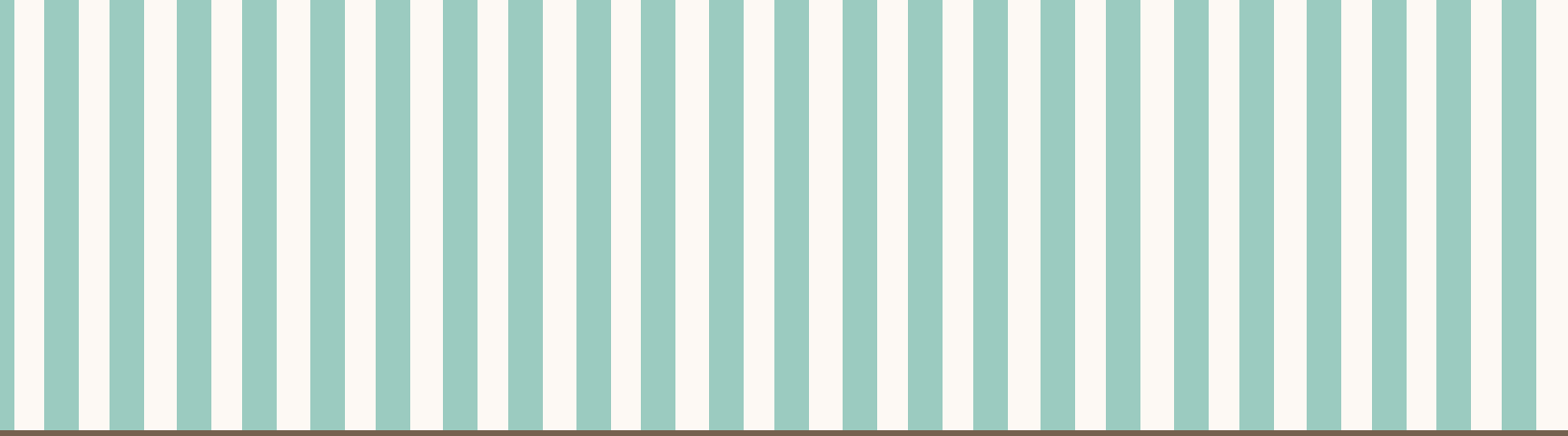




FALL PROGRAM GUIDE

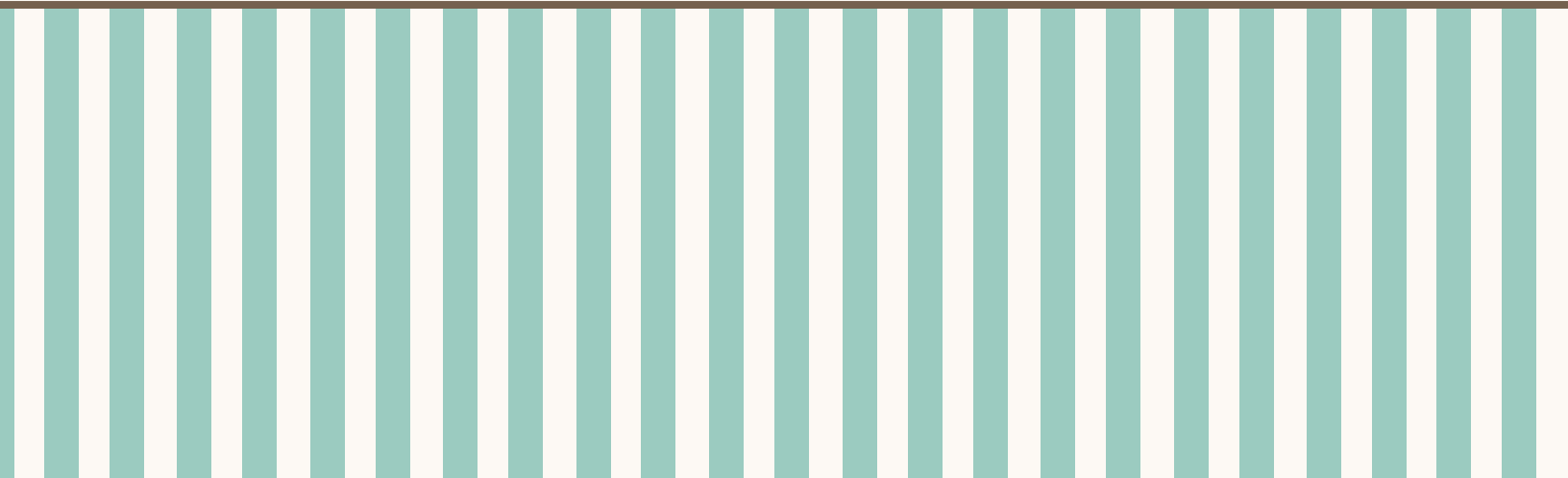


 2026 



CANTON, CT

THIS GUIDE INCLUDES PROGRAMS FROM THE CANTON
PUBLIC LIBRARY AND THE PARKS, RECREATION, SENIOR
& COMMUNITY SERVICES DEPARTMENT



Departments

PARKS, RECREATION, SENIOR & COMMUNITY SERVICES

CONTACT US

cantonrec.org

Parks & Recreation: 860-693-5808

Senior & Community Services: 860-693-5811

MEET THE STAFF

Taryn Schrager

*Director of Parks, Recreation, Senior &
Community Services*

Kellie Faust

Recreation Supervisor

Claire Boughton

Recreation & Senior Services Supervisor

Tonoa Jackson

Social & Community Services Manager

Laura Banulski

Senior & Community Services

Program Assistant

OUR MISSION

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

STAY UP TO DATE!

DON'T FORGET TO CHECK IN WITH
THE PARKS & RECREATION
COMMISSION AND THE COMMISSION
ON AGING

PUBLIC LIBRARY

CONTACT US

cantonpubliclibrary.org

860-693-5800

MEET THE STAFF

Sarah McCusker

Library Director

Heather Baker

Head of Children's Services

Beth Griffin

Public Services Manager

Meghan Glasgow

Teen Librarian

Beth Van Ness

Adult Services Librarian

Kate Jarest

Head of Library Resources & Technology

OUR MISSION

The mission of the Canton Public Library is to provide a vibrant, welcoming 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.

FRIENDS OF THE CANTON 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.

**Meetings Held on the 3rd Tuesday
of the Month at 1:00pm**

Visit cantonlibraryfriends.org for More Info

Community Services

CANTON FOOD BANK

The Canton Food Bank is a non-profit organization that helps supplement food needs for Canton residents. Applications may be obtained online or from the Community Services office. Please call the Canton Food Bank at 860-693-8172 or Community Services at 860-693-5811 for additional information.

Open Enrollment

Mondays 6:00pm-7:00pm

Tuesdays 8:00am-11:00am

Trinity Episcopal Church (55 River Rd.)

CANTON EMERGENCY FUEL BANK

The Canton Emergency Fuel Bank assists Canton residents facing heating emergencies after all other aid resources have been exhausted. Please call Canton Social Services at 860-693-5811 if you are in need of emergency fuel assistance. To make a tax deductible donation to the Canton Emergency Fuel Bank, please mail your donation to Canton Social Services, 40 Dyer Avenue, Collinsville CT 06019, Attn: CEFB

CANTON FOOD BANK THANKSGIVING MEAL KIT

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. Sign up will be at the Canton Food Bank and Canton Community Services on dates TBD. Please call Canton Food Bank at 860-693-8172 or Canton Community Services at 860-693-5811 for additional information. The kits will be available for pick up the week prior to Thanksgiving with the date and time TBD.

