

A decorative border surrounds the central text, featuring stylized flowers in orange, yellow, blue, and green, along with green leaves and stems.

# 20 *Fall* 25 Program Guide

Canton, CT

*September 2025 - December 2025*

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

# Canton Community Center



## 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.

### Joining the Senior Center is a Big Win!

Have you renewed your membership? If not, you may want to soon! For anyone who has joined as a new member or renewed their membership to date with a 2025-2026 membership form and paid their fee (\$5 for resident/\$10 for non-resident), they along with anyone doing the same until November 14th, will be entered into a drawing for a \$50 gift certificate to Shop Rite. The return on your investment could be worth a whole roster of events AND groceries! Two winners will be chosen and announced on Monday, November 17th.

Holiday Giving  
Program  
see pg. 3

## 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  
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.

### Holiday Closures

Sept. 1<sup>st</sup> - Labor Day

Oct. 13<sup>th</sup> - Indigenous  
Peoples Day/Columbus  
Day

Nov. 11<sup>th</sup> - Veterans' Day

Nov. 27<sup>th</sup>-29<sup>th</sup> -  
Thanksgiving

Dec. 25<sup>th</sup>-27<sup>th</sup> - Christmas

Jan. 1<sup>st</sup> - New Year's  
Day

## Parks & Recreation

### Contact Us

(860)693-5808  
cantonrec.org

### Meet the Staff

Taryn Schrager  
Director of Parks &  
Recreation

Kellie Faust  
Recreation Supervisor

Claire Boughton  
Recreation Coordinator

### Our Mission

The mission of the Parks & Rec Department is to provide a wide range of leisure and recreational 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.

### Parks & Rec Commission

Visit [cantonrec.org](http://cantonrec.org) to keep up with the Parks & Rec Commission!

### Did You Know?

Kellie & Claire are certified Group Fitness Instructors who teach classes for the Canton community!

### Interested in Attending?

Join us for a variety of classes, including HIIT, cardio movement, barre and so much more! Try all the classes for free during the week of Sept. 8<sup>th</sup>.

# 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 Hours:

Mondays 6:00pm-7:00pm

Tuesdays 8:00am-11:00am

Trinity Episcopal Church (55 River Rd.)

Open Enrollment

[www.townofcantonct.org/nutrition](http://www.townofcantonct.org/nutrition)

## 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 Assistance**



**HOLIDAY GIVING PROGRAM**  
ACCEPTING APPLICATIONS  
NOVEMBER 3<sup>RD</sup> - DECEMBER 1<sup>ST</sup>

For Canton residents in need with children & grandchildren up to 18 years of age who seek extra help for the holiday giving season may submit an application

One application per household/family

**2025**

Scan the QR code or call  
860-693-5811 for details and to apply.



## State of CT Renters Rebate

Elderly applicants must have been 65 years of age before December 31<sup>st</sup>, 2024, rent or share rent and have lived in CT 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.

### Application Period:

April 1<sup>st</sup> - September 30<sup>th</sup>

Checks Mailed Out November 28<sup>th</sup>

[www.townofcantonct.org/renters-rebate](http://www.townofcantonct.org/renters-rebate)

## State of CT 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

**Sept. 1<sup>st</sup>:** Appointments to submit an application begins

**Nov. 1<sup>st</sup>:** First day of fuel deliveries that can be paid for by the program

**April 1<sup>st</sup>:** Deadline for fuel authorization for delivery

**May 30<sup>th</sup>:** Last day a household can apply to establish its eligibility for benefits

## 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. An annual fee for \$50 per person or \$100 per couple purchases a Dial-A-Ride pass for September 1<sup>st</sup> through August 31<sup>st</sup>.

**\$50 per Person**

**\$100 per Couple**

**Pass Valid Sept. 1<sup>st</sup> - Aug. 31<sup>st</sup>**

**Applications Available at**  
[townofcantonct.org/transportation](http://townofcantonct.org/transportation)



# Special Events

## Witch Paddle & Halloween on the River

*Parks & Recreation*

Join the Canton Parks & Recreation Department and Collinsville Canoe & Kayak for the 1<sup>st</sup> Annual Witch Paddle & Halloween on the River!

### Witch Paddle Event

Wear your favorite Witch or Halloween costume and launch from Collinsville Canoe & Kayak. ½ price rentals of paddleboards/kayaks available or bring your own!

**Saturday, October 25<sup>th</sup>**  
**9:30am-12:30pm**

**Free with Registration Required**

Please Note: Paddleboard/kayak rentals available for ½ price

### Halloween on the River Event

Join us for games, face painting, music and trick or treating! Costumes not required, but encouraged!

**Saturday, October 25<sup>th</sup>**  
**11:00am-12:00pm**

**Free with Registration Required**

## “Hatch the Chicken” Returns to the Canton Public Library

*Library*

Watch eggs become chicks — live at the library! We’re thrilled to bring back our five-week, hands-on experience of incubating, hatching, and raising baby chicks right in the Children’s Room. Hatching expected on October 21. This year’s chicks will be named after our favorite artists—come find out who hatches into a Van Gogh or a Frida!

**Tuesday, September 30<sup>th</sup> -**  
**Monday, November 3<sup>rd</sup>**  
**During Library Open Hours**  
**Free with No Registration Required**

## Bingo Night - Hosted by the Teen Advisory Group

*Library*

Back by popular demand! Join us for a fun evening of bingo, prizes, snacks, and more—all planned and run by the Canton Public Library’s Teen Advisory Group. Tickets are \$25 and will be available at the library starting in October. Open to all; proceeds support teen library programs.

**Friday, November 14<sup>th</sup>**  
**Starting at 6:00pm**  
**\$25 per Participant**  
**Registration Required**

## Canton Food Bank Thanksgiving Meal Kit

*Social Services*

Canton Food Bank will be offering families a Thanksgiving Meal Kit to include a frozen turkey and sides. Past meal kit sides included potatoes, sweet potatoes, onions, carrots, stuffing and gravy. The sides are subject to change based on availability/donations from the community.

**Registration Available:**  
**October 20<sup>th</sup> - November 3<sup>rd</sup>**  
**Sign Up at the Canton Food Bank or**  
**Senior & Social Services Office**  
**Kit Pick Up Date TBD**

## Thanksgiving Meal

*Social Services*

Canton Senior & Social Services will provide a traditional hot Thanksgiving meal to community members in need.

**Wednesday, November 26<sup>th</sup>**  
**12:00pm-1:00pm in Multi-Purpose Room**  
**\$7 per Person - Call (860)693-5811 to**  
**Register, Seats Limited**

## Happy Birthday Jane!

*Library*

It is a truth universally acknowledged that a woman having a milestone birthday must be in want of a celebration. December 16 is the 250th anniversary of Jane Austen's birth and we're celebrating all week!

**December 13<sup>th</sup> - December 20<sup>th</sup>**

## The Pride & Prejudice of Fashion: Clothing Styles of the Regency Era

*Library*

Celebrate the anniversary of the birth of Jane Austen as we wander through the wardrobes of some of Miss Austen's most famous characters. Explore the silhouettes of the clothing worn by the ladies and gentlemen of the day, while learning about the accessories they would have used and the reasons behind their usage. Together, we will travel through time to a long-ago era of opulence, social graces, and a gentler way of life.

**Saturday, December 13<sup>th</sup>  
Starting at 1:00pm  
Free with Registration Required**

## From Page to Screen

*Library*

To celebrate Miss Austen's birthday, join us each day this week at 1:00PM for a free screening of a film adaptation of one of her novels. Movie titles will be available online and at the circulation desk. Feel free to bring your own snacks and beverages with a lid. If you really want to get into the Regency mood, bring needlework to busy your hands during the movie.

