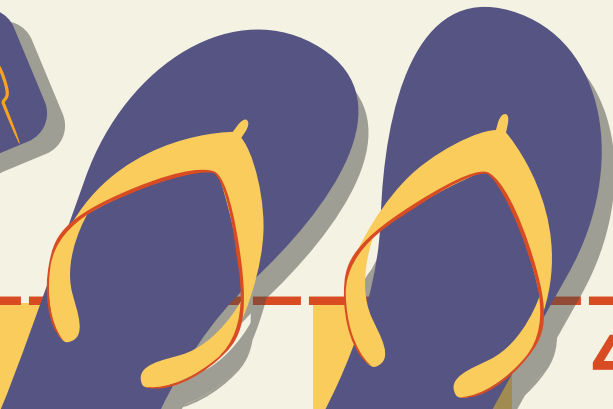
Patrons are welcomed to bring their own chairs; limited chairs will be provided by Canton Parks & Recreation. Patrons will be able to set up chairs and blankets on grass areas only. The pool deck should remain clear at all times. Personal radios and speakers are prohibited during general swim hours.

#### **Concessions**

Light refreshments (ice cream, beverages, snacks) will be available for purchase at the front desk. Patrons may use cash, check, credit card (\$15 minimum for credit card transactions) or Snack Dollars to purchase items. Snack Dollars are a great way to go cashless this summer at Mills Pond Park!

### **WEATHER INFORMATION**

As is typical in the summer, there is a chance of pop-up storms. Mills Pond Pool will be open if it is a passing rain storm with clear pool visibility. If there is a passing storm, the pool will close at the first perceived instance of thunder or lightning and will remain closed for 30 minutes after the last perceived thunder or lightning. Members will be asked to clear the facility if the pool has been closed due to perceived thunder or lightning. Canton Parks & Recreation and the entire Mills Pond Pool staff is looking forward to a great summer!





# BUS TRIPS

## THE BARONESS AT THE PLAYHOUSE ON PARK & LUNCH

Don't miss this hilarious new comedy! Baroness Elsa Schraeder has arrived at the Von Trapp mansion to seal the deal: her engagement to Austria's most eligible bachelor, Georg Von Trapp. What The Baroness doesn't count on mucking up her plans: a yodeling and curtain-sewing failed nun. Refusing to let a dowdy governess get the better of her, The Baroness takes to her room to plot her revenge when a certain telegram delivery boy climbs through her window.

**Thursday, June 5**

**11:00am-5:00pm (Approx.)**

**\$35 per Person + Cost of Lunch**

15% Discount on Lunch Prior to Show  
Min. 8 / Max. 10 Participants

## SINGIN' IN THE RAIN AT THE PLAYHOUSE ON PARK & LUNCH

A wildly inventive re-imagining of "the greatest movie musical of all time" set at a screening of the iconic film that goes horribly wrong, until super fans swoop in and save the day!

**Tuesday, July 17**

**11:00am-5:00pm (Approx.)**

**\$35 per Person + Cost of Lunch**

15% Discount on Lunch Prior to Show  
Min. 8 / Max. 10 Participants

## AMERICAN MUSEUM OF TORT LAW & LUNCH

The mission of the nationally acclaimed American Museum of Tort Law is to educate, inform and inspire Americans about two things: trial by jury and the benefits of tort law. The museum was developed by Winsted native, Ralph Nader, and highlights civil justice and aspects of the legal system that handle wrongful actions that result in injury. The museum was established in 2015 and is the first museum of law in the U.S.

**Thursday, July 3**

**10:00am-12:00pm (Approx.)**

**\$20 per Person + Cost of Lunch**

Lunch at Railway Cafe

## CELEBRATE ITALIA AT THE AQUA TURF

The Italian Connection keeps it classic with the sounds you know and love. From the biggest crescendos to the most dynamic arpeggios - you won't want to miss a beat! Meatballs, sausages, chicken parmigiana and more on the menu!

**Tuesday, July 8**

**10:00am-4:00pm**

**\$60 per Person**

**Paid Reservations Due by May 30**

## SONG, DANCE & ROMANCE AT THE AQUA TURF

Hop on and delight in the music of the decades from Kenny Rogers and Tim McGraw to Dionne Warwick, Diana Ross and Roberta Flack. You'll enjoy every second of this powerful tribute to these world-renowned entertainers. Devour the plentiful lunch offering including baked cod, chicken marsala and more.

**Tuesday, August 12**

**10:00am-4:00pm**

**\$60 per Person**

**Paid Reservations Due by June 30**

## JUKEBOX45 BAND: DOO-WOP SHOW AT THE AQUA TURF

Enjoy an array of memorable songs from the great era of Paul Anka, The Duprees, Fred Parris and the 5 Satins, Larry Chance and the Earls, etc. Lunch includes roast beef and chicken francaise just to start.

**Tuesday, September 9**

**10:00am-4:00pm**

**\$60 per Person**

**Paid Reservations Due by July 30**

*Call (860)693-5811  
with Questions or to  
Reserve Your Spot*

*All Bus Trips  
for Ages 55+*

# SPECIAL EVENTS

## NIGHT AT THE MUSEUM: AFTER HOURS ADVENTURE

*Library*

**Grades 5-8**

Get ready for a fun-filled evening as the library transforms into a museum come to life! Explore exhibits, enjoy interactive activities, and meet “historical figures” and “famous artists” who will bring the past to life in exciting and unexpected ways. It’s an adventure you won’t want to miss—bring your friends, and prepare for a night of discovery, mystery, and fun!

**Friday, July 25  
6:00pm-9:00pm**

**Free with Registration Required**

## COFFEE WITH THE COA

*Senior Center*

**Ages 55+**

The Commission on Aging (COA) invites you to coffee and friendly conversation in the comfy 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.

**Tuesdays: 6/3, 7/1, 8/5, 9/2, 10/7  
Starting at 11:00am in Senior Lounge  
Free with Active Membership**



## MONTHLY BIRTHDAY CELEBRATION

*Senior Center*

Dine-in with us on the last Wednesday of each month and join in on the celebration of all the birthdays for that month. Cake is compliments of Cherry Brook Health Center.

**Last Wednesday of Each Month  
Starting at 12:30pm  
Senior Lounge**

## BIKE RODEO WITH BIKEWALKCANTONCT

*Parks & Recreation*

**Grades PK-6 with Grown Ups**

Join BikeWalkCantonCT, the Canton Police Department and the Canton Parks & Recreation Department for a Bike Rodeo! Learn bike safety rules, participate in helmet and bike fittings, try out bike courses and so much more. Leo, Canton's Canine Law Enforcement Officer, will also be in attendance. Helmets are mandatory and don't forget to bring your bike as well!

**Saturday, May 3  
1:00pm-3:00pm**

**Canton Intermediate School  
Free with Registration Required**

## SPRING KIDS AND TEENS CRAFT FAIR

*Library*

**All Ages**

Stop by the Spring Kids and Teen Craft Fair to shop unique, handmade creations from talented young crafters (Grade 12 and under). It's the perfect place to find one-of-a-kind gifts while supporting local youth artists. Everyone is welcome to attend and shop!

**Saturday, May 3  
10:00am-1:00pm in Library**

## INTERESTED IN BEING A VENDOR FOR THE CRAFT FAIR?

Are you a young crafter (Grade 12 and under) looking to sell your handmade creations? Sign up now for a table at the Spring Kids and Teen Craft Fair and share your work with the community.

**Vender Registration Currently Open  
Vendor Registration Closes:  
Wednesday, April 30**

## PUPPY PALOOZA

*Senior Center*

**Ages 55+**

Calling all dog lovers! Keep your eyes peeled for regular updates on the next visits from our furry friends at Educated Canines Assisting with Disabilities (ECAD). These special animals and their trainers/volunteers will bring a few hours of fun and cuddles to help melt away stress and put a smile on your face. You'll also learn about how these exceptional creatures will someday make a difference in a person's life.