RENTERS REBATE FOR ELDERLY/DISABLED

The CT Renters Rebate Program provides cash reimbursement up to \$700 for single renters and up to \$900 for married couples based on prior year rent and utility payments. Eligible applicants must be 65 or older or 18 and up and receiving Social Security Disability benefits. If you are in need of an application or require more information, please call Canton Social Services at 860-693-5811 or visit the website at: www.townofcantonct.gov/790/Elderly-Disables-Renters-Rebate

Thursday 4/1/26-Wednesday 9/30/2026

CT ENERGY ASSISTANCE PROGRAM (CEAP)

The CT Energy Assistance Program helps residents pay for their home heating costs. Benefits are paid directly to the utility company or fuel vendor. Applications are taken at the Canton Social Services office by appointment only. Please call 860-693-5811 to schedule an appointment.

Application Period Begins Tuesday 9/1

DIAL-A-RIDE

Canton's Dial-A-Ride program provides transportation for residents age 60 and older, and also residents 18 and over with certified medical or permanent disabilities. Please call 860-693-5811 for an application, or visit the Dial-A-Ride website: www.townofcantonct.gov/800/Transportation-Services

Open Enrollment

Bus Operates:

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

\$50 per Person

Application Required

SENIOR FARMERS MARKET NUTRITION PROGRAM

The Senior Farmers Market Nutrition Program provides eligible applicants (age 60 and above or below 60 but disabled and living in designated senior housing) a \$40 electronic benefits card for purchasing fresh, local produce from June 1st-November 30th. Applications are accepted on a first come first served basis, and though the purchases may be made until November 30th, application cutoff is September 30th. Please call the Social Services office at 860-693-5811 to schedule an appointment to obtain a card.

6/1/26-11/30/26

Call 860-693-5811 to Schedule an Appointment

SENIOR & COMMUNITY 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 weekly lunches at the Canton Cafe
- Assisting with Canton Cafe special events and meals
- Shoveling walkways and driveways during the winter months for senior residents

Please call the Senior & Community Services Office at 860-693-5811 to learn more and apply. Background checks required for all volunteer positions.

NAVIGATION TIPS & TRICKS FOR THIS PROGRAM GUIDE

MUSIC WITH
MISS JEAN

Program Name

Department Overseeing Program

This is the department you would contact if you have questions or are interested in registering for the program or event

PARKS & RECREATION

Ages 18 Months - 3 Years

Age or Grade Range
If applicable

Program
Description

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. 9/2-10/7
(No Class 9/16)
9:30am-10:30am
Mills Pond Park

Fall Session 2

Wed. 10/14-11/18
(No Class 11/11)
9:30am-10:30am
Mills Pond Park

Program or
Session Date(s),
Time & Location

Program Cost &
Registration Requirements

\$75 Res. / \$80 Non-Res.
Registration Required

Special Events

HALLOWEEN ON THE RIVER PARKS & RECREATION

Join us by the river for a morning of free, family-friendly Halloween fun! Grab your costumes (not required but encouraged) and make your way to the gazebo located next to the Farmington River for an autumn celebration packed with treats, tricks, and entertainment for all ages. Collect free candy and sweet treats from a variety of town departments and organizations. Track down hidden clues throughout the park to participate in a trick-or-treat filled scavenger hunt. Enjoy classic outdoor games and challenges to win prizes. Dance along to monstrously good tunes, Halloween classics, and family-friendly beats all event long. This event is free to attend with registration required. A donation of canned foods for the Canton Food Bank is accepted as well.

Saturday 10/17
10:30am-11:30am
Gazebo by Farmington River
Parking Available at 50 River Rd.

Free Event to Attend
Registration Required

WINTER CONCERT WITH ENTWYNED LIBRARY

Sponsored by the Friends of the Canton Public Library. Entwyned will perform beloved holiday music from the countries of our founders, give historical background of the music and of their instruments.

Saturday 12/19
Starting at 1:00pm

Free Event
No Registration Required

KIDS & TEENS HOLIDAY MAKER FAIR LIBRARY

Shop unique, handmade creations from talented young makers in Grade 12 and under while enjoying a festive day at the library! Browse one-of-a-kind gifts, make a craft, search for clues in our scavenger hunt, and stop by the hot cocoa stand and photo booth. Keep an eye out for a special visit from Santa, with holiday music helping set the mood throughout the fair.

Saturday 12/5
10:00am-1:00pm

Free Event to Attend
No Registration Required

BE A NUTMEG READER LIBRARY

Have you joined the 2027 Nutmeg Reading Challenge yet? Read books from the 2027 Nutmeg lists, take a short quiz for each book you finish, and collect colorful book stickers along the way. Earn prizes as you read, including a gift card for every ten stickers you collect!

Free Program
Registration Required

NATIONAL VOTER REGISTRATION DAY LIBRARY

Are you registered to vote? The Registrars of Voters will be available (exact times TBD) to register you and answer any questions you might have about voting.

Tuesday 9/15

Free Event
No Registration Required

THANKGIVING AT CANTON CAFE SENIOR CENTER

Ages 55+

Gather with friends and neighbors to celebrate the season of gratitude at our annual Senior Center Thanksgiving Luncheon! Enjoy a warm, traditional feast surrounded by autumn cheer, festive entertainment, and wonderful company.

Date TBD
Time TBD

Pricing Information TBD
Registration Required

HOLIDAY CLASSICS WITH THE CARTELLS SENIOR CENTER

Ages 55+

Enjoy an afternoon filled with food, fun and music designed to get you in the Holiday Spirit! Featuring a sing-a-long from The Glamour Girls, Santa and Mrs. Claus! Meals are roasted turkey or baked cod.

Tuesday 12/8
11:00am-3:30pm
Aqua Turf Club

\$60 Res / Non-Res.
Registration Required

OKTOBERFEST SENIOR CENTER

Ages 55+

Don your dirndls and lederhosen (or just your favorite festive autumn sweater) and join us for a lively Oktoberfest celebration alongside the Canton Lions Club! Prepare for an afternoon filled with joyful music and classic autumnal fun.

Wednesday 10/28
Starting at 12:00pm

Pricing Information TBD
Registration Required

BUS TRIP TO THE NEW BRITAIN MUSEUM OF AMERICAN ART SENIOR CENTER

Ages 55+

Join staff from the New Britain Museum of American Art for a guided tour called "American Canvas", which will showcase a tour of the permanent collection of the museum. The visit will focus on the New Britain Museum of American Art's permanent collection and special exhibition, Architects of Being: Louise Nevelson and Esphyr Slobodkina.

Tuesday 9/15
9:30am-1:30pm

Free Program
Registration Required

ROB ZAPPULLA CELEBRATES HERB ALPERT & SERGIO MENDEZ SENIOR CENTER

Ages 55+

This high energy concert moves non-stop showcasing Rob's incredible Trumpet playing skills! Also featuring the sensational vocals of Alta DeChamplain and Leala Cyr. Follow Herb from Tijuana Bass through his Solo Career and Sergio with Brazil '66 in this one-of-a-kind show! Meals are lemon chicken or pork schnitzel.

Tuesday 10/13
11:00am-3:30pm
Aqua Turf Club

\$60 Res / Non-Res.
Registration Required

WINTER WONDERLAND SENIOR CENTER

More Information to Come!
Visit cantonrec.org for Updates

America 250

WITH THE LIBRARY

FROM LIBERTY TO LEGACY: EXPLORING AMERICAN IDEALS IN THE MUSICALS 1776 AND HAMILTON

PRESENTED BY MICHAEL LANGLOIS

1776 and Hamilton are two landmark American musicals that tell the story of our nation's founding, yet each presents a strikingly different vision of America at a pivotal moment in its history. Using video clips from both productions, this lecture explores not only the stories these shows tell, but also the distinct eras in which they were created—1776 premiering amid the social and political upheavals of 1969, and Hamilton emerging during the national debates of 2015. By examining how the concerns of those periods shaped what appeared on stage, this presentation reveals how Americans continually reinterpret their origin story and what those changing narratives tell us about the nation itself.