**December 15<sup>th</sup> - December 19<sup>th</sup>  
Daily Starting at 1:00pm  
Free with No Registration  
Required**

## Oktoberfest with the Canton Lions

*Senior Center*

The annual favorite is being planned. Join the festivities compliments of the Canton Lions Club. Enjoy brats & kraut (Hot dogs, too), beverages, dessert, musical entertainment and the company of friends old and new. Make sure your email and membership is updated in order to receive the latest on this special event.

**Date & Time TBD  
Call (860)693-5811 for Updates**

## Pickleball Tournament: Rotating Round Robin

*Parks & Recreation*

Get ready to dink, drive and socialize at our upcoming pickleball tournament! This tournament is designed for individual sign-ups and we'll be keeping individual scores throughout. To ensure everyone has a great time and can participate fully, we ask that only players who can consistently sustain a rally during a game register. Visit [cantonrec.org](http://cantonrec.org) for full tournament details!

**Sunday, September 21<sup>st</sup>  
1:00pm-5:00pm  
\$20 R / \$25 NR  
Registration Required**

## Puppy Palooza

*Senior Center*

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  
Call (860)693-5811 for Updates**

## Holiday Kids and Teens Craft Fair

*Library*

Stop by the Holiday 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, December 6<sup>th</sup>  
10:00am-1:00pm**

**Free with No Registration Required**

## Vendors Wanted for the Holiday Kids and Teens Craft Fair

*Library*

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

**Vendor Registration on Website  
Reg. Closes: Wednesday, December 3<sup>rd</sup>**

## Monthly Birthday Celebration

*Senior Center*

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

**Last Wednesday of the Month  
Starting at 12:30pm  
Held in Multi-Purpose Room  
Free with Active Membership**

## Annual Winter Wonderland Celebration

*Senior Center*

**Stay tuned! December date  
and details to follow. Updates  
sent via email.**

## Coffee with a Cop

*Senior Center*

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. Canton Police Officer Amelia Packard and other members of the department will be educating us on popular fraud schemes used these days, how to spot them, and what to do in the event you suspect you are being scammed.

**Thursday, September 11<sup>th</sup>  
10:00am-11:00am  
Held in Senior Lounge  
Free with Registration Required**

## Coffee with the COA

*Senior Center*

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.

**First Tuesday of the Month  
Starting at 11:00am  
Held in the Senior Lounge  
Free with Active Membership**

## Be a Nutmeg Reader

*Library*

Be a Nutmeg Reader at the Canton Public Library! Sign up on our website to read books from the 2026 Nutmeg lists, take the quizzes once you finish the books to earn collectible book stickers, and special prizes based on your age.

**Ongoing Until April 30<sup>th</sup>  
Free with Registration Required  
Sign Up on Library Website**



# Community Involvement

## 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 & Apply  
Background Checks Required**

## Talk by Wildlife Conservationist Ginny Apple: Living with Wildlife

*Library*

Come hear Ginny Apple give tips for living in harmony with local wildlife.

**Saturday, November 8th  
Starting at 1:00pm  
Free with Registration Required**

## Canton Food Bank Thanksgiving Meal Kit

*Social Services*

Canton Food Bank will be offering families a Thanksgiving Meal Kit to include a frozen turkey and sides. Past meal kit sides included potatoes, sweet potatoes, onions, carrots, stuffing and gravy. The sides are subject to change based on availability/donations from the community.

**Registration Available:  
October 20<sup>th</sup> - November 3<sup>rd</sup>  
Sign Up at the Canton Food Bank or  
Senior & Social Services Office  
Kit Pick Up Date TBD**

## Friends of the Library

*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. For more information visit the Friends website, [www.cantonlibraryfriends.org](http://www.cantonlibraryfriends.org)

**3<sup>rd</sup> Tuesday of the Month at 1:00pm**

## America 250 Planning

*Library*

Anyone interested in helping to plan community celebrations of America's 250th birthday in July 2026 is welcome to join us at our monthly planning meetings, the first Monday of each month at 6:30 PM.

**1<sup>st</sup> Monday of the Month  
Starting at 6:30pm  
Email Sarah McCusker with Questions**



## Light Pollution and Its Effects on Birds, Wildlife and Human Health: Learn How You Can Help

*Library*

Millions of birds pass through Connecticut every spring and fall on their way to and from their summer nesting grounds. Because our state is located along the Atlantic Flyway, many birds use our shorelines and green spaces to rest and refuel during their trip. But light pollution has wreaked havoc on our night sky. Please come to learn about the problem and what could be done to mitigate the damage.

**Thursday, October 2<sup>nd</sup>**  
**Starting at 7:00pm**  
**Free with Registration Required**

## Annual Cookie Platter Sale

*Library*

The Friends of the Library will be holding their annual Cookie Platter sale during December. Please watch the library website for more information. If you are interested in baking cookies for the sale, please contact the Friends of the Library via their website, [www.cantonlibraryfriends.org](http://www.cantonlibraryfriends.org). Thank you for your support!

**December**  
**Visit Library's Website for**  
**More Information**

## Interested in Helping Out with Youth Sports?

*Parks & Recreation*

The Parks & Recreation Department is always on the look out for Recreation Basketball and T-Ball volunteer coaches! If interested in coaching, email [kfaust@townofcantonct.org](mailto:kfaust@townofcantonct.org).

**Background Checks Required**  
**for All Coaches**

## Looking for Ways to Help During this Holiday Season?

*Social Services*



**HOLIDAY TOY & GIFT CARD DRIVE**  
**2025**

**GIFTS FOR CANTON**  
 BENEFITTING NEIGHBORS IN NEED

**DONATIONS SOUGHT:**  
**TOYS**  
 for children 12 and under  
**RETAIL GIFT CARDS**  
 for ages 13 and over  
**CASH & CHECKS**

[Checks payable to: The Town of Canton (memo: GIFTS FOR CANTON) may be mailed or dropped off at Canton Senior and Social Services, 40 Dyer Ave. Donations are Tax Deductible.]

**DONATION EVENTS:**  
 DECEMBER 6<sup>th</sup> 10 am - 2 pm

**DONATION SITES:**  
 NOVEMBER 3<sup>rd</sup> - DECEMBER 4<sup>th</sup>

**STOCK THE CRUISER**  
 • THE SHOPS at Farmington Valley

**CANTON SENIOR & SOCIAL SERVICES**  
 40 Dyer Avenue

**CANTON EMERGENCY RESPONSE TEAM**  
 • Ocean State Job Lot, Canton

**CANTON TOWN HALL**  
 • 4 Market Street



**HOLIDAY GIVING PROGRAM**  
 ACCEPTING APPLICATIONS  
 NOVEMBER 3<sup>RD</sup> - DECEMBER 1<sup>ST</sup>

For Canton residents in need with children & grandchildren up to 18 years of age who seek extra help for the holiday giving season may submit an application

One application per household/family

**2025**

Scan the QR code or call  
 860-693-5811 for details and to apply.



# America 250

## Library Programs

### America at 250: Book Discussion Group

It's not just big events or important people that shape history. Join us for a book discussion series focused on (comparatively) small things that had a big impact, making America what it is today. We will meet on the third Thursday of even-numbered months, starting in October. Check the library website for book titles and discussion information. Copies of the books will be available at the circulation desk.

**3rd Thursday of the Month**  
**Starting at 6:30pm**  
**Free with Registration Required**

### Songs of Lafayette's Time in America

Concert presented by Rick Spencer and Dawn Indermuehle. In 1824 the Marquis de Lafayette returned to America to visit the nation he had fought years earlier to establish. He received a celebrity's welcome, visited all 24 states and was honored as a surviving hero of the Revolutionary War. This presentation includes six songs that were popular during Lafayette's time in America during the Revolution, and six that were composed to commemorate his return in 1824. The songs are arranged for two-part acapella vocals or are accompanied on guitar or banjo. The program also includes information about Lafayette's fascinating life.