**Date & Time TBD (June)**

**Senior Lounge**

**Free with Active Membership  
Registration Required**

## 2026 NUTMEG RELEASE PARTY

*Library*

**All Ages**

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 29**

**Starting at 6:00pm**

**Free with Registration Required**

## CHS MARCHING BAND PERFORMANCE

*Senior Center*

**All Ages**

Enjoy a preview of the talented CHS Marching Band as they practice their performance for the upcoming Memorial Day Parade. You will have front row seats to enjoy their patriotic salute then join us for lunch immediately following. Paid reservations required for lunch so stop by the office to reserve your lunch by Monday, May 19th.

**Wednesday, May 21**

**Starting at 11:30am**

**Outside the Senior Center**

**Free with No Registration Required**

## ANNUAL ROTARY CLUB SUMMER BARBECUE

*Senior Center*

**Ages 55+**

The Annual Avon-Canton Rotary Summer Barbecue will be hosted this summer at the Avon Senior Center. Don't miss out on this yearly celebration that treats everyone to a taste of summer with a side of musical entertainment. Keep your eyes peeled for the updates.

**Date & Time TBD**

**Avon Senior Center**

**Join Senior Center Email**

**List by Emailing**

**seniorfun@townofcantonct.org**

## READ AND BEAD: SUMMER READING

*Library*

**Entering Grades 1-6**

Sign up for this summer's "Read and Bead" starting June 1st - logging and bead collecting begins on June 16th! Read and track your minutes, collect your beads, and trade up for more exclusive beads all summer long. Part of our "Curate Your Summer" fun!

**All Summer Long**

**Free**

## BACK-TO-SCHOOL SUPPLIES PROGRAM

*Social Services*

**Grades K-12**

Canton Senior & Social Services Back-to-School Supplies Program aims to assist Canton families in need with acquiring school supplies. Applications to receive supplies will be available through Senior & Social Services July 23rd - August 6th.

**Download Application at**  
**townofcantonct.org/school-**  
**supplies-program**



## 12TH ANNUAL TEEN NIGHT

*Parks & Recreation*

**Ages 12-19 Years**

The Canton Youth Services Bureau is proud to announce that they will be hosting the 12th Annual Teen Night at Mills Pond Pool! This event is sponsored and hosted by the Canton Youth Services Bureau and is a perfect opportunity for teens to take a dip in the pool, listen to good music and hang out with their friends!

**Friday, August 1**

**7:00pm-9:00pm**

**Mills Pond Pool**

**Free with Registration Required**

## COFFEE WITH A COP

*Senior Center*

**Ages 55+**

Join members of the Canton Police Department for this special community event. Held in the welcoming senior lounge, you are invited to come enjoy a cup of free coffee and open dialogue with those who protect and serve our community.

**Thursdays, June 5 & September 11**

**10:00am-11:00am**

**Senior Lounge**

## 10TH ANNUAL POOCH PLUNGE

*Parks & Recreation*

**Young Pups & Old Dogs with Owners**

Why should people have ALL the fun? Bring your dogs out for the 10th annual Pooch Plunge after the pool closes for the season. We invite social, well behaved dogs that play well with others. Dogs should have current vaccinations and tags. Dog owners should review all rules prior to attending. This event is for K-9's only. People will not be allowed in the water with the pups. Admission is \$10.00 per dog, spectators are welcome though we recommend a donation. Proceeds benefit the Canton Dog Park.

**Monday, August 25**

**Swim Wave #1 5:45pm-6:30pm**

**Swim Wave #2 6:45pm-7:30pm**

**\$10 per Pup with Registration Required**



Curate Your Summer

*Library*

**All Ages**

This summer, Canton Public Library invites you to "Curate Your Summer!" Just like curators bring stories to life in museums, you'll uncover and create your own stories through reading, exploration, and creativity. Whether you're diving into books, crafting masterpieces, or engaging with history, art and science, there's something for everyone of all ages!

**Program Registration Opens June 1**

**Book Logging Begins June 16**

**Log Books All Summer Long!**

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

*Curate Your  
Summer  
graphics  
designed and  
created by  
Tommie  
Barker*



## POOL MEMBERS SUNDAE SOCIAL

*Parks & Recreation*

**All Ages**

Mills Pond Pool members will enjoy a free ice cream social along with a bonus hour of swim time before the pool opens for the day! This event is open to pool members only.

**Sunday, August 10**

**12:00pm-1:00pm**

**Mills Pond Pool**

**Free with Registration Required  
Pool Members Only**



# COMMUNITY INVOLVEMENT

## NEIGHBORS HELPING NEIGHBORS SPRING CLEANING DAY

*Social Services*

Neighbors Helping Neighbors is a townwide event with the community coming together to help seniors and others who do not have the physical, financial or family means to complete essential home maintenance tasks. Volunteers will assist with minor repairs, general yard work, washing windows (ground floor – outside only), kitchen/bath clean ups, turning mattresses, and other chores. Volunteers are caring community members from schools, businesses, youth organizations and churches working together to make a significant difference in the lives of others. Neighbors Helping Neighbors is organized by Focus on Canton, a non-profit community based group that assists Canton residents as needs arise.

**Saturday, May 17  
8:00am-12:00pm**

**To Reserve a Spot on The Job List  
Call (860)693-5811**

## MONETARY DONATIONS TO THE SENIOR CENTER

*Senior Center*

Looking to make a difference in your own town? The Canton Senior Center is ever grateful for your monetary donations. Not only are your contributions tax deductible, they make a big difference in providing us the ability to enhance our programming such as cost effective trips, scholarships and grants for our fitness classes and lunches, musical performers for special events, crafting supplies and much more. Interested in memorializing a friend or relative in a special way? We would be happy to talk to you about options for that as well.

## SENIOR & SOCIAL SERVICES VOLUNTEERS

*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 Senior & Social Services at  
(860)693-5811 to Learn More and Apply  
Background Checks Required  
for All Volunteer Positions**

## SEED LIBRARY

*Library*

Choose four packs of seed for yourself and your family. Simply fill out a checkout form and take your pick. Flowers, veggies, herbs available.

**Open During Library Hours  
While Seed Supplies Last**

# YOUTH PROGRAMS

## PRE-SCHOOL

### STORIES FOR TWOS AND THREES

*Library*

**Ages 2 & 3 Years with Loved Ones**

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 (siblings welcome). We'll finish the story time with a craft OR an interactive activity.

**Wednesdays at 10:30am (Starting 4/30)**  
**Free with No Registration Required**  
**Stop at Children's Desk for Nametag**

### OPEN ART STUDIO

*Library*

**Under Age of 5 Years with a Grown Up**

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, FREE with all of the supplies provided.

**Tuesdays 10:30am-11:30am (Starting 4/29)**  
**Free with No Registration Required**

### SUMMER SONGS & STORIES

*Library*

**Ages 1-5 Years with Loved Ones**

Come join us for fun-filled story times with songs, rhymes, and exciting books! An active group where parents and caregivers are heartily encouraged to play and sing along. Siblings are also welcome!

**Thursdays at 10:30am (Starting 6/26)**  
**Free with No Registration Required**  
**Stop at Children's Desk for Nametag**

### MEET A BALLERINA: MOVEMENT CLASS AND STORY TIME

*Library*

**Young Children with a Grown Up**

The Hartt School's Dance Division returns to the library for our annual "Meet a Ballerina" story time and movement class! A dance educator and real ballerina will join us for stories, dance, and photos.

**Tuesday, June 24**  
**Starting 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, following simple recipes, measuring ingredients, familiarization with kitchen equipment and tools while creating tasty treats.

**Thursdays 5/15-6/5**  
**9:00am-9:45am in the Parks & Rec Room**  
**Registration Required**  
**\$131 Res. / \$141 Non-Res. per Session**

### 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.

**Thursdays 5/15-6/5**  
**9:45am-10:30am in the Parks & Rec Room**  
**Registration Required**  
**\$131 Res. / \$141 Non-Res. per Session**

## MUSIC WITH MISS JEAN

*Parks & Recreation*

**Ages 1.5-3 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, it is also a great environment for toddlers to learn to play with one another.