Thursday 11/5 Free Program
Starting at 6:30pm **Registration Required**

WORKING FOR THE REVOLUTION: PATRIOT WOMEN'S LIVES DURING THE WAR

PRESENTED BY CANTON HISTORICAL
MUSEUM & CANTON PUBLIC LIBRARY

How women contributed to the American Revolution effort politically, economically, intellectually, and even militarily. Presented by Katherine Hermes, the Publisher and Executive Director of Connecticut Explored Magazine.

Wednesday 9/2 Free Program
Starting at 6:30pm **Registration Required**



TAPPING INTO THE PAST: TAVERN LIFE IN EARLY CONNECTICUT

PRESENTED BY THE CT MUSEUM OF
CULTURE & HISTORY

Taverns in early Connecticut were more than just a place to drink. Travelers and locals alike saw taverns as a place to be entertained, spread news and gossip, have a good meal, and get a night's lodging. Learn about how taverns were an essential part of every Connecticut town.

Tuesday 9/15 Free Program
Starting at 6:30pm **Registration Required**

THE MYSTERY OF THE FRENCH PAYMASTER

PRESENTED BY KARA LABELLA

Washington Irving may have based his famous "Legend of Sleepy Hollow" on this Farmington Valley folk tale. Based on the mysterious disappearance of a French Paymaster during the American Revolution after he stopped for the night at a local Inn. The story is also referred to as: "The Headless Horseman of Canton."

Thursday 10/8 Free Program
Starting at 6:30pm **Registration Required**

REMEMBERING G. FOX & CO.

In the 1950s, just about every major city had a landmark department store. In Connecticut, it was G. Fox & Co. in Hartford! This presentation by the Connecticut Museum of Culture and History will bring you back in time to Fox's heyday, as we go from floor to floor and recall the various departments. You'll also learn about Beatrice Fox Auerbach, the remarkable woman who made every visit to Fox's special.

Tuesday 12/1 Free Program
Starting at 6:30pm **Registration Required**

Youth Programs

PRE-SCHOOL

MUSIC WITH MISS JEAN PARKS & RECREATION

Ages 18 Months - 3 Years

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

Fall Session 1

Wed. 9/2-10/7
(No Class 9/16)
9:30am-10:30am
Mills Pond Park

Fall Session 2

Wed. 10/14-11/18
(No Class 11/11)
9:30am-10:30am
Mills Pond Park

\$75 Res. / \$80 Non-Res.
Registration Required

TOTS ON THE GO! PARKS & RECREATION

Ages 2 - 5 Years

Join Tots on the Go and have your child exercise, play and move in a safe environment. Classes include opportunities for children to explore their creativity, problem solving skills and mobility. Children will get to try something new while getting in-tune with their bodies and socializing!

Trick or Treat!

Thursday 10/15
10:30am-11:15am
Parks & Rec Room

Turkey Time!

Thursday 11/12
10:30am-11:15am
Parks & Rec Room

\$15 Res. / Non-Res.
Registration Required

LITTLE ART EXPLORERS LIBRARY

Ages 2+

A wonderful way to encourage creativity and fine motor skills - without the mess at home! Grown-ups are encouraged to create alongside their child. Dress for mess and bring your imagination! All supplies provided. Each week of the month will bring a new art adventure:

Week 1: Painting

Week 2: Printing

Week 3: Clay & Dough

Week 4: Sculpture & Building

Week 5: Beading

Tuesdays 10:30am-11:30am

Starting Tues. 9/29

Children's Room of the Library

Free Program

No Registration Required

STORIES FOR 2'S & 3'S LIBRARY

Ages 2 - 3 Years

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 as well). We'll finish the story time with a craft or an interactive activity.

Wednesdays 9/30-11/18

Starting at 10:30am

(No Storytime on 11/11)

Free Program - Stop at Children's Desk First

No Registration Required



SEPTEMBER SONGS & A STORY LIBRARY

Ages Birth - 5 Years

Join Ms. Heather for a joyful morning of music and stories! We'll sing the same familiar songs each week during September, with a story break in the middle. This 45-minute, unhurried program helps little ones build confidence and participate as they become familiar with the songs and routines. Come sing, move, and enjoy time together!

Thursdays 9/3-9/24
Starting at 10:30am

Free Program - Stop at Children's Desk First
No Registration Required

RHYTHM & RHYME STORY TIMES

LIBRARY

Ages 6 Months - 3 Years

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

Fridays 10/2-11/20
Starting at 10:30am

Free Program - Stop at Children's Desk First
No Registration Required

PRE-SCHOOL SPORTS PROGRAMS

Including
Futsal: Tiny Tots
Little Warriors Junior Golf
Skyhawks: SportsTots
Soccer Shots

SEE PG. 13

PLAYSTRONG: TUMBLE TOTS PARKS & RECREATION

Ages 12 Months - 5 Years

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

Fall Session 1 <i>Mon. 9/14-11/2</i> <i>(No Class 9/21 & 10/12)</i> <i>Parks & Rec Room</i>	Fall Session 2 <i>Mon. 11/9-12/14</i> <i>Parks & Rec Room</i>
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Mini Movers (Ages 12 - 24 Months)

This child with 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!

8:45am-9:15am
\$72 Res. / \$77 Non-Res.
Parent/Caregiver Participation Required

Tiny Tumble Tots (Ages 18 Months - 3 Years)

This is an excellent beginner class for the active little ones who are looking for a foundation of tumbling and fitness and still need parent/guardian assistance/support in class. Skills are taught through a mix of song and dance as well as obstacle courses and other fun games!

9:15am-10:00am
\$90 Res. / \$95 Non-Res.
Parent/Caregiver Participation Required

Pre-Tumble Tots (Ages 3 - 5 Years)

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

10:30am-11:15am
\$90 Res. / \$95 Non-Res.
Drop Off Program Only

Registration Required

PRE-SCHOOL STORY TIMES WITH A CRAFT

LIBRARY

Ages 3 - 5 Years

Story time is our favorite time of the week! For children aged 3 to 5 years, with a parent/caregiver. Join Ms. Heather for stories, rhymes, songs, and games as we introduce your preschoolers to language, literature, and the library. We'll end every week with an art project created by Ms. Sue.

Thursdays 10/1-11/18
Starting at 10:30am

Free Program - Stop at Children's Desk First
No Registration Required

DECEMBER SONGS & A STORY

LIBRARY

Ages Birth - 5 Years

Celebrate the season with Ms. Heather! We'll sing familiar winter and holiday songs each week, enjoy a cozy story in the middle, and share plenty of music and movement together. This relaxed, 45-minute program helps little ones build confidence as they learn the songs, join in the motions, and become familiar with the routine. Come make merry memories with us this December!

Fridays 12/4-12/18
Starting at 10:30am

Free Program - Stop at Children's Desk First
No Registration Required

MAKERS WANTED FOR THE KIDS & TEENS HOLIDAY MAKER FAIR

LIBRARY

Grades K - 12

Visit the Library Website to Sign Up by
Wednesday 12/2

ARTS & CRAFTS

YOUNG ARTISTS WORKSHOPS

LIBRARY

Ages 8 - 12 Years

Join Children's Programmer Sue Tarinelli for a monthly after-school art experience designed for artists ages 8-12! Each month, young artists will explore a new project, experiment with different materials, and create something unique to take home.