**Saturday, October 25<sup>th</sup>**  
**Starting at 1:00pm**  
**Free with Registration Required**

### Tories, Spies and Traitors: Divided Loyalty in Revolutionary CT

Which side are you on? In 1775, as rebellion sparked across the thirteen colonies, every person in Connecticut faced that question. Loyalty wasn't just a belief—it could cost you your fortune, your friends, or even your life. This presentation shares powerful stories of Nutmeggers who took a stand.

**Tuesday, September 30<sup>th</sup>**  
**Starting at 6:30pm**  
**Free with Registration Required**

### To Form a More Perfect Union: The Power of We The People

Appellate lawyer Wesley W. Horton joins us to discuss how the Declaration of Independence led to the writing and ratification of the U.S. Constitution, and how the Constitution continues to be a living document of guiding principles for the nation. Mr. Horton is a graduate of Harvard College and the University of Connecticut School of Law, and the author or co-author of several scholarly publications and articles on legal topics.

This series is a collaborative presentation by the Canton, Avon, Simsbury, and Farmington Libraries.

**Thursday, November 20<sup>th</sup>**  
**Starting at 7:00pm**  
**Free with Registration Required**

### Sneak Peak! More America 250 Programs to Come...

What does it mean "to form a more perfect union"? Since the Constitution was ratified in 1788, those words from the preamble have inspired generations of citizens to imagine what "a more perfect union" might look like and how we might achieve it. In the leadup to the 250th anniversary of the signing of the Declaration of Independence, join us for a series of conversations on the progress we've made toward that lofty goal.

# Bus Trips

Interested in attending a bus trip? Call the Senior Center at  
(860)693-5811!

## Tribute to the Legends of Old Vegas at The Aqua Turf

Dave Colucci and Lisa Carter will bring back your favorites from Sinatra, Dino, Wayne Newton, Bobby Darin, Marilyn Monroe, Peggy Lee, Nancy Sinatra, Lyn Anderson & Rosemary Clooney. Dine on delicious lemon chicken and pork schnitzel plus so much more. Paid reservations due by August 29th.

**Tuesday, October 14<sup>th</sup>**  
**10:00am-4:00pm**  
**\$60 per Person**

## Fever 'n Chills Show at The Aqua Turf

Dawn Turlington co-stars in this exciting roller-coaster ride of emotion featuring beautiful power ballads and show-stopping hits from the 60s & 70s. A bountiful lunch includes roast beef and pan-seared salmon. Paid reservations due by September 30th.

**Tuesday, November 11<sup>th</sup>**  
**10:00am-4:00pm**  
**\$60 per Person**

## Holiday Classics at The Aqua Turf

How can you beat a holiday celebration that will feature a sing-a-long from the Glamour Girls, Santa and Mrs. Claus? Don't miss out on this perennially sold-out show. Lunch includes roasted turkey and baked cod and lots of holiday flair. Paid reservations due by October 30th.

**Tuesday, December 9<sup>th</sup>**  
**10:00am-4:00pm**  
**\$60 per Person**

## Playhouse on Park: Million Dollar Quartet

The electrifying story of how four stars made rock 'n' roll history. Based on a true story, Million Dollar Quartet brings that electrifying occasion to life featuring a glorious score of rock 'n' roll, R&B and country hits, performed live onstage by world-class actors and musicians. Don't miss this irresistible tale of Elvis Presley, Johnny Cash, Jerry Lee Lewis and Carl Perkins as they navigate the intricacies of fame and the personal price they pay to live the dream, featuring an incredible score of chart-topping hits including "Blue Suede Shoes," "Fever," "Walk the Line," "Great Balls of Fire," and more! Lunch on own with 15% discount prior to the show; min 8/max 10 to run the trip.

**Tuesday, October 2nd**  
**11:00am-4:00pm**  
**\$40 per Person**

## 9/11 Memorial & Museum New York City

Honor those who lost their lives on September 11th with a visit to the 9/11 Museum and Memorial. This stirring and magnificent tribute to all who lost their lives on that tragic day is a sight to experience. Lunch is on your own at Brookfield Place -- one of New York's most celebrated experiential, culinary and shopping destinations. The trip includes roundtrip motor-coach, tour director, admission to 9/11 Museum, free-Time at Brookfield Place and all gratuities (including Driver and Tour Director). Checks may be made out to Tours of Distinction and mailed/dropped off at the Senior & Social Services office.

**Tuesday, October 21<sup>st</sup>**  
**\$135 per Person**



# Youth Programs

## Pre-School

### Little Art Explorers

*Library*

#### Under Age 5 with Loved Ones

Young artists can explore a new art project and different art materials each week in this relaxed, process-focused art time led by Children's Programmer Sue Tarinelli. A great way to encourage creativity and fine motor development, and to keep the mess out of your house! Grown-ups are encouraged to create alongside their child! Dress for mess and bring your imagination.

**Tuesdays 10:30am-11:30am**  
**Beginning Week of September 29<sup>th</sup>**  
**Children's Room of the Library**  
**Free with No Registration**

### Stories for Twos & Threes

*Library*

#### Ages 2 & 3 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**  
**Beginning Week of September 29<sup>th</sup>**  
**Stop at Children's Desk for Nametag**  
**Free with No Registration**

### Fit & Play

*Parks & Recreation*

Don't miss out on this chance to get in a full-body workout while the kiddos free play!

**See pg. 20 for  
More Information!**

### PLAYSTRONG

*Parks & Recreation*

#### Age 1 - 5 Yrs.

#### Tiny Tumble Tots

**Ages 18 Mo. - 3 Yrs.**

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!

**Fall Session 1**  
**Mon. 9/8-10/20**  
**9:15am-10:00am**  
**\$86 R / \$91 NR**

**Fall Session 2**  
**Mon. 10/27-12/1**  
**9:15am-10:00am**  
**\$86 R / \$91 NR**

#### Mini Movers

**Ages 1 - 2 Yrs.**

This child and caregiver class promotes early social and physical skills and provides a comfortable space for you to guide your baby's skill and growth with new friends! Each class, your little one will enjoy songs, gym activities, and beginner tumbling skills in a fun and engaging environment!

**Fall Session 1**  
**Mon. 9/8-10/20**  
**10:00am-10:30am**  
**\$67 R / \$72 NR**

**Fall Session 2**  
**Mon. 10/27-12/1**  
**10:00am-10:30am**  
**\$67 R / \$72 NR**

#### Pre-Tumble

**Ages 3 - 5 Yrs.**

This is a great foundational class for independent (drop-off program) 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!

**Fall Session 1**  
**Mon. 9/8-10/20**  
**10:30am-11:15am**  
**\$86 R / \$91 NR**

**Fall Session 2**  
**Mon. 10/27-12/1**  
**10:30am-11:15am**  
**\$86 R / \$91 NR**

## Music with Miss Jean

*Parks & Recreation*

**Ages 18 Mo. - 3 Yrs.**

This guitar led sing-along class consists of music and activities that keep everybody moving. Have fun playing instruments, jumping to the rhythms and learning some musical games. This class gets the kids dancing and helps them burn off some energy for nap time.

**Fall Session 1**  
**Wed. 9/10-10/8**  
**9:30am-10:30am**  
**\$70 R / \$75 NR**

**Fall Session 2**  
**Wed. 10/22-11/19**  
**9:30am-10:30am**  
**\$70 R / \$75 NR**

## Rhythm & Rhyme Story Times

*Library*

**Ages 6 Mo. - 3 Yrs. 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**  
**Beginning Week of September 29<sup>th</sup>**  
**Stop at Children's Desk for Nametag**  
**Free with No Registration**

## Little Chefs

*Parks & Recreation*

**Age 3.5 - 5 Yrs.**

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

**Fall Session 1**  
**Fri. 10/3-11/7**  
**9:00am-10:00am**  
**\$131 R / \$141 NR**

**Fall Session 2**  
**Fri. 11/14-12/12**  
**9:00am-10:00am**  
**\$131 R / \$141 NR**

## Pre-School Story Times with a Craft

*Library*

**Age 3 - 5 Yrs. 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**  
**Beginning Week of September 29<sup>th</sup> Stop**  
**at Children's Desk for Nametag**  
**Free with No Registration**

## Tots on the Go!

*Parks & Recreation*

**Ages 18 Mo. - 3 Yrs.**

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

**Fall Fun!**  
**Tuesday, November 4<sup>th</sup>**  
**9:15am-9:55am in Room C**  
**\$15 per Participant**

## Arts & Crafts

## DIY Holiday Craft Station

*Library*

Kids of all ages can make their own original holiday inspired crafts at our special station! Come by when it works for your schedule! Our popular Holiday Craft Station will be returning to celebrate Halloween, Thanksgiving, and all the big December holidays. All supplies provided. As a "do-it-yourself", expect to give your little ones a helping hand creating and tidying up.