### **Spring Session 2**

Wednesdays 5/14-6/11

9:30am-10:30am

Mills Pond Park

Registration Required

\$70 Res. / \$75 Non-Res. per Session

## **PRE-SCHOOL STORY TIMES WITH A CRAFT**

*Library*

**Ages 3-5 Years with Loved Ones**

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.

**Thursdays at 10:30am (Starting 5/1)**  
**Free with No Registration Required**  
**Stop at Children's Desk for Nametag**

## **RHYTHM AND RHYME STORY TIMES**

*Library*

**Ages 0.5-3 Years with Loved Ones**

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.

**Fridays at 10:30am (Starting 5/2)**  
**Free with No Registration Required**  
**Stop at Children's Desk for Nametag**

# SPORTS

## **LITTLE WARRIORS JUNIOR GOLF CAMP**

*Parks & Recreation*

**Ages 3-7 Years**

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 all sports by capitalizing on age-specific development windows.

**Ages 3-4**

8/11-8/14

9:00am-10:30am

Bowdoin Field

\$145 R / \$155 NR

**Ages 5-7**

8/11-8/14

9:00am-12:00pm

Bowdoin Field

\$195 R / \$205 NR

**Registration Required**

## **SKYHAWKS: TRACK & FIELD CAMP**

*Parks & Recreation*

**Ages 7-14 Years**

Skyhawks Track & Field was developed to introduce young athletes to this sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track and field events, and distance running, while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching and cool-down techniques are all covered in this unique program.

**Session 1**

**4 Day Program**

6/16-6/20 (No 6/19)

9:00am-12:00pm

CMHS Track

\$137 R / \$147 NR

**Session 2**

**5 Day Program**

6/23-6/27

9:00am-12:00pm

CMHS Track

\$157 R / \$167 NR

**Registration Required**



## **THE WARRIOR WAY HOOPS SCHOOL: BASKETBALL CLINICS**

*Parks & Recreation*

### **Grades 3-9**

Warrior Hoops School will return this summer! The School will focus on building players' basketball skills through stations, fun competitions, and games. Players will participate in daily stations followed by competitions and games. Players will receive a t-shirt and daily ice cream freeze pop!

#### **Session 1**

7/14-7/18

9:00am-12:00pm

CMHS Gym

\$175 R / \$185 NR

#### **Session 2**

7/21-7/25

9:00am-12:00pm

CMHS Gym

\$175 R / \$185 NR

**Registration Required**

## **THE WARRIOR WAY HOOPS SCHOOL: ELITE SKILLS CLINIC**

*Parks & Recreation*

### **Grades 6-9**

This two-hour elite skills and concepts camp will help middle school campers get prepared for a high school practice. Campers will be put through what a typical high school practice is like. They will participate in drills, 1 on 1, 3 on 3, and 5 on 5 games during the session. Campers will work on skills as well as offensive and defensive concepts to help prepare them for when they get to the high school level.

7/14-7/18

1:00pm-3:00pm

CMHS Gym

\$100 R / \$110 NR

**Registration Required**

## **THE WARRIOR WAY HOOPS SCHOOL: MINI-WARRIORS CLINIC**

*Parks & Recreation*

### **Ages 4-7 Years**

A great introduction to basketball! This program will guide players through the basics to build a strong basketball foundation all while having fun!

7/21-7/25

12:30pm-1:30pm

CMHS Gym

\$75 R / \$85 NR

**Registration Required**

## **CAS: SUMMER SOCCER CAMP**

*Parks & Recreation*

### **Ages 4-12 Years**

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.

#### **Ages 4-6**

7/14-7/18

9:00am-10:30am

CMHS West Field

\$135 R / \$145 NR

#### **Ages 7-12**

7/14-7/18

9:00am-12:00pm

CMHS Turf Field

\$180 R / \$190 NR

**Registration Required**

## **LET'S SKATE: SKATEBOARDING CAMP**

*Parks & Recreation*

### **Ages 8-13 Years**

Campers will acquire foundational skills in skateboarding, covering basics like pushing and riding, while also diving into more advanced techniques such as dropping in and ollies. Each individual will establish their own set of personal goals to pursue over the course of the week. Helmets, skateboards, and padding are all provided by Let's Skate.

#### **Session 1**

7/7-7/10 (4 Days)

9:00am-12:00pm

MPP Skate Park

\$240 R / \$250 NR

#### **Session 2**

8/18-8/21 (4 Days)

9:00am-12:00pm

MPP Skate Park

\$240 R / \$250 NR

**Registration Required**

## **WARRIOR BASEBALL CLINIC**

*Parks & Recreation*

### **Ages 7-14 Years**

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 Canton High School coach James Annunziato along with several current player volunteers.

#### **Session 1**

7/21-7/25

1:00pm-3:30pm

Bowdoin Field

\$150 R / \$160 NR

#### **Session 2**

7/28-8/1

1:00pm-3:30pm

Bowdoin Field

\$150 R / \$160 NR

**Registration Required**



## SKYHAWKS MINI-HAWK: MULTISPORT CAMP

*Parks & Recreation*

**Ages 4-6 Years**

This multi-sport program was developed to give children a positive first step into athletics. The essentials of baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun.

### Session 1

6/30-7/3 (4 Days)

9:00am-12:00pm

Mills Pond Park

\$137 R / \$147 NR

### Session 2

7/28-8/1

9:00am-12:00pm

Mills Pond Park

\$157 R / \$167 NR

**Registration Required**

## WARRIOR SOFTBALL CLINIC

*Parks & Recreation*

**Ages 7-11 Years**

Come join the CHS Softball Coach, Coach Kehoss, and her staff in a five day clinic designed to develop your softball skills and love for the game. There will be an emphasis on both fielding and hitting fundamentals through specific drills as well as live scrimmages.

6/23-6/27

8:00am-10:00am

Krzanowski Softball Field

\$145 R / \$155 NR

**Registration Required**

## WARRIOR FIELD HOCKEY SUMMER CLINIC

*Parks & Recreation*

**Grades K-8**

Come join CHS Field Hockey Coach, Coach Bristol, and her staff in an engaging clinic that will focus on developing the fundamental skills of field hockey. Players will be grouped with similar ages to focus on developing skills to introduce them to the game or elevate their skill set.

### Grades K-3

6/16-6/20

4:30pm-5:30pm

CMHS Turf Field

\$73 R / \$78 NR

### Grades 4-8

6/16-6/20

5:30pm-7:30pm

CMHS Turf Field

\$140 R / \$145 NR

**Registration Required**

## TENNIS IN THE PARKS: LEARN & PLAY

*Parks & Recreation*

**Grades 1-8**

United States Tennis Association presents Tennis in the Parks - Learn to Play! The tennis program where kids play while they learn! Led by a USTA-approved coach, we focus on FUN and learning the basics. This program uses modified tennis balls, age-appropriate rackets and engaging activities that help players successfully learn and play the game quicker.

**Mondays & Wednesdays 7/7-7/23**

**Mills Pond Park Tennis Courts**

**\$95 R / \$100 NR**

**Grades 1-2**

6:00pm-

7:00pm

**Grades 3-5**

7:00pm-

8:00pm

**Grades 6-8**

8:00pm-

9:00pm

**Registration Required**

## WARRIOR WRESTLING CLUB

*Parks & Recreation*

**Ages 7-12 Years**

Join the CHS Wrestling Coaches for a developmental wrestling program. Wrestling is one of the world's oldest sports. It teaches agility, physical and mental toughness, discipline, confidence, resilience, and many other positive qualities applicable beyond the mat. This is a great opportunity to introduce your child to the sport safely.

**Wednesdays 7/9-8/13**

4:45pm-5:45pm

CMHS Wrestling Room

\$75 R / \$85 NR

**Registration Required**

## NEXT GENERATION OF DANCE

*Parks & Recreation*

**Ages 4-11 Years**

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!! Hip-hop/gymnastics and combo classes available.

