

Canton Connection

Winter 2010 / Spring 2011 7th Edition

www.townofcantonct.org

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SAVE THE DATE!

The Canton Police Department
Holiday Gift and Food Drive



To Benefit the Gifts For Canton
and The Canton Food Bank

Saturday, December 11, 2010
11:00 AM to 7:00 PM

CANTON PARKS & RECREATION FLYER

The Parks & Recreation flyer is in here along with the registration form for events. All the upcoming winter and spring events, bus trips and classes are located inside.

Post this newsletter in the kitchen, your office or download it off the internet to stay informed of all January, February, March and April's exciting events!

Go GREEN!! You can save paper and save the postage! Canton Parks and Recreation now takes online registration at www.cantonrec.org. By registering online you will be able to browse programs, events, manage your account and more!

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A DEDICATION TO THE HISTORY OF THE CAWASA GRANGE

The Cawasa Grange was organized October 16, 1885. Although many would think the name Cawasa is of Indian origin it was actually arrived at by using the first two letters from three local gentlemen, CA for Case WA for Watkinson and SA for Sage. Originally their building was located on River Road until the flood of 1955. The building did survive the flood yet it was demolished since it was in pretty rough shape. The property was then sold to the State for the new River Road. Land for a new building was then purchased at the corner of Simonds and Maple Avenue. Unfortunately, the building was never built and in 2009 the Cawasa Grange generously donated the property to the Town of Canton. Even though the Cawasa Grange is an agricultural organization they have always been very generous to our town with their help through scholarship, monetary gifts and items for the schools, library, police and fire departments. On October 16, 2010 the Town of Canton was proud to present Cawasa Grange #34 with a proclamation recognizing their 125th anniversary. At their November 3, 2010 meeting, the Board of Selectmen moved to dedicate this year's Annual Report to the Cawasa Grange.



Edith Hoffman receiving the 70-year seal.

Please pick up a copy of the upcoming Annual Report at the Town Clerk's office or view it on our website at www.townofcantonct.org after January 25th.

"Real leaders are ordinary people with
extraordinary determination."

~ Unknown

MEETING SCHEDULES

(Held monthly at Community Center)

BOARD OF SELECTMEN:

First and Third Wednesday, 7 pm

BOARD OF FINANCE:

Third Monday, 7:30 pm

BOARD OF EDUCATION:

Second & Fourth Thursday, 7 pm

BOARD OF ETHICS:

Third Tuesday, 7 pm

LAND USE COMMISSIONS**CANTON CTR HIST. DIST:**

Second Wednesday, 7 pm

COLLINSVILLE HIST. DIST:

Second Tuesday, 8 pm (Town Hall)

CONSERVATION COMMISSION:

Fourth Wednesday, 7:30 pm

INLAND WETLANDS:

Second Thursday, 7 pm

PLANNING COMMISSION:

First Monday, 7:30 pm

ZONING BOARD OF APPEALS:

Second Monday, 8 pm

ZONING COMMISSION:

Third Wednesday, 7:30 pm

OTHER COMMISSIONS**COMMISSION ON AGING:**

First Monday, 12 Noon

ECONOMIC DEVELOPMENT:

Second Tuesday, 6:00 pm

LIBRARY BOARD OF**TRUSTEES:**

Second Wednesday, 7:15 pm

OPEN SPACE COMMISSION:

First Tuesday, 7:30 pm

PARKS & REC. COMMISSION:

Third Monday, 7 pm

WATER POLLUTION:

Second Tuesday, 7 pm

YOUTH SERVICES BUREAU:

Fourth Thursday, 6 pm

TOWN HALL HOURS**Monday, Tuesday & Thursday**

8:15 am to 4:30 pm

Wednesday

8:15 am to 6:45 pm

Friday

8:15 am to 12 Noon

TOWN WEBSITEwww.townofcantonct.org**SELECTMEN'S CORNER**

Season Greetings

As the seasons change the Town is busy preparing for winter. The Public Works crew is busy stockpiling road salt and getting the snow plows ready. The Parks and Recreation Department is scheduling the winter events and classes. The Library will be anticipating increased users as the cold weather drives people indoors. Our Senior Services staff will brace for increased requests for assistance from our elderly residents.

Also, the Boards of Selectmen and Education will begin the annual process of developing budgets for the next fiscal year. At present the Selectmen's operating expenses for this year appears to be on-budget. In the face of decreasing revenues, little growth in the Grand List and potential significant cuts in state aid next years budget will be a difficult task. Please take the opportunity to attend the Selectmen's budget meetings and workshops which will begin in January. The Selectmen would appreciate your input early in the budget process.

Another significant undertaking which is just beginning is the update of the Town Plan of Conservation and Development which serves as the master plan for the Town. By the time you receive this newsletter the Plan Update Committee comprised of members of Town Board and Commissions and residents representing various interest groups will have held their first meeting. The plan must be updated by 2013 or the Town maybe subject to sanctions in state funding. Like the budget process please stay informed, and participate through this process. This is your opportunity to help chart Canton's future.

On behalf of the Board of Selectmen and the employees of the Town of Canton may you all have a joyous holiday season. Please remember to donate to your favorite local charities so that the less fortunate may enjoy this holiday season.