**October 24<sup>th</sup>-31<sup>st</sup>**  
**November 18<sup>th</sup>-26<sup>th</sup>**  
**December 1<sup>st</sup>-31<sup>st</sup>**  
**Free with No Registration Required**

# After School

## Food Explorers

*Parks & Recreation*

Grades K-3 (Held at CBPS)

### Fall Session 1: Fall Desserts

Join Food Explorers for fantastic fall desserts! Each week you'll make brand-new recipes focused on fall flavors and ingredients. You'll be making: Pumpkin Mousse Trifles, Apple Fritters, Snickerdoodle Cupcakes, and S'mores Donuts.

Wed. 10/1-10/22

3:45pm-4:45pm

\$87 for 4-Week Session

Registration Required

### Fall Session 2: Desserts Around the World

Get ready for a delicious journey with Food Explorers! In this hands-on dessert class for kids, young chefs will explore flavors and treats from across the globe- no passport required! You'll be making: Black Forest Cupcakes, Banoffee Pies, Scotch Pancakes, and Mini Matcha Donuts.

Wed. 10/29-11/19

3:45pm-4:45pm

\$87 for 4-Week Session

Registration Required

## Little Yogis

*Parks & Recreation*

Grades K-3 (Held at CBPS)

Welcome to our introduction to yoga after school program! Each one-hour session focuses on physical, mental and emotional development through engaging activities. Kids will enjoy breathing exercises for relaxation and focus, yoga poses for flexibility and strength, story times with engaging children's yoga books and mindfulness activities and yoga games.

Fri. 9/26-11/7

(No Class 10/10)

3:30pm-4:30pm

\$105 for 6-Week Session

Registration Required

## Art-Ventures

*Parks & Recreation*

Grades K-3 (Held at CBPS)

### Fall Session: Artist's Passport, Travel the World Through Art-Ventures

Kids have an around-the-world cultural adventure. They explore far-off places and learn about the people who live there, from the Americas to Polynesia, from the city to the countryside. They make different masterpieces each week such as drums, masks, canvases, prints, busts and more.

Tues. 10/7-12/16

(No Class 11/4, 11/11, 12/2)

3:40pm-4:40pm

\$200 for 8-Week Session

Registration Required

## Mad Science

*Parks & Recreation*

Grades K-3 (Held at CBPS)

### Fall Session: Secret Agent Labs

Develop your special agent and detective skills in this super hands-on program! Uncover the science involved in evidence gathering and analysis. Sharpen your secret agent skills and discover how chemistry and the science of forensics can come to the aid of a secret agent. Identify and collect evidence - from fingerprints to tracks to trash!

Mon. 10/20-12/8

3:40pm-4:40pm

\$200 for 8-Week Session

Registration Required

## LEGO

*Parks & Recreation*

Grades K-3 (Held at CBPS)

### Fall Session: STEM FUNDamentals

Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO parts! Apply real-world concepts in physics, engineering and architecture through engineer-designed projects.

Thurs. 10/9-11/13

3:30pm-4:30pm

\$157 for 6-Week Session

Registration Required



# Sports

## Intro to Field Hockey

*Parks & Recreation*

**Grades K - 3**

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

**Sun. 10/5-10/19**  
**9:00am-10:00am**  
**CMHS Turf Field**  
**\$50 R / \$55 NR**

## Next Generation of Dance

*Parks & Recreation*

**Ages 4 - 15 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!! Students will be learning a variety of dance routines during Hip Hop and will be learning lots of awesome and fun gymnastics skills. This program is a great way to keep up your skills and learn new ones. Sign up today! Please review all information online prior to registering.

**Session 1**  
**Wed. 9/17-11/5**  
**Parks & Recreation Room**

<b>Combo Class</b>	<b>Hip-Hop/Gym</b>
<b>Ages 4 - 6 Years</b>	<b>Ages 7 - 10 Years</b>
<b>4:45pm-5:30pm</b>	<b>5:30pm - 6:30pm</b>
<b>\$124 R / \$129 NR</b>	<b>\$130 R / \$135 NR</b>

**Hip-Hop/Gym**  
**Ages 11 - 15 Years**  
**6:30pm-7:00pm**  
**\$120 R / \$125 NR**

## Little Warriors Junior Golf Program

*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**  
**Mon. 9/8-10/20**  
**4:30pm-5:15pm**  
**CIS Soccer Field**  
**\$130 R / \$140 NR**

**Ages 5 - 7**  
**Mon. 9/8-10/20**  
**5:15pm-6:15pm**  
**CIS Soccer Field**  
**\$145 R / \$155 NR**

## Skyhawks: SportsTots

*Parks & Recreation*

**Ages 2 - 5 Years**

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

**Ages 2 - 3**  
**Sat. 9/13-10/4**  
**9:15am-10:00am**  
**Mills Pond Park**  
**\$75 R / \$80 NR**

**Ages 4 - 5**  
**Sat. 9/13-10/4**  
**10:15am-11:00am**  
**Mills Pond Park**  
**\$75 R / \$80 NR**

## Rookie Running Club

*Parks & Recreation*

**See pg. 21 for  
 More Information!**

## Recreation Basketball League

*Parks & Recreation*

**Grades 2 - 8**

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

**Resident Registration Opens 8/21**  
**Resident Registration Closes 10/10**  
**Non-Resident Registration 10/12-10/24**

**\$155 Resident**  
**\$170 Non-Resident**

**For All Recreation Basketball League Information, Visit**  
**[cantonrec.org](http://cantonrec.org)**

## Skyhawks: K/1 Basketball Clinic

*Parks & Recreation*

**Grades K - 1**

This recreation basketball clinic offers children grades K-1 to get their first experience with basketball. This program is introductory in nature where participants will learn the game of basketball through engaging drills and small-sided games. Our coaches will focus on developing the basics and fostering a love of the game.

**After School**  
**Mon. 11/17-12/15**  
**3:40pm-4:25pm**  
**CBPS Gym**  
**\$89 R / \$99 NR**

**Afternoon**  
**Mon. 11/17-12/15**  
**4:30pm-5:15pm**  
**CBPS Gym**  
**\$89 R / \$99 NR**

## The Warrior Way Pre-Season Basketball Clinic

*Parks & Recreation*

**Grades 4 - 8**

The Warrior Way Basketball Preseason clinic hosted by Canton Varsity Boys Basketball Coach, Dan Goscinski, will be a 6-week skill development program for boys and girls in grades 4-8. This skills clinic will focus on developing fundamental skills in the areas of ball handling, shooting, passing defense, individual scoring moves and team offense/defense strategies. It will give participants the opportunity to learn and prepare their skills for their winter season ahead! Staff will include Canton High School Basketball coaches and players.

**Thurs. 9/25-10/27**  
**7:00pm-8:30pm**  
**CMHS Gymnasium**  
**\$150 R / \$155 NR**

## 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.

**Sunday, September 28<sup>th</sup>**  
**8:30am-12:00pm**  
**Bowdoin Field**  
**\$55 R / \$60 NR**

## Ski Bus

*Parks & Recreation*

The Ski Program at Ski Sundown will be returning for the 2026 winter season! Details still being finalized - see you out on the mountain!