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

## **RUNNING CLUB: LOBSTER LOOP RUN PREP & BEYOND**

*Parks & Recreation*

**Ages 12+**

This popular 6-week running program has expanded to more than just a Couch to 5k option. The program will now offer training based on experience and goals. Coaches will provide tailored training according to your experience level and objectives. Whether you are preparing for the Lobster Loop 5k or aiming to restart running as a beginner or advanced beginner, we have a group for you! The program is designed for runners 12 years and older. Families, friends and running buddies are encouraged to register together! This program is a great way to keep accountable and stay on track with new friends.

**Wednesdays 7/16-8/13**

**6:00pm-7:30pm**

**\$87 R / \$97**

**Registration Required**

## **AQUATICS**

### **DIVING BOARD RECREATIONAL CLINIC**

*Parks & Recreation*

**Ages 7-13 Years**

This class is designed for swimmers looking to gain confidence and learn proper safety techniques when using the diving board for recreational use. In this lesson, participants will focus on progressing towards independent jumps from the diving board. All participants will need to pass a brief swim test to show they are strong enough swimmers to enter the water in the deep-end and swim to the side without any assistance.

**Saturday 6/28**

**12:30pm-2:00pm**

**Mills Pond Pool**

**\$30 R / \$40 NR**

**Saturday 7/12**

**12:30pm-2:00pm**

**Mills Pond Pool**

**\$30 R / \$40 NR**

**Registration Required**

**Check Out Our Summer  
Swim Lesson Offerings at  
cantonrec.org**

## **DUSKY DOLPHINS SWIM TEAM**

*Parks & Recreation*

**Ages 7-15 Years**

This five-week program is a great way for children to participate in competitive swimming while becoming stronger swimmers. The focus will be on improving technique, speed and stroke refinement while having a safe and fun time in the water.

### **Flippers (Ages 7-10 Years)**

Swimmers with little to no competitive experience. All four competitive strokes will be taught as well as the corresponding starts, finishes and/or turns. This group will have a ton of fun gaining strength, skill endurance, speed and confidence!

**View Website for Practice Schedule**

**8:30am-9:20am**

**Mills Pond Pool**

**\$175 R / \$180 NR**

### **Flyers (Ages 10-15 Years)**

Swimmers with some competitive experience and/or the ability to swim 25 yard laps with a knowledge of at least 2-3 of the competitive strokes. Swimmers will gain knowledge, stroke technique, strength and speed in all four competitive strokes, starts, turns and finishes all while having fun. Coaches will work on refining strokes and assisting swimmers develop speed and confidence to become competitive swimmers.

**View Website for Practice Schedule**

**8:00am-9:20am**

**Mills Pond Pool**

**\$197 R / \$207 NR**

**Registration Required**

### **JUNIOR LIFEGUARDING**

*Parks & Recreation*

**Ages 11-14 Years**

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

**Sunday 8/3**

**10:30am-1:00pm at Mills Pond Pool**

**\$55 R / \$65 NR**

**Registration Required**

## MERMAID POP-UP EVENTS

*Parks & Recreation*

**Ages 8-13 Years**

Join the merpeople of Mills Pond Pool and trade your two feet for a magical tail. Experience firsthand what it's like to transform into a merperson. During the event, participants will discover how to swim safely with a mermaid, learn a mermaid swim routine, and enjoy creating whimsical crafts.

**Tuesday 7/15**  
5:00pm-7:30pm  
Mills Pond Pool  
\$48 R / \$53 NR

**Wednesday 7/30**  
5:00pm-7:30pm  
Mills Pond Pool  
\$48 R / \$53 NR

**Registration Required**

## ADAPTIVE SWIM LESSONS

*Parks & Recreation*

**Ages 6-19 Years**

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

**Sundays 6/22-7/20 at Mills Pond Pool**  
\$65 R / \$70 NR

**Ages 6-12 Years**      **Ages 13-19 Years**  
11:30am-12:05pm      12:15pm-12:50pm

**Registration Required**

# ENRICHMENT

## MAD SCIENCE: SECRET AGENT LAB

*Parks & Recreation*

**Grades 1-6**

This program features fun-filled, hands-on, secret agent-themed science activities that allow kids to play detective, explore forensic science, sharpen their surveillance skills, and crack encrypted messages. Kids become super sleuths!

**7/28-8/1**  
**9:00am-12:00pm in Parks & Rec Room**  
**\$200 R / \$205 NR**  
**Registration Required**

## ART-VENTURES: GRR, BUZZ, HISS, ROAR... ART-VENTURES!

*Parks & Recreation*

**Grades K-5**

Animal lovers and art explorers, take a walk on the wild side! Visit the jungle, go on a safaru and even travel back in time to the dinosaurs. Discover where your creativity will take you while creating 2 and 3-dimensional butterflies, birds, snakes, frogs and lizards, lions and countless other kooky creatures. These cool and playful Art-Ventures include fun facts about the animals, storytelling and always humor.

**7/21-7/25**  
**9:00am-12:00pm**  
**Parks & Recreation Room**  
**\$200 R / \$205 NR**  
**Registration Required**

## LEGO: MINECRAFT ENGINEERING CAMP

*Parks & Recreation*

**Grades K-6**

Venture into the world of Minecraft in our unique LEGO experience. Get ready to build your base, craft your tools, use your Minecart to harvest raw resources and battle to stop the Ender Dragon from ending the world. Come explore the endless possibilities of LEGO with a trained Play-Well instructor.

**7/14-7/18**  
**9:00am-12:00pm in Parks & Rec Room**  
**\$170 R / \$175 NR**  
**Registration Required**

## LEGO: WIZARDING WORLD OF ENGINEERING CAMP

*Parks & Recreation*

**Grades K-6**

Master the magic of Harry Potter using LEGO! Visit Diagon Alley, play a game of Quidditch and duel the evil Lord Voldemort. Hone your magical skills while learning about advanced Muggle (STEM) concepts.

**8/4-8/8**  
**9:00am-12:00pm in Parks & Rec Room**  
**\$170 R / \$175 NR**  
**Registration Required**





## DIGITAL WARRIORS SUMMER CAMP

*Parks & Recreation*

**Grades 4-6**

Digital Warriors is an exciting weeklong program with filmmaker and audio producer Mr. Evan that will turn camp into a production studio. Come join us as we learn the basics of recording, editing and creating our own content to be screened on Friday at the Digital Warriors showcase. Whether you prefer working behind the scenes or in front of a camera, there will be a spot for you on our production team, and we can't wait to see what you make!

**8/18-8/22**

**9:00am-12:00pm in Room B**

**\$175 R / \$180 NR**

**Registration Required**

## FOOD EXPLORERS: SUMMER IN ITALY

*Parks & Recreation*

**Grades 2-5**

Join Food Explorers for a week immersed in Italian recipes! Each day you'll be making two brand new recipes inspired by Italian cuisine, such as: Vegetable Ragu with Fresh Fettucine, Pizza Cups, Sweet "Fried" Dough, and Tiramisu Pies. Recipes are nut free but will contain dairy, eggs and gluten.

**7/7-7/11**

**1:00pm-4:00pm in Parks & Rec Room**

**\$180 R / \$185 NR**

**Registration Required**

## FOOD EXPLORERS: FARMERS MARKET FRESH

*Parks & Recreation*

**Grades 3-6**

Join Food Explorers for a cooking camp featuring in-season produce! Each day you'll be making two recipes using produce you can find locally, such as: Sweet & Savory Crostini, Greek Flatbreads, Pasta with Fresh Tomato Sauce, and Fruit Pizzas. Recipes are nut free but will contain dairy, eggs and gluten.

**8/18-8/22**

**1:00pm-4:00pm in Parks & Rec Room**

**\$190 R / \$195 NR**

**Registration Required**

## CANTON SUMMER ARTS CAMP (CSAC): BANDFEST!

*Parks & Recreation*

**Grades 5-8**

CSAC Bandfest camp will provide students from Canton and area towns with the opportunity to deepen their music learning under the guidance of local instrumental musicians and trusted public school music faculty. The students entering grades 5-8 will collaborate with each other and strengthen friendships through participation in small and large group classes and ensembles, as well as fun afternoon electives. The faculty and students will participate in daily performances for an audience of their peers and a culminating performance for families. Additional guest artist performances will thrill the young musicians as well!