October: Block Printing with a Tortilla Press
November: Shrinky Dink Creations
December: Pony Bead Keychains

First Wednesday of Every Month
10/7, 11/4, 12/2
3:00pm-4:00pm

Free Program
No Registration Required

DIY HOLIDAY CRAFT STATION

LIBRARY

Ages 12 & Under

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 very popular Holiday Craft Station will be returning to celebrate Halloween, Thanksgiving, and all the big December holidays. The Children's Library Staff provides all the supplies needed so that kids can create. It's a "do-it-yourself" opportunity, so expect to give your little ones a helping hand creating and tidying up.

10/26-10/31, 11/18-11/25, 12/1-12/31
During Library Open Hours

Free Program
No Registration Required

AFTER SCHOOL

ART-VENTURES AFTER SCHOOL PARKS & RECREATION

Grades K - 3

Abracadabra, Hocus Pocus, it's magic and mystery with art as the focus! Magical Art Mystery Tour draws children into a world of wonder, revealing unbelievable art tricks and inspiring out-of-the-box creativity. Experiment with new and mysterious mediums and discover surprising techniques to transform familiar materials into magical masterpieces.

Fall Session - Magical ART Mystery Tour

*Tues. 10/6-12/8
(No Class 11/3 & 11/17)
3:40pm-4:40pm
Cherry Brook Primary School*

\$209 Res.
Registration Required

LITTLE YOGIS AFTER SCHOOL PARKS & RECREATION

Grades K - 3

Each one-hour session focuses on physical, mental and emotional development through engaging activities. Kids will enjoy breathing exercises for relaxation/focus, yoga poses for flexibility/strength, story times with engaging children's yoga books and mindfulness activities and games. This class is designed to not only introduce children to the physical poses of yoga, but also to instill in them valuable life skills such as focus, resilience and empathy!

Fall Session
*Fri. 9/25-11/6
(No Class 10/9)
3:30pm-4:30pm
Cherry Brook Primary School*

\$105 Res.
Registration Required

LEGO AFTER SCHOOL PARKS & RECREATION

Grades K - 3

Unleash your creativity with tens of thousands of LEGO pieces at your fingertips! Build engineer-designed projects as you discover the world around us through our inquiry-based learning model. Projects are rotated seasonally to ensure that both new and returning students can explore the endless creative possibilities of the LEGO building system.

Fall Session - STEM Discovery

*Thurs. 10/8-11/12
3:30pm-4:30pm
Cherry Brook Primary School*

\$157 Res.
Registration Required

MAD SCIENCE AFTER SCHOOL PARKS & RECREATION

Grades K - 3

In this program, children make gooey slime, experiment with different reactions and learn to use the tools that chemists use. Polymers and catalysts are only two of the fascinating concepts young scientists explore in this thrilling trip through the chemistry lab! At the end of every class, they take home an educational toy that extends the learning experience!

Fall Session - Crazy Chemworks

*Mon. 10/19-12/7
3:40pm-4:40pm
Cherry Brook Primary School*

\$209 Res.
Registration Required

BASECAMP: AFTER SCHOOL STRENGTH & CONDITIONING

SEE PG. 14

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.

Sunday 9/13
8:30am-10:00am
CMHS Turf Field

\$40 Res. / \$45 Non-Res.
Registration Required

TENNIS IN THE PARKS

PARKS & RECREATION

Grades 3 - 6

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.

Fall Red Ball (Grades 3 - 4) Clinic
Wed. 9/9-10/14
5:30pm-6:30pm
Mills Pond Park Tennis Courts

Fall Orange Ball (Grades 5 - 6) Clinic
Wed. 9/9-10/14
6:30pm-7:30pm
Mills Pond Park Tennis Courts

\$95 Res. / \$100 Non-Res.
Registration Required

WARRIOR TENNIS CLINIC

PARKS & RECREATION

Grades 6 - 8

Want to give tennis a try? Join experienced tennis player, Coach Carl Wiser for a fun, high-energy clinic designed just for middle schoolers! Whether you're a complete beginner or looking to polish your skills, this program focuses on learning the basics in a friendly, supportive environment.

Sun. 9/13-10/4
9:00am-10:00am
Mills Pond Park Tennis Courts

\$48 Res. / \$53 Non-Res.
Registration Required

WARRIOR BASEBALL CLINIC

PARKS & RECREATION

Grades 2 - 8

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.

Saturday 10/3
9:00am-2:00pm
Bowdoin Field

\$75 Res. / \$85 Non-Res.
Registration Required

SKI BUS PROGRAM TO SKI SUNDOWN

The Ski Bus will be returning again this winter for students in grades 4-12! More information still to come! Stay updated by visiting cantonrec.org!

FUTSAL: TINY TOTS PARKS & RECREATION

Ages 2 - 4 Years

Interested in getting your little ones involved in Street Soccer skills? Come join us for the perfect recreational skills program. Futsal and Street Soccer aim to increase the player's personal skills. It allows players to touch the ball up to 600% more than traditional soccer thereby increasing the player's decision-making skills and comfort with the ball.

Fri. 9/18-10/23
10:00am-11:00am
Mills Pond Park Upper Field

\$120 Res. / \$125 Non-Res.
Registration Required

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. Skyhawks staff are trained to handle the specific needs of young athletes.

Sat. 9/19-10/31
9:15am-10:00am (Ages 2-3)
10:15am-11:00am (Ages 4-5)
Mills Pond Park Upper Field

\$129 Res. / \$134 Non-Res.
Registration Required

INTERESTED IN MORE
PRE-SCHOOL PROGRAMS
FOR YOUR TODDLER?

SEE PG. 8-10

LITTLE WARRIORS JUNIOR GOLF 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.

Tues. 9/8-10/13
4:30pm-5:15pm (Ages 3-4)
5:15pm-6:15pm (Ages 5-7)
CIS Soccer Field

\$130 Res. / \$140 Non-Res. (Ages 3-4)
\$145 Res. / \$155 Non-Res. (Ages 5-7)
Registration Required

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 and songs, children will begin to experience the joy of playing soccer and being active.

Fall Session 2(a)
Sun. 10/18-11/8
9:00am-9:30am
CIS Soccer Field

Fall Session 2(b)
Sun. 10/18-11/8
10:00am-10:30am
CIS Soccer Field

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 2(a)
Sun. 10/18-11/8
9:00am-9:45am
CIS Soccer Field

Fall Session 2(b)
Sun. 10/18-11/8
10:00am-10:45am
CIS Soccer Field

\$72 Res. / \$77 Non-Res. (Mini)
\$75 Res. / \$80 Non-Res. (Classic)
Registration Required

SUMMIT ADAPTIVE SKATEBOARDING PROGRAM

PARKS & RECREATION

Ages 8+ Years

Learn to skateboard in a fun and supportive, adaptive environment! The Summit Adaptive Skateboarding Program is designed for individuals with disabilities who want to develop skateboarding skills and build confidence. Participants will receive individualized instruction from trained coaches and volunteers while learning balance, board control, safety skills, and skatepark fundamentals. No previous skateboarding experience is required.

Sunday 9/20
9:30am-11:30am
MPP Skate Park

Sunday 9/27
9:30am-11:30am
MPP Skate Park

Free Program for Canton Residents
\$25 per Participant (Non-Residents)
Registration Required

THE WARRIOR WAY: BASKETBALL PRESEASON CLINIC

PARKS & RECREATION

Grades 4 - 8

The Warrior Basketball Preseason clinic hosted by Canton Varsity Boys Basketball Coach, Dan Goscinski, will be a 6-week skill development program for boys and girls. 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 skills for their winter season ahead!

Wed. 9/23-10/7, Tues. 10/13-10/27
7:00pm-8:30pm
CMHS Gymnasium

Full Session Option: \$150 Res. / \$155 Non-Res.
3-Day Option: \$82 Res. / \$87 Non-Res.
Single Day Option: \$30 Res. / \$35 Non-Res.
Registration Required

BASECAMP: AFTER SCHOOL STRENGTH & CONDITIONING

PARKS & RECREATION

Grades 5 - 8

Basecamp introduces participants to the world of fitness in a safe, supportive and fun environment. Participants will learn proper form for a variety of weight lifting techniques and cardio drills that get their heart pumping all while incorporating fun competitions and team-building games. Each session balances skill-building with challenges to keep participant's blood pumping and energy high. No previous workout or sports experience needed, just a pair of sneakers and comfortable clothes!