**More Information Coming Soon!**  
**Visit [cantonrec.org](http://cantonrec.org)**

## Soccer Shots

*Parks & Recreation*

**Ages 2 - 5 Years**

### Mini Soccer Shots (Ages 2 - 3.5)

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

#### Fall Session 1

**Sun. 9/7-9/28**

**A: 9am-9:30am**

**B: 10am-10:30am**

**CIS Soccer Field**

**\$72 R / \$77 NR**

#### Fall Session 2

**Sun. 10/19-11/9**

**A: 9am-9:30am**

**B: 10am-10:30am**

**CIS Soccer Field**

**\$72 R / \$77 NR**

### Classic Soccer Shots (Ages 3.5 - 5)

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

#### Fall Session 1

**Sun. 9/7-9/28**

**A: 9am-9:45am**

**B: 10am-10:45am**

**CIS Soccer Field**

**\$75 R / \$80 NR**

#### Fall Session 2

**Sun. 10/19-11/9**

**A: 9am-9:45am**

**B: 10am-10:45am**

**CIS Soccer Field**

**\$75 R / \$80 NR**

## Tennis in the Parks

*Parks & Recreation*

**Grades 3 - 8**

The tennis program where kids play while they learn! This program is for brand-new, beginner, or returning novice youth players. 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.

#### Red Ball

**Grade 3 - 4**

**Sun. 9/7-10/12**

**9:00am-10:00am**

**Mills Pond Park**

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

#### Orange Ball

**Grade 5 - 8**

**Sun. 9/7-10/12**

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

**Mills Pond Park**

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

## Teens

## Babysitter Training Course

*Parks & Recreation*

**Ages 12 - 16 Years**

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.

### October/November Course

**Mon. 10/27 & 11/3**

**3:00pm-5:30pm**

**\$100 R / \$110 NR**

## Crafternoon

*Library*

**Grades 4 - 12**

Explore a new creative project at each session—think fiber arts, perler beads, lettering, jewelry, and more. On the off-weeks, grab a Take & Make kit to craft at home. We provide the materials, guidance, and space to relax and create. Free and drop-in.

**Every Other Tuesday Starting 9/2**

**3:00pm-4:30pm**

**Free with No Registration Required**

## Tabletop Thursdays

*Library*

**Grades 4 - 12**

Bring your friends and join us for an afternoon of board game fun! Each session features a new theme—party favorites, strategy challenges, and timeless classics. Never played before? No problem! We'll teach you the rules and get the games rolling.

**Thursdays (9/11, 9/25, 10/9, 10/23, 11/6, 11/20, 12/4, 12/18)**

**3:00pm-4:30pm**

**Free with No Registration Required**



## Join Canton Public Library's Teen Advisory Group (TAG)

*Library*

**Grades 5 - 12**

Want to help shape what the library does for teens? Join TAG—a fun and responsible group of students in grades 5–12 who meet twice a month to plan events, recommend books and movies, and make the teen space their own. It's a great way to get involved, earn volunteer hours, and make your voice heard.

**Friday Meetings  
Starting at 3:00pm**

**Apply Today at the Library's Website!**

## Camp NaKnitSweMo

*Library*

**Grades 4 - 12**

Celebrate National Knit a Sweater Month this November—#NaKnitSweMo! Pick your own knitting project (not just sweaters!), finish by the end of the month to earn prizes and an invite to a special movie event. We'll provide project ideas, yarn, tools, and help along the way. Join us for a planning session on October 22 and a cast-on party on October 29, with knit-in meetups happening throughout November.

**Dates & Times Vary  
Visit Library's Website for More  
Information**

## Cookie Decorating and a Movie

*Library*

**Grades 4 - 12**

Have some laid-back holiday fun where you get to decorate your own sugar cookies, then eat them as you watch a holiday movie favorite. Movie choice will be determined by participant vote.

**Monday, December 22nd  
3:00pm-4:30pm  
Free with Registration Required**

## 8th Annual Teen Photography Contest

*Library*

**Grades 7 - 12**

All aspiring middle and high school photographers are invited to snap and submit potential award-winning photos by Friday, October 24. All entries will be featured in a month-long exhibit at the library throughout November. Winners will be announced at a special awards reception on Monday, November 17. Full contest details are available on the library website.

**Photo Submission Deadline: 10/24  
Reception & Awards: 11/17**

## Now Hiring!

*Parks & Recreation*

The Parks & Recreation Department is looking for motivated individuals to work with us during the winter season!

**Rec. Basketball Counselors  
Rec. Basketball On-Site Supervisors  
Ski Bus Supervisors**

**Interested in Applying? Visit:  
[townofcantonct.org/employment-opportunities](http://townofcantonct.org/employment-opportunities)**

## Holiday Kids and Teens Craft Fair - Vending & Attending

*Library*

Stop by the Holiday Kids and Teen Craft Fair to shop unique, handmade creations from talented young crafters (Grade 12 and under). Are you a young crafter (Grade 12 and under) looking to sell your handmade creations? Don't miss out on this great opportunity!

**See pg. 6  
for More Information**

# Adult Programs

## Art

### Knitting 101

*Senior Center*

Have you been wanting a new hobby? Perhaps learn how to knit a blanket for someone special or a new scarf to warm you up in the cooler months? Join Canton resident Cynthia Yanok, a professional knitwear designer, instructor and published author of *Knit It Your Way: Change the Yarn to Suit Your Style*, as she gets you started on your first or next project. This program is suited for novice knitters. Bring a ball of yarn and needles sized 10. Cynthia will also have samples if you prefer to wait to the next class to purchase needles.

**Mondays in October (No Class 10/13)**  
**1:00pm-3:00pm in Senior Lounge**  
**\$15 for 3 Classes**

Visit Website to Register

### Next Level Knitting

*Senior Center*

If you are a knitter looking to take your craft to the next level, join Canton resident Cynthia Yanok, a professional knitwear designer and published author of *Knit It Your Way: Change the Yarn to Suit Your Style*, as she teaches you new patterns or helps you think through a new design for your latest or future project. Cynthia designed knitting patterns for companies like Vogue Knitting Magazine, Knit Simple, Cascade Yarns and many more and now she is your personal consultant to making something beautiful to be cherished for years to come. Bring your yarn and needles to each session.

**Mondays in November**  
**1:00pm-3:00pm in Senior Lounge**  
**\$20 for 4 Classes**

Visit Website to Register

### Adult Craft Night

*Library*

Let's get creative! Something new each month! Check the library website for project details and registration information.

**2<sup>nd</sup> Thursday of the Month**

**Starting at 6:30pm**

**Free with Registration Required**

Visit Website to Register

### Easy Art for Adults

*Library*

Do you love to be creative and have fun without the pressure of perfection? Zero skill required! Just let your inner artist run wild!

**3<sup>rd</sup> Thursday of the Month**

**Starting at 1:00pm**

**Free with Registration Required**

Visit Website to Register

### Dye a Silk Scarf

*Senior Center*

Let your inner artist come through and make a colorful creation all on your own! Just in time for the holidays! Included in the class fee is a 100% silk scarf, use of non-toxic dyes and all materials needed for the process. Bring a smock and wear clothes that you don't mind getting stained.

**Monday, December 8<sup>th</sup>**  
**1:00pm-4:00pm in Senior Lounge**  
**\$10 per Person**

Visit Website to Register

### The Pride and Prejudice of Fashion: Clothing Styles of the Regency Era

*Library*

See pg. 5

## You Choose: Freestyle Art

*Senior Center*

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 art studio where you can create freely and enjoy the company and inspiration of others doing the same. Free coffee is available. Max of 10 registrants.

**Tuesday, September 16<sup>th</sup>**  
**10:00am-12:00pm in Senior Lounge**  
**\$5 Resident / \$7 Non-Resident**  
Visit Website to Register

## Fitness

### 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 while using resistance bands, light weights, POUND Ripstix, occasional dance fitness moves, steps and chairs for optional standing support. Each class varies slightly, but each works all major and some minor muscle groups.