**6/23-6/27**

**8:00am-3:00pm**

**Canton Middle & High School**

**\$290 R / \$300 NR**

**Registration Required**

## BOOK BUDDIES

*Library*

**Ages 4-8 Years**

For sixteen summers and counting, kids have been enjoying the joy of reading with a teen buddy! Each child is paired with a teen volunteer for an hour each week, sharing books, fun activities, and group camp songs. Participants must be available for at least 4 of the 6 weeks of the program.

**Registration for Kid Participants  
Opens on June 1 and Will Remain Open  
Until Spots Are Filled**

**5 Tuesdays 6/24-7/29**

**Choose Time Slots:**

**2:00pm-3:00pm or 6:30pm-7:30pm**

**Free with Registration Required**



$a^2 + b^2 = c^2$

## ART AFTERNOONS

*Library*

**Ages 3-10 Years**

Discover new art experiences each week with the help of our teen Art Buddies volunteers! Kids ages 3-10, along with a grown-up, can explore creativity, learn new skills, and develop artistic habits in a fun, hands-on environment. All materials provided.

**Wednesdays 6/25-8/6**

**2:00pm-3:00pm**

**Project List Available June 1**

**Free with No Registration Required**

## TEENS

### ART THROUGH THE AGES

*Library*

**Grades 5 and Up**

Travel through history and explore the art of different time periods in this hands-on summer series! Each week, we'll dive into a new era—from the mysterious symbols of ancient Egypt to the bold colors of Pop Art—and create artwork inspired by the time. Register for one session or sign up for all seven to experience a full creative journey through the ages!

**Wednesdays 6/25-8/6**

**2:00pm-4:00pm**

**Free with Registration Required**

### THE SOUND OF (NATURE'S) MUSIC WITH WHITE MEMORIAL

*Library*

**Grades 5 and Up**

The Canton Public Library will come alive with the sounds of nature—birds singing, toads trilling, and coyotes howling! Learn how to identify Connecticut's wildlife by their unique calls and discover the "music" of the natural world. Plus, meet a live barred owl up close in this fascinating program presented by White Memorial Conservation Center!

**Friday, June 20**

**Starting at 2:00pm**

**Free with Registration Required**

## MUSEUM BREAKOUT: AN ESCAPE ROOM CHALLENGE

*Library*

**Grades 5-8**

The museum is full of secrets—can you and your team uncover them in time? Gather your friends and sign up for a time slot to take on our museum-themed breakout room challenge! Work together to solve puzzles, crack codes, and escape before time runs out. This exciting experience will run all day long, so pick a time, bring a team, and see if you have what it takes to break out of the museum!

**Monday 6/23**

**Time Slots Available 11:00am-8:00pm**

**Free with Registration Required**

### CAMP NANOWRIMO: CURATE YOUR STORY

*Library*

**Grades 5 and Up**

This July, take creative control and curate your own story! Camp NaNoWriMo gives you the flexibility to set your own word-count goal and write whatever inspires you—whether it's a novel, short stories, poetry, or something entirely unique. Meet up once a week to work on your writing, play games, and connect with other young writers as you bring your story to life!

**Thursdays in July**

**7/3, 7/10, 7/17, 7/24, 7/31**

**Starting at 11:00am**

**Free with Registration Required**

### SCAVAGANZA: MUSEUMS, MYSTERIES & MORE!

*Library*

**Grades 5 and Up**

Explore the library like never before with our museum, art, history, and science-themed scavenger hunt! Solve clues, find hidden treasures in books, and complete fun challenges to win a prize. Work solo or with a team—just bring your curiosity and get ready for an adventure!

**Monday, July 28**

**Starting at 6:30pm**

**Free with Registration Required**



## ART UNCOVERED: THE ART OF DECEPTION

*Library*

**Grades 5 and Up**

Throughout history, artists have borrowed, copied, and outright stolen from one another—sometimes for inspiration, sometimes for deception. From skillful forgeries to famous art heists, we'll uncover the most convincing copies, the greatest art scams, and the blurred line between imitation and innovation. Will you be able to tell which works are real and which are frauds?

**Wednesday 7/9**

**Starting at 6:30pm**

**Free with Registration Required**

## ART UNCOVERED: THE ART OF REVIVAL

*Library*

**Grades 5 and Up**

What happens when masterpieces fall apart? Art restoration is a delicate blend of science, history, and creativity—sometimes with stunning success, and other times with laughable disaster. We'll dive into the fascinating world of art conservation, from saving centuries-old paintings to infamous restoration fails (like the legendary "Monkey Jesus"). Step into the lab and see if you can bring art back to life!

**Wednesday 7/23**

**Starting at 6:30pm**

**Free with Registration Required**

## ART UNCOVERED: THE ART OF NONSENSE

*Library*

**Grades 5 and Up**

Ever looked at a piece of art and thought, What is that supposed to be?! You're not alone. From Dali's melting clocks to Duchamp's urinal and Cattelan's duct-taped banana, artists have been pushing the boundaries of what art can be. In this session, we'll explore some of the most bizarre and thought-provoking pieces in history, challenging the way we define art itself.

**Wednesday 8/6**

**Starting at 6:30pm**

**Free with Registration Required**

## CURATE YOUR BOOKSHELF: A TEEN BOOK CLUB

*Library*

**Grades 7 and Up**

If you could create your ideal bookshelf, what books would belong on it? In this book club, we'll work together to curate a collection of must-read books, drawing from personal favorites, hidden gems, and impactful stories. Each participant will pick a book from our curated shelf to read, then we'll come back together to discuss our choices. Whether you're discovering new favorites or sharing books you love, this club is all about building a one-of-a-kind reading experience.

**Mondays 6/16 & 7/21**

**Starting at 6:30pm**

**Free with Registration Required**

## PROGRAM BUDDIES

*Library*

**Ages 13 and Up**

Teens (ages 13+ or entering grade 8) can make a difference this summer by volunteering as Program Buddies! Choose from Book Buddies (Tuesdays), Art Buddies (Wednesdays, prior experience required), or Game Buddies (Thursdays) to read, create, or play games with younger kids.

### Book Buddies

Share a love of reading with children (ages 4-7) through stories, songs, and activities. Meets Tuesdays (June 24 – July 29).

### Art Buddies

Help kids explore their creativity with hands-on art projects. Meets Wednesdays (June 25 – August 6). Prior experience as a Buddy required.

### Game Buddies

Play games and connect with kids through fun and interactive play. Meets Thursdays (June 26 – August 7).

**Orientation Sessions Required  
Before Volunteering**

**Visit Library Website for More Info**



# EXPLORERS DAY CAMP

## GENERAL INFORMATION

Explorers Day Camp is the perfect opportunity for youth to make new friends, participate in a variety of activities, and create memories that last a lifetime! This summer camp includes a variety of outdoor activities at the park, weekly entertainer visits, and daily swim time in Mills Pond Pool (weather permitting). Explorers Day Camp is held Monday-Friday from 9:00am to 4:00pm at Mills Pond Park. PM Care is offered from 4:00pm to 5:30pm daily for an additional fee. In the event of bad weather or extreme heat, camp is held indoors at the Canton Community Center at 40 Dyer Ave. For more information, visit [cantonrec.org](http://cantonrec.org).