Fall Session 1
Mon. 10/19-11/9
3:00pm-4:00pm
Parks & Rec Room

\$40 Res. / \$45 Non-Res.
Registration Required

NEXT GENERATION OF DANCE

PARKS & RECREATION

Ages 4 - 11

This dance and gymnastics program is designed for all skill levels. Dance is such a fun environment to be in. It's a place to be you, be silly, meet new friends and have fun!! Students will be learning a variety of dance routines 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.

Fall Session 1
Wed. 9/16-11/4
5:00pm-5:45pm (Ages 4-7)
5:45pm-6:30pm (Ages 8-11)
Parks & Rec Room

\$128 Res. / \$132 Non-Res.
Registration Required

SKYHAWKS: K/1 BASKETBALL CLINIC

PARKS & RECREATION

Grades K - 1

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. Participants will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

Mon. 11/16-12/14

*3:40pm-4:25pm or 4:30pm-5:15pm
Cherry Brook Primary School*

\$115 Res. / \$120 Non-Res.
Registration Required

RECREATION BASKETBALL LEAGUE

PARKS & RECREATION

Grades 2 - 8

This is an introductory, skill-building program focused on player development, teamwork, and sportsmanship—not winning and losing. Canton Parks & Recreation partners with Avon, Burlington, Harwinton, and Farmington to provide varied competition and build a strong foundation for future athletics.

Season: December - February
(Exact Dates TBD)

Visit cantonrec.org for More Information

ICE SKATING CLINICS

PARKS & RECREATION

All Ages

We are excited to announce that this Fall we will be offering skating classes to the local community.

Visit cantonrec.org for More Information

ENRICHMENT

THE SPA LAB

PARKS & RECREATION

Ages 12 - 18

Ready to ditch the store-bought stuff and become a master of self-care? Welcome to The Spa Lab, an exclusive workshop where chemistry meets high-end aesthetics. We're turning the room into a full-blown apothecary to help you craft a signature spa line that's 100% you. Using a curated selection of plant-based materials, aromatic scented oils and vibrant natural colorants, you'll be the lead designer of your own products. And the best part? All participants get to leave with the products they create! All materials provided, no experience needed.

Friday 9/18

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

\$72 Res. / Non-Res.
Registration Required

NEW YEAR'S AT NOON CELEBRATION WITH "TURTLE DANCE MUSIC"

LIBRARY

Ages 12 & Under

We are ready to ring in the New Year on Thursday, December 31 at our New Year's at Noon program! A celebration with hands-on activities, music, dancing, countdowns and more with Mr. Matt's signature interactive kid-friendly music and comedy. This is a hybrid interactive event happening in sync with the South Windsor & the Granby Public Libraries.

Thursday 12/31

11:15am-12:00pm

Free Program
No Registration Required

NOT-SO-SPOOKY STORY TIME

LIBRARY

Ages 3 - 8 Years

Come dressed up and ready for a night of free Halloween fun! Join Ms. Heather for a special evening story time filled with (not very) spooky good times! We'll share some favorite not-scary stories, songs, and "practice" trick-or-treating.

Tuesday 10/27
5:30pm-6:30pm

Free Program

Registration Required - Reg. Opens 10/1

CHILDREN'S MUSEUM PRESENTS: "FAMILY STEAM EVENT"

LIBRARY

Ages 5 - 12 Years

Learning and fun connect with the innovative education team from the Children's Museum! In a lively, center-style format, participants rotate through seven stations that include interactive science, engineering challenges, and live animal demonstrations.

Tuesday 11/3
1:30pm-3:00pm

Free Program

Registration Required

LEGO DAY RETURNS!

LIBRARY

Ages 12 & Under

Drop in anytime on this day off from school to explore our LEGO kits and free-build with LEGO bricks and DUPLO blocks. Try a building challenge, participate to win prizes, and watch LEGO builds come to life on the big screen!

All Day on Monday 9/21

Free Program

No Registration Required

TEENS

CAMP NAKNITSWEMO

LIBRARY

Ages 10+ Years

National Knit a Sweater Month is back! Choose any knitting project — sweaters not required — and work toward finishing it by November 30 to earn prizes. Join us for project planning, a Halloween Cast-On Party, Election Day Knit-In, and drop-in Knit-Ins on school half days; all experience levels are welcome, with yarn, tools, and guidance provided. Visit the library website for full details, including how to sign up, choose your project, and find dates and times for each event.

10/20-11/30

Times Vary, Check Website

Free Program

No Registration Required

9TH ANNUAL TEEN PHOTOGRAPHY CONTEST

LIBRARY

Grade 7+

Calling all aspiring middle and high school photographers! Submit your best photos by Monday, October 26 for a chance to win in a variety of award categories. Every entry will be featured in a month-long exhibit at the library throughout November, and visitors will have the chance to vote for a new Patrons' Choice Award. Winners will be announced at a special awards reception on Monday, November 16. Full contest details are available on the library website.

Submission Deadline: Mon. 10/26
Exhibit Held Throughout November
Awards Reception: Mon. 11/16
Reception Begins at 6:00pm

Free Program

Submission Required to Participate
No Registration Required to View Exhibit

BABYSITTER TRAINING COURSE

PARKS & RECREATION

Ages 12 - 16 Years

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

Monday 9/21
10:00am-3:30pm
Room E

\$100 Res. / \$110 Non-Res.
Registration Required

TEEN ADVISORY GROUP (TAG)

LIBRARY

Grade 5+

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. Fill out the TAG application on the library's website to join us!

Meetings Every Other Friday Beginning 9/11
Starting at 3:00pm

Free Program
Application Required



AFTER SCHOOL MOVIE MATINEES

LIBRARY

Ages 10+ Years

School's out early? Movie's on! Join us in the Program Room for a free movie on early-release days this fall, plus a spooky showing just before Halloween. You pick the movies! Titles are chosen by teen vote.

Fri. 9/18, Fri. 10/30, Wed. 11/18, Fri. 12/11
Starting at 1:00pm on Half Days
Starting at 3:00pm on Fri. 10/30

Free Program
No Registration Required

COOKIE DECORATING AND A MOVIE

LIBRARY

Ages 10+ Years

Celebrate the start of winter break with cookies, a movie, and some laid-back holiday fun! Decorate your own sugar cookies, then enjoy your creations while watching a holiday movie chosen by participant vote.

Wednesday 12/23
1:00pm-3:00pm

Free Program
Registration Required

CRAFTERNOON

LIBRARY

Ages 10+ Years

Every Tuesday afternoon the extra supplies come out — perler beads, jewelry making, lettering, seasonal projects, and more. Drop in, create at your own pace, and take your masterpiece home.

Every Tuesday Beginning 9/8
3:00pm-4:30pm

Free Program
No Registration Required

QPR: SUICIDE PREVENTION GATEKEEPER TRAINING LIBRARY

Teens

In recognition of Suicide Prevention Awareness Month, learn three simple steps that can help save a life: Question, Persuade, and Refer. This free 90-minute training teaches participants how to recognize warning signs of a suicide crisis, offer hope, and connect someone to help.

Monday 9/28
Starting at 6:30pm

Free Program
Registration Required

TEEN CRAFT NIGHT LIBRARY

Ages 10+ Years

Each evening features a different seasonal craft to make and take home, with all supplies and step-by-step guidance provided. No experience needed, and each session has a limited number of spots to keep things relaxed & hands-on.