**Tuesdays at 10:30am**  
**Held in Parks & Recreation Room**  
**\$15 for Month, \$5 Drop-In**  
Visit Website to Register

### Zumba Gold

*Parks & Recreation*

Join the party and enjoy the health benefits of this energetic, feel good, low impact aerobic workout! No experience needed, just willingness to dance, have fun and log at least 5,000 steps. Interested participants are welcome to take a free class on a Saturday! Registration is required for the free demo class. Dress comfortably!

**Saturdays at 10:30am**  
**Held in Multi-Purpose Room**  
**\$52 for 8-Class Pack**  
Visit Website to Register

## Tai Chi for Balance

*Senior Center*

It's all about balance! Yang Style Tai Chi Chuan is a friendly group practice that focuses on muscle control, balance exercises, stretching and breathing to improve movement, relieve pain and help you walk gracefully again. Great for your general health and wellbeing. No special attire required, wear comfortable shoes. If you have never tried Tai Chi before, now is your chance - first class is free for any registrants who are not current students. Minimum 5 registrants to run.

**Mondays at 10:00am**  
**Held in Room D/E**  
**\$5 Pre-Paid, \$7 Drop-In**  
Visit Website to Register

**Wednesdays at 10:00am**  
**Held in Room C/D**  
**\$5 Pre-Paid, \$7 Drop-In**  
Visit Website 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 1**  
**Mon. 9/8-10/6**  
**6:30pm-7:30pm**  
**\$50 R / \$60 NR**

**Session 2**  
**Mon. 10/20-11/24**  
**6:30pm-7:30pm**  
**\$60 R / \$70 NR**

### 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. Please bring a mat and water bottle and dress comfortably.

**Fridays at 10:45am**  
**Held in Parks & Recreation Room**  
**\$15 for Month, \$5 Drop-In**  
Visit Website to Register



## Fitness Flex Pass Classes

### *Parks & Recreation*

Get ready to transform your fitness routine with our 10-class fitness pass! This pass is all about flexibility, fun and affordability, letting you take control of your workouts.

**\$70 for 10 Classes (Fitness Flex Pass)**  
**\$10 Drop-Ins Available**

### Weekly Schedule

#### **Bootcamp: Circuit Training** **Mondays at 7:00am**

Boot those Monday blues with an energizing circuit workout designed for overall strength and cardio building.

#### **Fit & Play** **Tuesdays at 9:20am**

A fun way for parents/caregivers to get a workout in while the little ones socialize and burn some energy.

#### **Movement Express** **Tuesdays at 6:00pm**

Using light weights, you'll build strength, improve flexibility and enhance your overall movement - all in one express workout!

#### **Build & Burn: HIIT** **Tuesdays at 6:40pm**

A high-intensity interval training class that blends strength, endurance and dynamic movements for a full-body workout.

#### **Sweat Sesh** **Wednesdays at 7:00am**

Get over the mid-week hump with a full-body workout that incorporates a range of weights, sliders, resistance bands and more!

#### **Drop In After Drop Off** **Thursdays at 9:00am**

Designed for parents, this class makes it easy to prioritize fitness after school drop-off. Caregivers have the option to bring their younger children with them to class.

#### **Core Foundations** **Thursdays at 5:00pm**

Strengthen your center in just 30-minutes with this power-packed core workout.

#### **Healthy Hustle** **Thursdays at 5:45pm**

A dynamic workout to get your heart pumping and energy flowing.

#### **Barre 360** **Fridays at 7:40am**

Kick start your Fridays with this challenging, yet low-impact, barre class!

### **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 required, dress comfortably.

**Mondays at 10:45am**  
**Held in Room C/E**  
**\$5 Pre-Paid, \$7 Drop-In**  
Visit Website to Register

**Wednesdays at 11:30am**  
**Held in Room E**  
**\$5 Pre-Paid, \$7 Drop-In**  
Visit Website to Register

### **Herbie's Hoofers** *Senior Center*

If you are looking for company on your walks or just want to get going, join local Canton resident and exercise enthusiast, Herbie B., as he walks the beautiful trails that wind through Canton, Collinsville and beyond. He'll be stationed at the River Road trail entrance that sits across from Riverside Nursery every Wednesday at 9:00am.

**Wednesdays at 9:00am**  
**Starting September 17th**  
**Free with No Registration Required**

## Noodle Fit

### *Senior Center*

Getting fit can be fun, especially with a colorful pool noodle. This entertaining exercise class combines drumming movements with aerobic exercise. Participants use modified 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 at 10:00am**  
**Held in Multi-Purpose Room**  
**\$5 Pre-Paid, \$7 Drop-In**  
Visit Website to Register

## Yoga with Nancy (Virtual)

### *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.

**Fall Session**  
**Thurs. 9/25-11/13**  
**7:30pm-8:30pm**  
**\$62 for Session**

**Winter Session**  
**Thurs. 11/20-1/29**  
**7:30pm-8:30pm**  
**\$62 for Session**

## Rookie Running Club

### *Parks & Recreation*

For absolute beginners to those runners wanting to improve their mile times, this course is for anyone 10 years and older that wants to put a little spring in their step this season. Runners will have 8 weeks to train with RRCA certified coach and local running mom, Monica, to run the Trick or Trot Halloween 5k race (race registration separate: not included in class fee).

**Tuesdays 9/2-10/21**  
**5:30pm-7:00pm at Mills Pond Park**  
**\$130 R / \$140 NR**  
Visit Website to Register

## Pickleball Clinics: Mondays & Saturdays

### *Parks & Recreation*

#### **Intro to Pickleball**

Get started in the fastest growing sport in the US - pickleball! In this introduction to the game, you will learn how to play pickleball, including safety, proper grip, positioning, ground strokes, serves, returns, lobs, dinking, scoring and game strategy

**Saturdays 9/13-10/4**  
**9:00am-10:30am**

**Mills Pond Park - Tennis Courts**  
**\$90 R / \$100 NR**

#### **Advanced Beginner/Round Robin**

Want to build on your beginner pickleball skills and get some games in too? Then sign up for Advanced Beginner Pickleball! We will work on skills followed by coached round robin play. Enrollees should have already taken a beginner pickleball class or have equivalent skills.

**Mondays 9/8-9/29**  
**6:00pm-7:30pm**

**Mills Pond Park - Tennis Courts**  
**\$90 R / \$100 NR**

#### **Drilling for Improved Game Play**

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

**Saturdays 9/13-10/4**  
**10:30am-12:00pm**

**Mills Pond Park - Tennis Courts**  
**\$90 R / \$100 NR**

## Pickleball Tournament

### *Parks & Recreation*

Get ready to dink, drive and socialize at our upcoming Rotating Round Robin Pickleball Tournament!

**See pg. 5 for  
More Information!**

## Pickleball Clinics: Tuesdays

*Parks & Recreation*

### Intro to Pickleball

Pickleball is a fun and easy sport that mixes elements of tennis, badminton and ping-pong. You can play it indoors or outdoors with a paddle and a plastic ball on a small court. In this class, you will learn the basic rules, skills and strategies of pickleball and enjoy playing with other beginners.

**Session 1**  
**Tues. 9/9-9/30**  
**9:00am-10:00am**  
**\$60 R / \$70 NR**

**Session 2**  
**Tues. 10/7-10/28**  
**9:00am-10:00am**  
**\$60 R / \$70 NR**

### Advanced Beginner Pickleball

Pickleball is a fast and exciting sport that challenges your physical and mental skills. If you have some experience playing and want to take your game to the next level, then this class is for you! You will learn advanced techniques, tactics and drills to improve your consistency, accuracy and power.

**Session 1**  
**Tues. 9/9-9/30**  
**10:00am-11:00am**  
**\$60 R / \$70 NR**

**Session 2**  
**Tues. 10/7-10/28**  
**10:00am-11:00am**  
**\$60 R / \$70 NR**

## YogaCHI with Mary Ellen

*Parks & Recreation*

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" and upper body, arms and legs combined with deep stretching and ending with relaxation techniques.