## PRICING

Per Week \$285 R / \$295 NR  
Full Summer Bundle \$2,160 R / \$2,240 NR  
PM Care Per Week \$60 R / \$65 NR  
PM Care Full Summer \$400 R / \$440 NR  
Early Bird Pricing Available Until 4/18

## WEEKS & THEMES

*Pre-Week (6/16-6/20): Superhero Training Academy*  
*Week 1 (6/23-6/27): Safari Adventure*  
*Week 2 (6/30-7/3): Mad Science Mayhem!*  
*Week 3 (7/7-7/11): Under the Big Top*  
*Week 4 (7/14-7/18): Color Wars*  
*Week 5 (7/21-7/25): Shark Week*  
*Week 6 (7/28-8/1): Where Dreams Come True*  
*Week 7 (8/4-8/8): Space Expedition*  
*Week 8 (8/11-8/15): Camp Olympics*

# TINY TOTS PRE-SCHOOL CAMP

## GENERAL INFORMATION

The Tiny Tots Pre-School Camp will be held at the Canton Community Center Monday through Thursday and will be located at Mills Pond Park on Fridays. The program runs from 9:00am - 12:00pm. Tiny Tots Pre-School Camp is a safe, nurturing, and fun environment for your 3-5 year old child while helping them develop separation skills. Tiny Tots Pre-School Camp prides itself on being a smaller camp with an excellent ratio of campers to counselors to ensure your tiny tot receives personalized attention at every point of the day!

## PRICING

Per Week \$185 R / \$195 NR  
Full Summer Bundle \$1,225 R / \$1,295 NR  
Early Bird Pricing Available Until 4/18

## WEEKS & THEMES

*Week 1 (6/23-6/27): Move & Groove*  
*Week 2 (6/30-7/3): Mini Scientists*  
*Week 3 (7/7-7/11): Superheroes Assemble*  
*Week 4 (7/14-7/18): Where Dreams Come True*  
*Week 5 (7/21-7/25): Under the Big Top*  
*Week 6 (7/28-8/1): Shark Week*  
*Week 7 (8/4-8/8): Blast Off to Outer Space*

# COUNSELOR IN TRAINING

## GENERAL INFORMATION

The Canton Parks & Recreation Department is seeking responsible, outgoing, students entering 9th grade through 11th grade interested in working with children in a fun, fast-paced, outdoor setting during this upcoming summer. C.I.T.s will assist the camp counselors and supervisors with planning and leading activities, supervising campers on-site and even get the chance to lead their own weekly activity with their assigned group!

## PRICING

Per Week \$50 R / \$60 NR  
Full Summer Bundle \$400 R / \$480 NR

## ADMISSIONS

Application Deadline: Friday, May 16

Applications can be found at [cantonrec.org](http://cantonrec.org).  
Applications with a letter of recommendation must be submitted prior to deadline to be considered for an interview.

# ADULT PROGRAMS

## ART

### 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!

#### Third Thursday of the Month

5/15, 6/19, 7/17 & 8/21

Starting at 1:00pm

Free with Registration Required

### DOUGH BOWL CANDLE

*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.

Thursday, July 17

6:00pm-7:15pm at Mills Pond Park

Registration Required

\$58 per Person

### YOU CHOOSE: FREESTYLE ART

*Senior Center*

Ages 55+

Let your mind and creative juices run free. All supplies will be provided for either a watercolor or acrylic painting done by you. Think of this as an open studio where you can create freely and enjoy the company and inspiration of others doing the same. Free coffee available! Limited to 10 participants.

Tuesday, September 16

10:00am-12:00pm in the Senior Lounge

Registration Required

\$5 Res. / \$7 Non-Res.

## FITNESS

### AQUA FITNESS

*Parks & Recreation*

Exercise with water resistance! This low-impact cardio and strength-training class can contribute to improved heart health, reduced stress, improved muscular endurance and strength. No need to swim in this class! You will leave this class feeling rejuvenated!

#### Session 1

Wed. 6/18-7/9

#### Session 2

Wed. 7/16-8/13

7:15pm-7:55pm at Mills Pond Pool

Registration Required

\$45 Res. / \$55 Non-Res. per Session

### PILATES FUSION

*Parks & Recreation*

Improve 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 RIPStiX will be used.

Fridays

10:45am-11:45am in Parks & Rec Room

Registration Required

\$15 per Month

### 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 class is designed to bring energy and balance into the body, mind and spirit, cultivate health, vitality and longevity.

Thursdays 5/15-6/26

11:00am-12:00pm in Parks & Rec Room

Registration Required

\$60 Res. / \$70 Non-Res.

## 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! No special attire or shoes required! Dress comfortably.

**Mondays**                      **Wednesdays**  
**Starting at 10:45am** **Starting at 11:30am**  
**Room C or E**                      **Room E**

**Registration Required**  
\$5 Pre-Paid / \$7 Drop-In

## FITNESS MATRIX

*Parks & Recreation*

This fun beginner-to-intermediate class provides a full-body workout using multiple fitness modalities: resistance training, cardio, balance and stretching using resistance bands, light weights, steps, POUND Ripstix, occasional dance fitness moves and chair for optional standing support. Each class varies slightly, but each works all major and some minor muscle groups.

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

## 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. 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. First class is FREE for new registrants!

**Mondays**                      **Wednesdays**  
**Starting at 10:00am** **Starting at 10:00am**  
**Room D or E**                      **Room C or D**

**Registration Required**  
\$5 Pre-Paid / \$7 Drop-In

## BALLET, MODERN & JAZZ WITH BONNIE FLATTERY

*Parks & Recreation*

Dance is a fun way to exercise! It's all about movement and enjoying rhythm while dancing to music using techniques. The advantage of dance and movement programs like ballet, modern and jazz is that you are able to go at your own pace. Through good body alignment, participants could see an improvement in posture, while strength and balance are gained through movement.

**Wednesdays 4/23-6/4**  
**2:00pm-3:00pm in Parks & Rec Room**  
**Registration Required**  
\$45 for Session

## NOODLE FIT

*Senior Center*

**Ages 55+**

What is Noodle Fit you ask?! Try it, you'll like it! This entertaining exercise class combines drumming movements with aerobic exercise. Participants use colorful pool noodles to follow the rhythm of great music - it'll get your blood flowing, your heart thumping and your brain working! It's a great workout that offers a wide range of health benefits - not to mention a lot of fun! Dress comfortably, no experience necessary!

**Fridays**  
**Starting at 10:00am**  
**Multi-Purpose Room**  
**Registration Required**  
\$5 Pre-Paid / \$7 Drop-In

## YOGA WITH NANCY LIVE STREAM

*Parks & Recreation*

Yoga is a simple, amazing connection of body, mind and spirit, great for all ages & body types. Class includes stretches, breathing techniques and relaxation. It will enhance your physical and mental well being, increase strength, reshape muscles and tone your entire body. It will energize you and improve your overall health, including posture, balance, power and range of motion.

**Thursdays**  
**7:30pm-8:30pm**  
**Held Virtually**  
**Registration Required**  
\$62 per 8-Week Session



## **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! Easily modifiable, Pound provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out!

### **Session 6**

Mon. 5/5-6/16

### **Session 7**

Mon. 6/23-7/28

**6:30pm-7:30pm in Parks & Rec Room**

**Registration Required**

\$60 Res. / \$70 Non-Res.

## **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!

**Saturdays**

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

**Multi-Purpose Room**

**Registration Required**

\$52 for 8-Class Pass

## **PICKLEBALL CLINICS**

*Parks & Recreation*

Canton Parks & Recreation offers a variety of pickleball clinics throughout the spring and summer! From basic beginner lessons to drilling clinics, there is something for everyone! Don't miss out! Visit [cantonrec.org](http://cantonrec.org) for the Full Pickleball Clinics Schedule and Options

# **ENRICHMENT**

## **KATHARINE HEPBURN: FROM HARTFORD TO HOLLYWOOD**

*Library*

Katharine Hepburn, an American icon with a six-decade stage and film career, redefined women's roles in society and fashion. Born and raised in Connecticut, she took control of her image, influencing generations with her bold style and independent spirit. This presentation, by the Connecticut Museum of History and Culture, explores how her deep ties to Connecticut shaped her remarkable career and lasting legacy.

**Tuesday, June 3**

**Starting at 6:30pm**

**Free with Registration Required**

## **FIRST FRIDAY FLICKS**

*Library*

Join us for First Friday Flicks, a free movie the first Friday of every month at 1:00 pm. 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.