Mon. 10/26 & 12/14
Starting at 5:30pm

Free Program
Registration Required

TRIVIA NIGHT HALLOWEEN EDITION LIBRARY

Ages 10+ Years

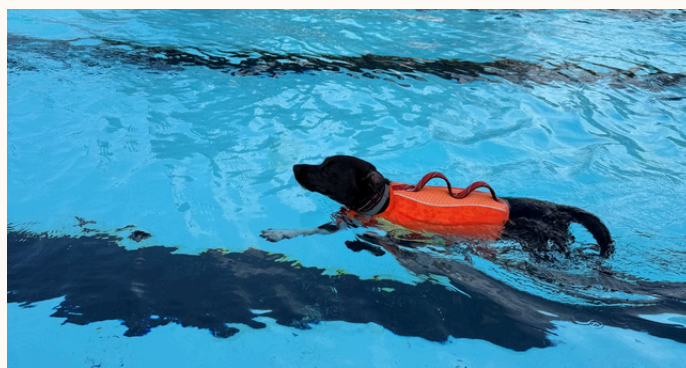
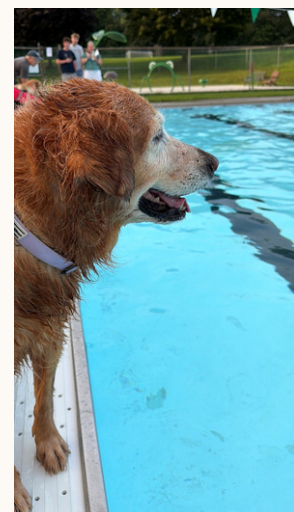
Compete solo or with a team to see who knows the most about movies, music, traditions, monsters, and all things Halloween. Prizes and bragging rights are on the line, and costumes are encouraged but never required.

Monday 10/19
Starting at 5:30pm

Free Program
No Registration Required

AND THAT'S A WRAP ON THE SUMMER!

ENJOY SOME PHOTOS FROM
THE ANNUAL POOCH PLUNGE



Adult Programs

ART

SENIOR CENTER SPECIAL ART EVENTS SENIOR CENTER

Fun Fall Coasters

Tues. 9/22 at 12:00pm in Senior Lounge

Enjoy a seasonal drink on your new themed coaster! Enjoy refreshments while making and decorating a coaster you can take home and enjoy; these coasters will be a fun addition to any Fall decor and will pair perfectly with an apple cider or drink of your choice.

Fall-Themed Dot Paintings

Tues. 10/13 at 12:00pm in Senior Lounge

Paint a Fall themed dot mandala painting. Learn paint dotting techniques to make a seasonal piece of art to display in your home. From pumpkins, to leaves to the fall theme of your own imagination, you will leave with a lovely new piece of art, all while enjoying refreshments and learning some new fall facts!

Autumn String Art

Tues. 11/10 at 1:00pm in Senior Lounge

Make a piece of fall themed string art you will display year after year! Enjoy learning how string art is made and displayed on a wooden board- impress the people you know with a lovely piece of art that you made yourself.

Marbled Holiday Ornaments

Tues. 12/8 at 1:00pm in Senior Lounge

Create festive ornaments to hang around your house or gift to family and friends. In this activity you will learn how to create beautiful marbled ornaments to display, while enjoying refreshments and wonderful company!

\$5 per Participant per Event
Registration Required

ADULT CRAFT NIGHT LIBRARY

Let's get crafty! Adult Craft Night is the second Thursday of each month (note: October's date is one week later.) Please visit the library website for project details and registration information.

2nd Thursday of Each Month

Thurs. 9/10, 10/15, 11/12, 12/10

Starting at 6:30pm

Free Program

Registration Required

NEEDLE FELT A TROLL SENIOR CENTER

Learn the basics of needle felting + make your own version of a cute little troll. You may remember these troll dolls from your childhood. All levels are welcome, including complete beginners!

Monday 10/19

1:00pm-3:00pm

Senior Lounge

\$20 per Participant

Registration Required

COZY CRAFTERNOON LIBRARY

Need a break from the December hustle and bustle? Come slow down and create something handmade. We'll be focusing on small items that are perfect to give (but we won't judge if you choose to keep them).

Thursday 12/3, 12/10, 12/17

Starting at 1:00pm

Free Program

Registration Required

EASY ART FOR ADULTS LIBRARY

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

3rd Thursday of Each Month

Thurs. 9/17, 10/15, 11/19

Starting at 1:00pm

Free Program
Registration Required

DYE A SILK SCARF SENIOR CENTER

Let your inner artist shine as you make a colorful creation all your own! Bring a smock and wear clothes that you don't mind getting stained.

Wednesday 11/4

1:00pm-4:00pm

Multi-Purpose Room

\$25 Res. / Non-Res.
Registration Required

FITNESS

STRENGTH TRAINING FOR SENIORS SENIOR CENTER

Ages 55+

Boost your energy and build everyday strength in a safe, low-impact environment! Strength Training for Seniors is designed specifically for active older adults who want to protect their joints while building muscle and feeling stronger in their daily lives. No jumping, sudden twists or joint strain!

Thursdays

1:00pm-1:45pm

Parks & Rec Room

\$20 per Month (\$5/Class)
\$7 Drop-In Option Available
Registration Required

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!

Mondays 11:45am-12:45am

Wednesdays 11:30am-12:30pm

Parks & Rec Room

\$20 per Month (\$5/Class)
\$7 Drop-In Option Available
Registration Required

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 chairs for optional standing support.

Tuesdays

10:30am-11:30am

Parks & Rec Room

\$15 per Month (\$3.75/Class)
Registration Required

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

Parks & Rec Room

\$15 per Month (\$3.75/Class)
\$5 Drop-In Option Available
Registration Required

FITNESS FLEX PASS

HIGH QUALITY & AFFORDABLE WORKOUT CLASSES
MADE TO FIT YOUR BUSY SCHEDULE

THE WHO, WHAT, WHEN, WHERE AND HOW

THE WHO

All Fitness Flex Pass Classes are taught by certified Group Fitness Instructors. Kellie has been teaching fitness classes for 3 years and teaches Fit & Play, Movement Express, Build & Burn, Morning Sculpt, Sculpt & Stretch and Healthy Hustle. Claire has been teaching fitness classes for 2 years and teaches Barre Break, Barre 360 and Power Pilates.

THE WHAT

The Fitness Flex Pass is a 10-class pass that gives you total control over your workout schedule. No rigid commitments—simply pick and choose the classes that fit your life, stay consistent, and move at your own pace.

THE WHEN & WHERE

All Fitness Flex Pass Classes are held from Tuesday-Friday at various times throughout the day (see class schedule). They are held inside the Parks & Recreation Room inside the Canton Community Center. The space include a variety of hand-held fitness equipment, mats, a barre, mirrors, fans, sound system and lighting to immerse all participants into the workouts.

THE HOW

To get yourself started on your fitness journey, following the steps below:

1. Purchase Your Pass: Register for the 10-Class Fitness Flex Pass under Memberships at cantonrec.org
2. Book Your Classes: Browse the eligible class schedule and select the "Flex Pass" option when checking out for the dates you want
3. Repeat & Renew: Once you have completed 10 classes, simply re-register for a new pass and keep the momentum going

FREE DEMO WEEK 9/7-9/11

ALL FITNESS FLEX PASS CLASSES ARE
FREE TO TRY - REGISTRATION REQUIRED

CLASS SCHEDULE

TUESDAYS

Fit & Play (Kids Welcome)

9:20am-10:05am

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

Movement Express: Cardio & Mobility

6:00pm-6:30pm

Use light weights to build strength, improve flexibility and enhance overall movement in a quick, express format.