**Fall Session**  
**Thurs. 10/16-11/20**  
**11:00am-12:00pm**  
**\$60 R / \$70 NR**

**Winter Session**  
**Thurs. 1/8-2/12**  
**11:00am-12:00pm**  
**\$60 R / \$70 NR**

## Monthly Birthday Celebration

*Senior Center*

See pg. 6

## Enrichment

### 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.

**1<sup>st</sup> Friday of the Month**  
**9/5, 10/3, 11/7, 12/5**  
**Starting at 1:00pm**

**Free with No Registration Required**

### Bingo Club

*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**  
**Held in Multi-Purpose Room**  
**Free with No Registration Required**

### A Haunted Collinsville Reading with Cory Dzinski

*Library*

Get into the spooky spirit with a visit from local author Dory Dzinski! She'll share eerie excerpts from her book *Haunted Collinsville*, filled with chilling tales from right here in our own backyard. Hear about haunted happenings, ghostly legends, and spine-tingling stories that will leave you looking over your shoulder. Books will be available for purchase and signing.

**Tuesday, October 21<sup>st</sup>**  
**Starting at 6:30pm**  
**Free with Registration Required**



## 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 10:00am-12:00pm**  
**Held in Senior Lounge**  
**Free with Active Membership**

## 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 1:00pm-3:00pm**  
**Held in Senior Lounge**  
**Free with Active Membership**

## 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 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**  
**Held in Senior Lounge**  
**Free with Active Membership**

## Setback

*Senior Center*

New! Along with cards after lunch on Wednesdays, Setback is now starting for anyone interested. Setback is a trick-taking card game, popular for its strategic depth and customizable rule sets. Drop in -- no registration required. Bring a friend!

**Wednesdays 1:00pm-3:00pm**  
**Held in Senior Lounge**  
**Free with Active Membership**

## Shrink Your

**Lawn**

*Library*

Learn how to turn part of your lawn into a vibrant, low-maintenance haven for native bees, butterflies, and birds. Advanced Master Gardener, Theresa Sullivan Barger, will share easy, beautiful ways to shrink your turf and grow something better—more flowers, more color, and more wildlife right outside your door. It's a win for the environment and your weekends.

**Tuesday, September 9<sup>th</sup>**  
**Starting at 6:30pm**  
**Free with Registration Required**

## Journaling with Ease

*Library*

Journaling seems to be on everyone's Should List - something we should do, something that should look a certain way. And yet it's the idea of what journaling "should be" that keeps us from building the journaling practice we need. As the year draws to a close, join us for this hands-on session to create a journaling practice that's just right for you.

**Monday, December 8<sup>th</sup>**  
**Starting at 6:30pm (Virtual)**  
**Free with Registration Required**

## Makeup for Mature Women

*Senior Center*

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. \$20 paid in advance. Min. 10 / Max. 20

**Tuesday, September 23<sup>rd</sup>**  
**10:00am-12:30pm**  
**Held in Senior Lounge**  
**\$20 per Participant**

## 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 10:00am-12:00pm**

**Held in Senior Lounge**

**Free with Active Membership**

## Leave the Leaves, Save the Stems

*Library*

Put down the leaf blower—and pick up some tips for helping local wildlife thrive. This workshop will show you how a few simple changes to your fall cleanup routine can create vital winter habitat for overwintering butterflies, caterpillars, bees, and birds. Learn why leaving some leaves and saving flower seed heads can turn your yard into a refuge for pollinators—and a favorite stop for feathered friends. Presented by Advanced Master Gardener Theresa Sullivan Barger.

**Tuesday, October 7<sup>th</sup>**

**Starting at 6:30pm**

**Free with Registration Required**

## Spirit Days

*Library*

Show off your spirit this fall at the library! Each month, wear your themed spirit wear on our designated spirit days for a chance to win a fun mug and gift card—just stop by the circulation desk to enter. September is all about vacation souvenirs, October gets spooky with Halloween style, November brings out the coziest plaid, and in December we'll get ready for a long winter's nap with pajama day.

**Open for All Ages to Participate**

**All Day: 9/25-9/26, 10/30-10/31**

**11/25-11/26 & 12/23-12/24**

**Free with No Registration Required**

**Join the Fun!**

## Legal Aid Seminar on Tenant Rights and Landlord Responsibilities

*Senior Center*

Join Atty. Rachel Kupec of Greater Hartford Legal Aid as she educates you on your rights as a tenant and housing laws that specifically protect seniors. She will also walk through what a typical eviction case may look like and how to try to prevent an eviction from happening. Any senior who is a renter, including tenants from 21 & 121 Dowd Avenue and Boulder Ridge Condominiums, are encouraged to attend.

**Thursday, October 16<sup>th</sup>**

**Starting at 1:00pm**

**Held in Room E**

**Free with Registration Required**

## AARP Safe Driver Course

*Senior Center*

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, September 16<sup>th</sup>**

**9:00am-1:00pm**

**Held in Senior Lounge**

**\$20 AARP Members**

**\$25 Non-AARP Members**

## La Boheme: A Lecture in Advance of the Met's Simulcast with Jeffrey Engel

*Library*

**Thursday, November 6<sup>th</sup>**

**Starting at 7:00pm**

**Visit Library's Website to Register**

## Lucid Dreaming with Nikki Wardwell Sleath, the Author of Dream Sorcery

*Library*

Join local author Nikki Sleath for a talk about Dream Sorcery, her new book for Llewellyn Press. Books will be available for sale and signing.

**Wednesday, September 17<sup>th</sup>**  
**Starting at 6:30pm**  
**Free with Registration Required**

## Writers Group

*Library*

Whether you're working on a novel, crafting short stories, writing songs, blogging, journaling, or polishing business communications—writing is for everyone. Our Writers Group welcomes authors at all stages, from published professionals to those just starting out. We share ideas on the craft, lead creative exercises, and support each other in finding our voices and telling our stories. Poets, musicians, entrepreneurs, memoirists, moms, and more—if you write, you're one of us.

**Every Monday**  
**Starting at 1:00pm**  
**Free with No Registration Required**

## Book Clubs

*Library & Senior Center*

### Monday Evening Book Group (Senior Lounge Book Club)

**9/8, 10/20, 11/10 Starting at 7:00pm**

This group may meet in person in the Senior Lounge or on Zoom. New members can register to be added to our email list for this group.

### Science Book Discussion Group

**9/11, 10/9, 11/13 Starting at 12:30pm**

New members can register to get added to our email list for this group. We RSVP to the meeting by email. The Group meets at Good Friends Restaurant.

## Walking Book Discussion

**9/6, 10/4, 11/1 Starting at 2:00pm**

New members can register to get added to our email list for this group. We meet at the Route 202 gate of Nepaug Reservoir to walk and talk. Books available at the library in advance of the meeting.

## Health, Wellness & Finance

## Teen Dating Violence - Dual Presentation

*Library*

Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner every year. What can you do to help the young people in your life? Educate yourself. Join us on Thursday, October 23<sup>rd</sup> and bring your teens (ages 11+) to learn the facts and signs of Teen Dating Violence and how to support teens in our community. Teens and adults will be split off into two groups. Teens aged 11+ learn what Teen Dating Violence is, the facts, types of abuse, healthy/unhealthy relationship qualities, and accessing support and resources for themselves or a friend who may be experiencing abuse. Adults, parents, and caregivers will be provided with the facts, in addition to supportive resources and a question and answer session to voice concerns. Presented by community educators from Interval House.

**Thursday, October 23<sup>rd</sup>**  
**Starting at 7:00pm**  
**Free with Registration Required**  
**\*Adults & Teens (Ages 11+) Only**  
**\*Adults & Teens Will Be**  
**Separated to Attend**  
**Different Presentations**



## Hearing Seminar & Screening

*Senior Center*

Stay Sharp. Stay Connected. Join Hearing Care Centers for an engaging seminar on hearing loss and hearing conservation. Learn how today's treatments can help you stay connected and confident. Free hearing screenings will be offered that same day.