**First Friday of the Month**

5/2, 6/6, 7/11, 8/1

**Starting at 1:00pm**

**Free with No Registration Required**

## **BINGO CLUB**

*Senior Center*

**Ages 55+**

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**

**No Registration Required**



## SHOW & TELL FOR GROWN-UPS

*Library*

Join us for Show & Tell for Grown-Ups, a fun and engaging event where you can share something you're proud of and connect with fellow community members! Bring a family heirloom, a piece of art, a collection, an award, or anything that tells your story, and enjoy an evening of discovery and conversation. Whether you showcase a cherished item or simply come to listen and be inspired, this is a chance to celebrate passions, hobbies, and unique experiences in a welcoming space.

**Tuesday, August 12**  
**Starting at 6:30pm**

**Free to Attend**

**Please Register with the Library if You  
Would Like to Share**

## ASK THE MASTER GARDENERS

*Library*

Got gardening questions? Representatives from UConn Extension's Master Gardener program will be on hand to help you with your personal gardening challenges. Drop-in.

**Thursday, May 8 3:00pm-5:30pm**

**Saturday, May 17 10:00am-1:00pm**

**Friday, June 6 10:00am-12:00pm**

**Friday July 11 10:00am-12:00pm**

**Saturday, July 26 10:00am-1:00pm**

**Free with No Registration Required**

## COMBATING INVASIVE PLANTS

*Library*

Invasive plants have become pervasive in the Farmington Valley. They appear early in the spring before native plants, crowding out the native plants that serve as host plants for native insects and birds. A UConn Master Gardener will provide photos of the area's most common invasive plants, along with tips for how to remove them from your yard. Learn about common native plants that offer similar characteristics, such as vibrant fall color, that add to rather than detract from the ecosystem.

**Tuesday, May 20**

**Starting at 6:30pm**

**Free with Registration Required**

## MAHJONG

*Senior Center*

**Ages 55+**

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 little bit of luck is a great way to meet people, form friendships and keep the mind sharp! Drop-ins welcome.

**Fridays**

**12:00pm-2:00pm in Senior Lounge**

**No Registration Required**

**Free with Active Membership**

## Book Clubs

*Library*

All adults are welcome at our book discussions. Check our website for the book for discussion. Copies available at the library.

### WALKING BOOK DISCUSSION

**Saturdays: 5/3 & 6/7 at 2:00pm**

Meet at Route 202 Gate of  
Nepaug Reservoir

### MONDAY EVENING BOOK GROUP

**Mondays: 5/12 & 6/9 at 7:00pm**

Meet at the Canton Public Library

### SCIENCE BOOK DISCUSSION

**Thursdays: 5/8 & 6/12**

Meet at Good Friends Restaurant

### MYSTERY LOVERS

**Thursdays: 5/29 & 6/26**

Meet at Good Friends Restaurant

### COZY QUIET BOOK CLUB

No Required Reading! Bring your favorite book and enjoy your reading and a snack in the peace and quiet of the library while we are closed.

**Saturdays: 6/28, 7/26 & 8/23**

Meet at the Canton Public Library

## CARDS

*Senior Center*

**Ages 55+**

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

**Wednesdays 1:00pm-3:00pm**  
**No Registration Required**  
**Free with Active Membership**

## WII BOWLING

*Senior Center*

**Ages 55+**

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**  
**10:00am-12:00pm in Senior Lounge**  
**No Registration Required**  
**Free with Active Membership**

## THAT'S WEIRD!

*Library*

Hair jewelry? Creepy puppets? Corpse preserver? The Connecticut Museum of History and Culture will explore some of their strangest items. Discover how even the oddest artifacts can be gateways into a deeper understanding and appreciation of our state's history.

**Tuesday, July 8**  
**Starting at 6:30pm**  
**Free with Registration Required**

## SCRABBLE

*Senior Center*

**Ages 55+**

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**  
**10:00am-12:00pm in Senior Lounge**  
**No Registration Required**  
**Free with Active Membership**

## SHRINK YOUR LAWN

*Library*

If you've heard the buzz about No-Mow May or the Homegrown National Park initiative, this workshop will address the reasons behind these movements. (Hint: It's to help butterflies, bees, and songbirds.) A UConn Master Gardener will provide various options for how to shrink your lawn to enjoy more flowers and attract more wildlife. Don't worry: a smaller lawn means less work.

**Tuesday, May 6**  
**Starting at 6:30pm**  
**Free with Registration Required**

## MAKEUP FOR MATURE WOMEN

*Senior Center*

**Ages 55+**

Are you interested in a fresh look or maybe some instruction? Join Makeup Artist Joby Rodgers as he addresses proper makeup application techniques, contouring & highlighting, defining brows and lips, must have products and tools, and lots more. Bring your questions & own makeup collection for a personal evaluation, if desired. Arrive makeup free, if possible. Min. 10 / Max. 20

**Tuesday, September 23**  
**10:00am-12:30pm in Senior Lounge**  
**Registration Required**  
**\$20 per Person**

## LAPTOP LOANER PROGRAM

*Senior Center*

**Ages 55+**

In need of a laptop? We got you covered. Senior and Social Services has a few Google Chromebooks on hand to loan on a weekly basis. Stop in and sign one out!

**Free with Active Membership**  
**Call (860)693-5811 to Sign a Laptop Out**

## ARE YOU A YARNIE?

*Senior Center*

Do you knit or crochet? Would you like to join others of like minds and creativity to share tips, conversation, and company while putting your needle(s) to work? The Canton Senior Center is looking to establish a set time and day for this group to get together, so please call 860 693 5811 or email [seniorfun@townofcantonct.org](mailto:seniorfun@townofcantonct.org) to express your interest!

# HEALTH, WELLNESS & FINANCE

## VETERANS ADVOCACY & ASSISTANCE

*Senior Center*

**Ages 55+**

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).

**First Friday of the Month**  
**Appointments Available 9:00am-1:00pm**  
**Room B**

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.

## AARP SAFE DRIVER PROGRAM

*Senior Center*

**Ages 55+**

The nation's first and largest refresher course designed specifically for drivers age 60+ and older 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, June 24**  
**9:00am-1:00pm in Senior Lounge**  
**Registration Required**  
\$20 for AARP Members  
\$25 for AARP Non-Members

## TRUSTS: EVERYTHING YOU WANTED TO KNOW BUT DIDN'T ASK

*Senior Center*

**Ages 55+**

Is having a trust in your estate plan the best option for you? In this session, we demystify trusts and explain why a trust may – or may not - be suitable for you and why. Learn about some of the most common types of trusts and the purpose and benefits of each, such as protecting assets, avoiding probate, minimizing taxes, and keeping public benefits for a loved one with special needs. Whether you are new to trusts or even understand them well, you'll walk away understanding how and when to use these powerful planning tools to your advantage. Minimum 10 registrants required.

**Thursday, May 29**  
**10:00am-11:00am in Senior Lounge**  
**Registration Required**  
**Free with Active Membership**

## QUARTERLY BALANCE SCREENING

*Senior Center*

**Ages 55+**

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.

**Wednesdays 6/4, 9/3 & 12/3**  
**11:45am-12:45pm in Senior Lounge**  
**No Registration Required**  
**Free with Active Membership**

## BLOOD PRESSURE/BLOOD SUGAR SCREENING

*Senior Center*

**Ages 55+**

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.

**Wednesdays**  
**11:30am-1:00pm in Multi-Purpose Room**  
**No Registration Required**  
**Free with Active Membership**



## **BEING MORTAL: AN AARP SPECIAL PRESENTATION**

*Senior Center*

**Ages 55+**

Gain an increased awareness and understanding of advance care planning and the importance of having conversations about end-of-life care with physicians and loved ones. This 2-hour offering includes a screening of the FRONTLINE documentary Being Mortal followed by a guided discussion of its important themes. Minimum 10 registrants required.

**Thursday, June 26**

**10:00am-12:00pm in Senior Lounge**

**Registration Required**

**Free with Active Membership**

## **ASK THE ATTORNEY**

*Senior Center*

**Ages 55+**

Specializing in Elder and Estate Law, Attorneys Neil Kraner and Marcia Hess will provide free 20-minute consultations to help address your planning questions/concerns.