Build & Burn: HIIT

6:40pm-7:25pm

A high-intensity interval training (HIIT) class blending strength, endurance and dynamic, full-body movements.

WEDNESDAYS

Barre Break: Express Barre

1:15pm-1:45pm

Break up your day with an energizing, mid-day barre workout designed with a 30-minute lunch break in mind.

THURSDAYS

Morning Sculpt (Kids Welcome)

9:20am-10:00am

Prioritize your morning after school drop-off!

Sculpt & Stretch

5:00pm-5:30pm

Strengthen, lengthen and restore your body with a low-impact blend of functional sculpt and soothing movement.

Healthy Hustle

5:45pm-6:30pm

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

FRIDAYS

Barre 360

7:45am-8:30am

Kickstart your Friday with a challenging, yet low-impact, full-body barre class.

Power Pilates

8:45am-9:30am

A challenging full-body workout that puts a dynamic twist on traditional Pilates.

GENTLE BARRE FOR SENIORS

SENIOR CENTER

Ages 55+

Discover the perfect blend of ballet-inspired movement, Pilates and gentle strength training - designed specifically for active older adults. Gentle Barre focuses on low-impact, low-strain exercises that build functional strength, improve posture and boost stability without placing stress on your joints. Using the support of the barre for balance, you will move through controlled, small movements that target key muscle groups.

Tuesdays
1:00pm-1:45pm
Parks & Rec Room

\$20 per Month (\$5/Class)
Registration Required

GROUNDED & STRONG: STRENGTH & STABILITY

PARKS & RECREATION

This class combines the power of strength training with the precision of balance work. You'll use weights to build muscle and increase bone density while performing exercises designed to challenge your stability. This unique workout not only helps you get stronger, but also improves your posture, coordination, and overall functional fitness.

Fridays
12:00pm-12:45pm
Parks & Rec Room

\$15 per Month (\$3.75/Class)
\$5 Drop-In Option Available
Registration Required



TAI CHI FOR BALANCE

SENIOR CENTER

Ages 55+

It's all about the balance! Tai Chi for Balance 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 well being. No special attire, wear comfortable shoes.

Mondays & Wednesdays
10:00am-11:00am
Room C

\$25 per Month (\$6.25/Class)
\$7 Drop-In Option Available
Registration Required

NOODLE FIT

SENIOR CENTER

Ages 55+

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, your brain working!

Fridays
9:45am-10:45am
Multi-Purpose Room

\$20 per Month (\$5/Class)
\$7 Drop-In Option Available
Registration Required

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.

Saturdays
10:30am-11:30am
Multi-Purpose Room

\$52 for 8-Class Pass
Registration Required

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 2

Mon. 10/19-11/23
6:30pm-7:30pm
Parks & Rec Room

Session 3

Mon. 11/30-1/4
6:30pm-7:30pm
Parks & Rec Room

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

PICKLEBALL CLINICS

PARKS & RECREATION

Intro to Pickleball

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

Fall Saturday Session

Sat. 9/12-10/3
9:00am-10:30am
Mills Pond Park Tennis Courts

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 (about 30 mins) followed by coached round robin play. Stay longer on your own to continue your games, if you'd like. People who sign up for this session should have already taken a beginning pickleball class or have equivalent skills.

Fall Saturday Session Fall Monday Session

Sat. 9/12-10/3 Mon. 9/14-10/5
10:30am-12:00pm 5:30pm-7:00pm
MPP Tennis Courts MPP Tennis Courts

\$90 Res. / \$100 Non-Res.
Registration Required

YOGA WITH NANCY

PARKS & RECREATION

This class is ideal for all ages, body types, and conditions. Each class includes postures for flexibility, strength, range of motion and body alignment, as well as breathing techniques and relaxation. Yoga tones your entire body, enhances your well-being, and relieves tension and stress!

Fall Session

Thurs. 9/17-11/5
7:30pm-8:30pm
Virtual via Zoom

Winter Session 1

Thurs. 11/12-12/29
7:30pm-8:30pm
Virtual via Zoom

\$62 Res. / Non-Res.
Registration Required

ENRICHMENT

MAKEUP FOR MATURE WOMEN

SENIOR CENTER

Ages 55+

Join us for a transformative, beauty experience designed for mature women of every age. The M4MW Forum is an exclusive beauty experience that appreciates you. A sanctuary designed for the woman who seeks to elevate her natural elegance. Join us for an immersive journey into the secrets of professional makeup artistry tailored specifically for your face and skin's unique features. Participate in hands-on demonstrations that demystify the makeup experience through a transformative, versatile and simple makeup routine that enhances your natural features. You'll walk out that door with the confidence of a woman who knows she is timeless and prepared to look stunning for every one of life's occasions.

Thursday 11/19

10:00am-12:30pm
Room C

\$30 Res. / Non-Res.
Registration Required

WORKSHOPS WITH CANTON SOAP WORKS

PARKS & RECREATION SENIOR CENTER

Bath Bomb Workshop

Ever wondered how those expensive, swirling bath bombs actually work? Join us for a hands-on session where chemistry meets creativity to create the ultimate bathtub explosion (the good kind!) You'll head home with a custom bath bomb and the recipe so you can turn your bathroom into a spa whenever you need a reset.

Workshop #1

Tuesday 9/22

6:00pm-7:30pm

Multi-Purpose Room

Workshop #2 (55+)

Friday 10/2

2:45pm-4:15pm

Multi-Purpose Room

\$30 Res. / \$35 Non-Res.

Body Scrub Workshop

Ready to level up your self-care game? Join us for a hands-on, DIY body scrub workshop! We're skipping the store-bought chemicals and going totally custom. You'll learn the art of the perfect polish as you measure, mix, and master a personalized body scrub from scratch. You'll walk away with a custom 8oz. jar of your creation and the secret recipe to keep the spa vibes going at home.

Workshop #1 (55+)

Friday 9/25

2:45pm-4:15pm

Multi-Purpose Room

Workshop #2

Tuesday 10/6

6:00pm-7:30pm

Multi-Purpose Room

\$42 Res. / \$47 Non-Res.

Soap Workshop

Forget the boring bars from the grocery store - it's time to craft a soap that's as unique as you are! Dive into the world of clean beauty and learn how to transform raw, plant-based ingredients into a masterpiece of lather. You won't just leave with the skills - you'll head home with a bundle of five 2oz. handcrafted soaps and the official recipe so you can keep the "Spa Day" energy alive in your own kitchen!

Workshop #1

Tuesday 9/29

6:00pm-7:30pm

Multi-Purpose Room

Workshop #2 (55+)

Tuesday 10/27

2:45pm-4:15pm

Multi-Purpose Room

\$54 Res. / \$59 Non-Res.

Registration Required for All Workshops

A READING OF HAUNTED COLLINSVILLE PART BOO

LIBRARY

Dory Dzinski is back by popular demand with all new spooky stories! She'll share eerie excerpts from her book *Haunted Collinsville Part Boo*, 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 10/20

Starting at 6:30pm

Free Program

Registration Required

WHEN AMERICAN MUSIC BECAME AMERICAN WITH JOE FLOOD

LIBRARY

Joe will take us on a toe-tapping journey through the 19th century that explains the creolization of American music in folk song and dance, the birth of professional popular songwriting, and the touchy subject of blackface minstrelsy. Joe sings and plays fiddle, banjo, mandolin, and guitar and demonstrates what makes American music different from what came before it, and how it relates to our broader history in all its contradictions and glory.

Saturday 10/3

Starting at 1:00pm

Free Program

Registration Required

**INTERESTED IN AMERICA
250 PROGRAMMING?**

SEE PG. 7

BINGO 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.

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

Free Program
No Registration Required

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.