**Thursday, October 9<sup>th</sup>**  
**9:00am-1:00pm**  
**Held in Senior Lounge**  
**Free with Active Membership**

## Veterans Advocacy & Assistance

*Senior Center*

Veterans and their spouses 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). 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.

**First Friday of the Month**  
**9:00am-1:00pm**  
**Held in Room C**  
**Appointments Only - Call (203)805-6340**

## Blood Pressure/Blood Sugar Screening

*Senior Center*

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

**Wednesdays**  
**11:30am-1:00pm**  
**Held in Multi-Purpose Room**  
**Free with Active Membership**

## 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.

**First Monday of the Month**  
**9:00am-2:30pm**  
**Held in Senior Lounge**  
**\$40 per Person (Check or Cash)**

## 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 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:**  
**10/9, 11/13, 12/11**  
**9:30am-11:30am**  
**Held in Senior Lounge**  
**Free with Active Membership**



**MAKE A  
DIFFERENCE!**



Canton's Commission on Aging (COA) is looking to fill a few seats and they'd love to hear from you if you have a desire to make a difference in the lives of Canton's Senior population.  
You don't have to be a senior to join!

We welcome enthusiastic adults with diverse backgrounds and a shared commitment to enhance our town's support for seniors, ensuring our aging residents continue to be valued and appreciated as vital members of our community.

Please contact COA Chairperson [heathergillette@gmail.com](mailto:heathergillette@gmail.com) if you would like to learn more!

## The Probate Process: What Is It & Why Do We Need It?

*Senior Center*

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.

**Thursday, September 4<sup>th</sup>**  
**10:00am-11:00am**  
**Held in Senior Lounge**  
**Free with Active Membership**

## Quarterly 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.

**Wednesdays: 9/3 & 12/3**  
**11:45am-12:45pm**  
**Held in Senior Lounge**  
**Free with Active Membership**

## A Matter of Balance

*Senior Center*

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.

**Mondays 11/3-12/22**  
**1:00pm-3:00pm**  
**Held in Room E**  
**Free with Active Membership**

## Medicare Made Perfectly Clear

*Senior Center*

2025-2026 Medicare Open Enrollment is October 15 - December 7. Are you turning 65 or planning to retire soon? Still working past 65 and unsure about your Medicare options? Join us for a free seminar where Roberson Tierney & Assoc. will break down: What Medicare Parts A, B, C, and D cover | Your enrollment timelines and options | How to avoid penalties and gaps in coverage | Choosing between Medicare Advantage and Supplement plans.

**Thursday, October 2<sup>nd</sup>**  
**Starting at 1:30pm**  
**Held in Senior Lounge**  
**Free with Active Membership**

## Free 1:1 Medicare Consultation

*Senior Center*

Are you new to Medicare? Or are you renewing and the choices and changes have your head swimming? Sign up for a free 20-minute consultation with Roberson Tierney & Assoc. where they will provide personalized guidance on your specific needs, health status and financial situation to help you make an informed decision for Open Enrollment. 2025-2026 Medicare Open Enrollment is October 15 - December 7.

**Tuesday, October 14<sup>th</sup>**  
**1:00pm - 4:00pm**  
**Held in Senior Lounge**  
**Free with active Membership**

## Ask the Attorney

*Senior Center*

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.

**Thursday, September 18<sup>th</sup>**  
**10:00am-12:00pm**  
**Held in Senior Lounge**  
**Appointments Only -**  
**Call (860)693-5811**

## Stress Happens: 10 Tips to Manage It

*Senior Center*

Stress happens to all of us. Up to 90% of all visits to the doctor's office are stress-related, according to Harvard. Stress can be considered as much a risk factor for disease as smoking. Come learn 10 tips to manage stress and maximize vitality. 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, December 2<sup>nd</sup>**

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

**Held in Senior Lounge**

**Free with Active Membership**

## Ask the Expert... Alzheimer's & Parkinsons

*Senior Center*

Join Sandra Cook, a Community Educator for both the Alzheimer's and Parkinson's Associations, and ask the questions you are afraid to know the answers to. It's only through learning that we can manage or prevent these neuromuscular conditions. What is normal aging? What's the difference between Dementia, Alzheimer's and Parkinson's? Can I have them at the same time? How can I learn more?

**Tuesday, September 9<sup>th</sup>**

**Starting at 1:00pm**

**Held in Senior Lounge**

**Free with Active Membership**

## Flu Clinic

*Senior Center*

The Farmington Valley Visiting Nurse and Hospice of Litchfield County will be at the Community Center to offer free flu shots. Please bring your insurance card. They will accept Aetna, Anthem Blue Cross, Harvard Pilgrim Health Care, Medicare Part B, ConnectiCare, United Healthcare Advantage (for individuals over age 65).

**Tuesday, October 28<sup>th</sup>**

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

**Parks & Rec Room**

## Trusts: Everything You Wanted to Know But Didn't Ask

*Senior Center*

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.

**Thursday, October 2<sup>nd</sup>**

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

**Held in Senior Lounge**

**Free with Active Membership**

## Stronger Everyday: Building Resilience for Life's Challenges

*Library*

Join the Farmington Valley Health District for this transformative program designed to help individuals develop the mental and emotional strength needed to navigate adversity with confidence. Through practical strategies, guided exercises, and supportive discussions, participants will learn how to manage stress, adapt to change, and bounce back from setbacks. Whether facing personal or professional obstacles, this program empowers individuals to build resilience and thrive in the face of life's challenges. Come to one or the entire series.

**Tuesdays 11/4, 11/18 & 12/2**

**Starting at 6:30pm**

**Free with Registration Required**

**Stay Up-to-Date with  
Library, Parks & Recreation  
and Senior Center Programming  
By Visiting Each Department's  
Website!**



## Longevity Planning with the Investors Center

*Senior Center*

What Is Longevity Planning? It isn't just about living longer—it's about the planning for all that goes along with getting older. Join Eliot Weissberg, Certified Financial Planner, Certified Aging in Place Specialist & President of The Investors Center, to explore more about what living longer means for your wellbeing – financial and more!

**Tuesday, October 28<sup>th</sup>**  
**1:00pm-2:00pm**  
**Held in Senior Lounge**  
**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 followed by Q&A session.

**Tuesday, September 16<sup>th</sup>**  
**Starting at 6:30pm**  
**Held in Multi-Purpose Room**  
**Free with No Registration Required**

## Monday & Wednesday Lunches

*Senior Center*

Delicious meals catered by Lisa's Crown and Hammer/Lisa's Luna Pizza on Mondays and Little Oak 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 (No Lunch 9/1)**  
**12:00pm-1:00pm**  
**Held in Multi-Purpose Room**  
**Resident: \$5 Dine-In/\$6 Takeout**  
**Non-Resident: \$6 Dine-In/\$7 Takeout**

## Tips for Sleep: A Seminar on Successful Snoozing

*Senior Center*

Did you know that during restorative sleep the body not only rests and recharges, it also cleans the brain of toxins and debris, consolidates memories, repairs tissues and organs, and grows new cells, including brain cells? Come learn about tips to improve sleep and restorative rest. 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, October 28<sup>th</sup>**  
**10:00am-11:00am**  
**Held in Senior Lounge**  
**Free with Active Membership**

## Monetary Donations to the 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.

## Tech Help and Fireside Chats Will Return This Fall

Keep your eyes peeled...Tech Help and Fireside Chats with Canton High School National Honor Society Members will be returning mid-fall based on glowing reviews from both the seniors and students. Updates will be sent via email. Make sure your membership is up to date in order to receive the latest news.

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**Please Note:**  
**The programs in this guide are subject to change. For updated information, please visit the website of the department the program falls under.**  
**Thank you!**

