

SENIOR CENTER February EVENTS

Special Events

COFFEE WITH THE COA

TUESDAY 2/3 STARTING AT 11:00AM
IN THE SENIOR LOUNGE

Enjoy a cup of coffee or tea with the Commission on Aging members!

COFFEE WITH A COP

THURSDAY 2/5 STARTING AT 10:00AM
IN THE SENIOR LOUNGE

Sit down with members of the Canton Police Department and learn about safety around the house and home hazards, all while enjoying a cup of coffee or tea. No registration needed!

GALENTINE'S DAY: BEADS & BESTIES

THURSDAY 2/12 STARTING AT 11:00AM
IN THE SENIOR LOUNGE

Join us for a fabulous afternoon celebrating friendship and creativity! We will provide a beautiful assortment of beads and supplies for you to design your own custom jewelry. While you craft, enjoy delicious light refreshments and wonderful conversation. Registration is required, \$5 per person.

COFFEE WITH A PILOT

MONDAY 2/23 STARTING AT 10:30AM
IN THE SENIOR LOUNGE

We're bringing together local pilots and our senior community to swap stories from the skies. Ask those "how do they do it?" questions, hear about the evolution of flight, or share your own memories of travel and aviation. No registration needed!

Art Programs

ADVANCED BEGINNER KNITTING TECHNIQUES

MONDAYS 2/2-3/2 FROM 1:00PM-3:00PM
IN THE MULTI-PURPOSE ROOM

This class will have you learning paired increases and decreases and how to apply them, how to decipher patterns, how to read schematics and to apply appropriate finishing techniques for any project. Registration is required.

Health & Wellness

MEDICAL FOOT CLINIC

MONDAY 2/2 FROM 9:00AM-2:30PM
IN THE SENIOR LOUNGE
APPOINTMENT REQUIRED (CALL 860-693-5808)

MEMORY SCREENINGS

MONDAY 2/2 FROM 9:00AM-11:30AM
IN ROOM C
APPOINTMENT REQUIRED (CALL 860-693-5808)

HEARING SCREENINGS

THURSDAY 12/12 FROM 9:30AM-11:30AM
IN ROOM C
APPOINTMENT REQUIRED (CALL 860-693-5808)

BLOOD PRESSURE & SUGAR SCREENINGS

WEDNESDAYS DURING SENIOR LUNCHES
IN MULTI-PURPOSE ROOM OR SENIOR LOUNGE

Fitness Classes

CHAIR PILATES

MON. AT 11:45AM & WED. AT 11:30AM
IN THE PARKS & RECREATION ROOM
REGISTRATION REQUIRED

GENTLE YOGA FOR SENIORS

MON. AT 1:00PM
IN THE PARKS & RECREATION ROOM
REGISTRATION REQUIRED

GROUNDED & STRONG: STRENGTH & STABILITY

FRI. AT 12:00PM
IN THE PARKS & RECREATION ROOM
REGISTRATION REQUIRED

STRENGTH TRAINING FOR SENIORS

THUR. AT 1:00PM
IN THE PARKS & RECREATION ROOM
REGISTRATION REQUIRED

TAI CHI FOR BALANCE

MON. & WED. AT 10:00AM
IN ROOM D (MON.) & ROOM C (WED.)
REGISTRATION REQUIRED

Interested in
Attending or
Participating
in Any of These
Programs?

WE WOULD LOVE TO
HAVE YOU!

IF A PROGRAM DOES NOT
REQUIRED REGISTRATION, JUST
SHOW UP ON THE DATE AND
AT THE TIME LISTED!

FOR PROGRAMS THAT
REQUIRED REGISTRATION,
PLEASE VISIT
CANTONREC.ORG
OR CALL
(860)693-5808!