**Thursdays, June 19 & September 18**

**10:00am-12:00pm in Senior Lounge**

**Free with Active Membership**

Call (860)693-5811 to schedule your appointment (required)

## **AGING IN PLACE THROUGH A DECLINE**

*Senior Center*

**Ages 55+**

Join this discussion that will address the process of staying in one's home through the aging process including adjustments to the living environment for safety and accessibility, available support services, and when staying at home may no longer be a viable option.

**Tuesday, June 17**

**Starting at 1:00pm in Senior Lounge**

**Registration Required**

**Free with Active Membership**

## **MEDICAL FOOT CLINIC**

*Senior Center*

**Ages 55+**

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.

**First Monday of the Month**

**9:30am-2:30pm in Senior Lounge**

**Registration Required**

**\$40 Payable by Check or Cash to Provider**

## **EYE SCREENING**

*Senior Center*

**Ages 55+**

The Canton Lions Club along with Dr. Christopher Bonelli, O.D. of Canton will provide free vision screenings to assess your eye health. Early identification of vision impairments leads to a timely referral, professional treatment, and improved or restored sight. Don't miss out on this free and beneficial offering.

**Tuesday, June 10**

**10:00am-12:00pm in Multi-Purpose Room**

**Free with Registration Required**

## **THE PROBATE PROCESS: WHAT IS IT? WHY DO WE NEED IT?**

*Senior Center*

**Ages 55+**

In this session, Attorney Jeff Rivard will ease some of the apprehension associated with probate by walking you through how probate works in Connecticut. Additionally, he will explain who takes charge of a will after someone dies, what happens if someone dies without a will, how to avoid a lengthy probate process, and how tools such as a living trust can help avoid probate. And finally, you'll learn about some of the potential pitfalls in the process and how careful planning can avoid them. Minimum 10 registrants required.

**Thursday, September 4**

**10:00am-11:00am in Senior Lounge**

**Registration Required**

**Free with Active Membership**

## **CHECK OUT RUN CLUB!**

This 6-week program is for all ages!

Learn More on pg. 14



## DON'T MISS OUT ON ALL THE SENIOR CENTER FUN!



Visit [townofcantonct.org/senior-services](http://townofcantonct.org/senior-services) or [cantonrec.org](http://cantonrec.org) to see everything the Senior Center has to offer!

### TIPS TO IMPROVE MEMORY

*Senior Center*

Did you know that a recent study from Stanford University suggests that the techniques used by memory athletes can be taught, learned, and create changes in the brain that enhance memory skill? Come learn about the tips and techniques used by memory athletes. Dr. Wendy Hurwitz, a graduate of Yale University School of Medicine, a nationally recognized expert on stress and former medical researcher for ABC News, will present this session.

**Tuesday, May 13**  
**10:00am-11:00am in Senior Lounge**  
**Registration Required**  
**Free with Active Membership**

### EMERGENCY PREPAREDNESS PRESENTATION

*Senior Center*

Sponsored by the Canton Dept. of Emergency Management and CERT Team. A No-Charge, 45-minute presentation of what people need to do to get prepared for disasters. What to expect from FEMA, the State, and the Town, in the event of an emergency. Presentation is followed by an open Q&A Session.

**Tuesday, September 16**  
**Starting at 6:30pm in Multi-Purpose Room**  
**Free with No Registration Required**

### HEARING SCREENING

*Senior Center*

**Ages 55+**

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 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!

**Second Thursday of the Month**  
**5/8, 6/12, 7/10, 8/14, 9/11, 10/9, 11/13, 12/11**  
**9:30am-11:30am in Senior Lounge**  
**Registration Required**  
**Free with Active Membership**

### MEMORY SCREENING

*Senior Center*

**Ages 55+**

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, June 19**  
**9:00am-12:00pm in Room E**  
**Registration Required**  
**Free with Active Membership**

### A MATTER OF BALANCE

*Senior Center*

**Ages 55+**

A Matter of Balance is an award-winning and popular program that emphasizes practical strategies to manage falls. This 8-week program will teach you that falls are controllable, how to set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. This program is free but it requires registration. Maximum 15 attendees.

**Tuesdays May 27-July 15**  
**1:00pm-3:00pm in Room E**  
**Registration Required**  
**Free with Active Membership**

## ASK THE EXPERT: ALZHEIMER'S & PARKINSONS

*Senior Center*

**Ages 55+**

Get educated on managing cognitive and neuromuscular conditions, understanding Parkinson's and Dementia, and what the connection is.

**Tuesday, September 9**  
**Starting at 1:00pm in Senior Lounge**  
**Registration Required**  
**Free with Active Membership**

## TIPS TO OPTIMIZE BRAIN HEALTH

*Senior Center*

Did you know that there is growing scientific evidence that cognitive decline, Alzheimer's and dementia may be prevented, reduced or reversed? Based on the latest information, come learn easy, simple, drug-free things you can do that may help prevent, reduce, or reverse cognitive decline, as well as strategies to optimize brain health. **Please Note:** This is a two-part series - you may come to one or both and handouts will be provided to all attendees. Dr. Wendy Hurwitz, a graduate of Yale University School of Medicine, a nationally recognized expert on stress and former medical researcher for ABC News, will present this session.

**Tuesdays May 20 & May 27**  
**10:00am-11:30am in Senior Lounge**  
**Registration Required**  
**Free with Active Membership**

## MONDAY & WEDNESDAY LUNCHES

*Senior Center*

**Ages 55+**

Delicious meals catered by Lisa's Crown and Hammer/Lisa's Luna Pizza on Mondays and Little Oak Cafe 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.

**12:00pm-1:00pm**  
**Multi-Purpose Room**

**Dine-In: \$5 Res. / \$6 Non-Res.**  
**Takeout: \$6 Res. / \$7 Non-Res.**

## MONTHLY LUNCH GRANTS

*Senior Center*

**Ages 55+**

We are pleased to offer limited monthly grants for qualified individuals to attend our lunches. 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. Residents who receive state & federal assistance.

## SENIOR CENTER FITNESS CLASS SCHOLARSHIPS

**Ages 55+**

We are pleased to offer limited monthly scholarships to our fitness classes for qualified individuals (while funding is available). 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 are encouraged to apply. Made possible through the generosity of the Canton Community Health Fund.

# 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.

**Food Bank Open Hours**  
Mondays 6:00pm-7:00pm  
Tuesdays 8:00am-11:00am

**Trinity Episcopal Church (55 River Rd.)**

**Applications Available by Visiting:**  
[townofcantonct.org/nutrition](http://townofcantonct.org/nutrition)

## CANTON EMERGENCY FUEL BANK

Canton's Emergency Fuel Bank is a program designed to assist families in meeting 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 Donate...

To make a tax deductible donation to CEFB, please make checks payable to Canton Energy Fuel Bank (CEFB) and mail to the Northwest Community Bank (P.O. Box 350, Canton, CT 06019). Please put "Care of CEFB" on the Envelope

## DIAL-A-RIDE

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

**Dial-A-Ride Hours of Operation**  
Monday-Friday 9:00am-4:00pm

**Annual Fee of \$50 per Person**  
**Applications Available by Visiting:**  
[townofcantonct.org/transportation](http://townofcantonct.org/transportation)

## 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.

**Applications Available by Visiting:**  
[townofcantonct.org/renters-rebate](http://townofcantonct.org/renters-rebate)

## 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 the Senior & Social Services Office by appointment only.

**Application Period: September 1-May 30**

### Important Deadlines

April 1, 2025 - *Deadline for fuel authorization*  
May 30, 2025 - *Last day a household can apply to establish its eligibility for benefits*  
June 17, 2025 - *Last day to submit deliverable fuel bills*

## SENIORS FARMERS MARKET NUTRITION 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.

**To Learn More Visit:**  
[townofcantonct.org/nutrition](http://townofcantonct.org/nutrition)



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All programs printed in the guide are subject to change. Please check department websites to view the most up-to-date information.