Wednesday
10:00am-12:00pm
Senior Lounge

Free Program
No 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 Friday mornings. Bring a friend and let's keep our brains sharp and smart!

Wednesday
10:00am-12:00pm
Senior Lounge

Free Program
No Registration Required

CARDS SENIOR CENTER

Ages 55+

Pop in to the senior lounge after lunch and grab a deck of cards and a few friends. This time is dedicated all types of card games. Some of the most popular games played include: pinochle, setback and gin rummy. Plenty of decks and free coffee to go around.

Wednesday
1:00pm-3:00pm
Senior Lounge

Free Program
No 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, from friendships and keep the mind sharp!

Friday
12:00pm-2:00pm
Senior Lounge

Free Program
No Registration Required

INTERESTED IN MORE SENIOR CENTER WEEKLY & MONTHLY ACTIVITIES?

STOP BY THE CANTON SENIOR
CENTER AT THE START OF EACH
MONTH TO PICK UP A MONTHLY
CALENDAR THAT INCLUDES ALL THE
UPCOMING ACTIVITIES THAT MONTH
HAS TO OFFER!

TAKE GREAT PHOTOS WITH YOUR SMARTPHONE PARKS & RECREATION

This class is for those interested in producing high-quality images with their smartphone cameras. That means learning and understanding the camera controls, as well as when and how to use them. Doing so will put the photographer in better control of their camera.

Tuesday 10/27
5:30pm-8:30pm
Room C

\$65 Res. / Non-Res.
Registration Required



FRIGHT BEFORE CHRISTMAS WITH JEFF BELANGER LIBRARY

Based on Jeff's best-selling book, this one-man show explores the many Yuletide monsters and legends that have almost been lost to the ages. Jeff explores the history of the holiday and the ghostly traditions that date back more than two thousand years. Krampus, the Belsnickel, Tomtens, and who can forget the most famous ghost story of all time: Charles Dickens' A Christmas Carol? Yule scream! Spooky, funny, and heartwarming, this one-man show will make you believe again!

Tuesday 12/8
Starting at 7:00pm

Free Program
Registration Required

FIRST FRIDAY FLICKS LIBRARY

Join us for First Friday Flicks. Movie titles will be available online and on our bulletin board before each showing. Feel free to bring your own snacks and beverages with a lid.

First Friday of the Month
9/4, 10/2, 11/6, 12/4
Starting at 1:00pm

Free Program
No Registration Required

BOOK CLUBS LIBRARY

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.

Every Monday
Starting at 1:00pm

Free Program
No Registration Required

WALKING BOOK DISCUSSION

Our walking book discussion meets at Nepaug Reservoir at the Route 202 gate to walk together and discuss our latest read. You can join us by registering if you have not yet attended the group. We will then put you on our mailing list if you enjoy this monthly walk and discussion. Use the registration link or you may email Beth Van Ness if you have questions or comments. The email is bvanness@libraryconnection.info or call 860-693-5800. All adults are welcome to join our discussions and copies of the current book are available at our circulation desk.

One Saturday Each Month
9/12, 10/10, 11/7
Starting at 2:00pm

MONDAY EVENING BOOK GROUP

Our Monday Book Club meets in the Senior Lounge. You can come in person or request the Zoom link to join from home. Please register if you are not yet a member of the group or if you want to join via Zoom. Copies of the book are available at our circulation desk in advance of the meeting. All adults are welcome to join these book discussions. You will be asked if you register online whether you would like to be on the email list for updates to the group's selections and meeting times.

One Monday Each Month

9/14, 10/19, 11/9
Starting at 7:00pm

TUESDAY READERS BOOK DISCUSSION GROUP

Join the Tuesday Readers, our new daytime book discussion group! We will meet on the third Tuesday of each month in the Senior Lounge. Copies of the book are available at the library circulation desk in advance of the meeting. Check the library website for upcoming titles.

One Tuesday Each Month

9/15, 10/20, 11/17, 12/15
Starting at 11:00am

MYSTERY LOVERS

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

One Thursday Each Month

9/24, 10/29, 11/19
Time TBD

SCIENCE BOOK DISCUSSION GROUP

Join our Science Book Discussion Group at Good Friends Restaurant. Every month we read a nonfiction Science book or a Science Fiction novel and have a lunch discussion. You can borrow the current book at our library circulation desk. All adults are welcome at our book discussions. Call or email Beth Van Ness if you have any questions about the group or the readings. You can register if you are new to the group and you will receive emails about this book discussion group.

One Thursday Each Month

9/10, 10/8, 11/12
Starting at 12:30pm

HEALTH, WELLNESS & FINANCE

AARP SAFE DRIVING COURSE

SENIOR CENTER

Defensive driving may look a little different today than when we first got our licenses—and it's not just about wearing a seatbelt. Defensive driving uses key tactics to help you stay safer on the road. The AARP Smart Driver course covers updated road rules, modern vehicle safety features, and strategies to manage the effects of aging on driving. Through interactive units, you'll learn proven defensive driving techniques and receive practical tools like crash reporting guides, all while potentially earning a discount on your auto insurance.

Wednesday 10/21

9:00am-1:00pm
Room D

\$20 AARP Members / \$25 AARP Non-Members
Registration Required

CANTON CAFE SENIOR CENTER

Ages 55+

Enjoy a nutritious, balanced meal while socializing with friends and neighbors every Monday and Wednesday! Canton Café serves lunch on Mondays and Wednesdays. Lunches are provided by Canton's own Little Oak Café (Wednesdays) and Lisa's Crown and Hammer/Luna Pizza (Mondays). All meal reservations are required in advance. Reservations for Monday must be made by 12:00pm on the Thursday before. Reservations for Wednesday must be made by 12:00pm on the Monday before.

Price

*Canton Residents: \$5 Dine In, \$6 Take Out
Non-Residents: \$6 Dine In, \$7 Take Out*

To Make a Reservation...

Call 860-693-5811 or 860-693-5808 or Visit the Senior Center During Open Hours

QPR: SUICIDE PREVENTION TRAINING LIBRARY

In recognition of Suicide Prevention Month, the Farmington Valley Health District invites community members to attend a free 90-minute QPR (Question, Persuade, Refer) suicide prevention training. QPR equips participants with practical skills to recognize the warning signs of suicide, start a supportive conversation, and connect someone with appropriate help. Whether you're a parent, friend, coworker, coach, or neighbor, this evidence-based training empowers anyone to make a meaningful difference and potentially save a life.

Tuesday 9/29
Starting at 6:30pm

Free Program
Registration Required

DISCLAIMER

ALL PROGRAMS PRINTED IN THIS PROGRAM GUIDE ARE SUBJECT TO CHANGE. TO GET THE MOST UP-TO-DATE INFORMATION, PLEASE VISIT EACH DEPARTMENT'S WEBSITE.

MEDICAL FOOT CLINIC SENIOR CENTER

Book today for a 30 minute appointment with Dancing Feet LLC! Services offered include general assessment of the feet and lower extremities, nail trimming/filing/cleaning, reduction of thickened nails, soothing of corns and calluses, massaging, applying lotion and powdering feet. Referrals to a Physician or Podiatrist are also available if necessary.

First Monday of Each Month

*Appointments Available Beginning at 9:00am
Held in Senior Lounge*

\$45 per Appointment

Registration Required

Call 860-693-5811 to Book Appointment

BLOOD PRESSURE & BLOOD SUGAR SCREENING SENIOR CENTER

Ages 55+

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
Multi-Purpose Room*

Free Program
No Registration Required

FLU CLINIC WITH THE FARMINGTON VALLEY VNA SENIOR CENTER

Call the Farmington Valley VNA at 860-651-3539 for an appointment. Walk-ins welcome. Please bring your medical insurance card.

Tuesday 10/20
*1:00pm-3:00pm
Parks & Rec Room*

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