Diana Lawler

Pianist * Accompanist * Teacher

**Private Lessons***Beginner through advanced
children and adults***860-989-6337****lawler294@yahoo.com**

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

- Helen Keller

ALL TOWN OFFICESMartin Luther King's Day
Monday, January 17thPresident's Day
Monday, February 21stGood Friday, Friday, April 22ndMemorial Day, Monday, May 30thIndependence Day, Monday, July 4th**BOARD OF SELECTMEN**Richard J. Barlow, *First Selectman*
rbarlow@townofcantonct.org
860-693-7847David W. Gilchrist, *Deputy First Selectman*
dwgilchrist@yahoo.net
860-693-8406Marc E. Cerniglia
mcerniglia@townofcantonct.org
860-212-2284Bruce A. Lockwood
lockwoodbruce@comcast.net
860-693-0332Stephen J. Roberto
sroberto@townofcantonct.org
860-693-3368

TOWN CLERK

Sport Licenses for 2011 are available at the Town Clerk's office, Dick's Sporting Goods or by logging onto <https://ct.outdoorcentral.net/InternetSales/index.aspx>. For a complete listing of the new license fees, visit our website at <http://www.townofcantonct.org/content/154/182/599.aspx>.

EMPLOYMENT OPPORTUNITIES

If you or someone you know is currently looking for work, visit our website at www.townofcantonct.org to view current municipal employment opportunities. An application may be downloaded at any time. All postings are accompanied by a job description and are Q-Notified through our email notification system. (See above to sign up)

ALL TOWN INFORMATION AT YOUR FINGERTIPS

Our town website has the ability to notify you by email for electronic delivery of town news, public notices, agenda postings and much more! It is FREE and easy; just visit our website at www.townofcantonct.org. In the left-hand margin of the Welcome page you'll see:

[Click Here To Receive Email Notifications](#) 

You can opt-in or out at any time to various categories such as Municipal Meetings, Canton Updates, Tax Reminders, and Emergency Notifications. If you have any questions about this service, contact the Town Clerk at 860-693-7870.

HELP WANTED!



**Town of Canton
Volunteer Fire & EMS Dept.**
Valuing Life...at a Moment's Notice

Join us today!

www.cantonfireandems.org

Or call our Chief at
860-693-7858 or 860-693-2325

POLICE DEPARTMENT

One of the core missions of the Canton Police Department is community policing. The partnership between the community, businesses, government, schools, media and law enforcement plays an integral role in reducing crime and improving the overall quality of life.

To ensure this philosophy is supported, the Canton Police Department will host, on the first Thursday of each month, a "Coffee with the Cops" beginning on Thursday, January 6, 2011. The event will take place at 8:00 am at the Canton Police Station, 45 River Road (Route 179).



All members of the Canton community; residents, businesses, government officials and media are invited to attend. Share your thoughts, concerns, suggestions and questions on how the Canton Police Department can best serve our community. Light refreshments will be provided.

VOLUNTEER

Join a board, commission or town committee; a great way to become involved in our community! For more information, contact First Selectman Richard Barlow at 860-693-7847. You may download a Volunteer Application from our website, www.townofcantonct.org.

Regular Member Vacancies:

- Canton Center Historic Dist.
- Conservation Commission
- Farmington Valley Health Dist.
- Open Space Commission
- Parks & Recreation Commission
- Pension Committee
- Plainville Area Cable Tele. Council
- Temp. Comm. Info. Technology
- Water Pollution Control Authority
- Youth Services Bureau

Alternate Member Vacancies:

- Canton Board of Ethics
- Canton Center Historic Dist.
- Commission On Aging
- Inland Wetlands & Watercourses
- Planning Commission
- Town Meeting Moderators
- Zoning Board of Appeals
- Zoning Commission

Richard J. Vincent, Sr.

Mary O'Keefe Vincent

Richard J. Vincent, Jr.

VINCENT

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TOWN TEAM NEWS

MEET ROGER J. IGNAZIO, JR.

Position with the Town: Superintendent of Water Pollution Control Facility

Background: Roger started his career in wastewater back in 1995, at the Windsor Locks Water Pollution Control Facility, working for Art Enderle. Art was his mentor and helped him get the training and provided him with the materials he needed to advance in his career. He worked there for 7.5 years, advancing to the position of Operator III. Roger was then provided an opportunity to become Canton's Chief Plant Operator in November of 2002. In September of 2010, he was promoted to Superintendent of the Facility and takes a lot of pride in his work.

Education: Roger graduated from Windsor Locks High School in 1980. He then took correspondence courses through Sacramento State University to advance his wastewater career and continues today to participate in outside refresher courses and training.

Best Part of the Job: Roger is proud to protect the environment and enjoys seeing the wildlife that lives around the Canton Water Pollution Control Facility; especially the American Bald Eagles come to fish the river and perch in the trees.

Personal: Roger is a lifetime resident of Windsor Locks. Roger has two children, Roger III who is 21 and Angela who is 20. They both live and work in and around Phoenix, Arizona.

Little Know Fact: The staff at the Canton Water Pollution Control Facility offer tours to the public so that they can see how we operate the facility and protect the Farmington River. Roger has had the pleasure of seeing 6 classes of middle school students, in the last 8 years, from the Avon school system.

Unselfish and noble actions are the most radiant pages in the biography of souls. ~David Thomas

MEET KATHY CORKUM

Volunteer Position in Town: Kathy is a member, past president and current vice-president of Focus on Canton. She is a member of the Canton Board of Finance, a member of the Finance Committee at St. Patrick's Church and a volunteer at the Canton Food Bank.

Background: Born and raised in Hartford, Kathy moved to Canton in 1963 where she immediately began volunteering in Girl Scouts, serving as a Brownie Consultant, a Junior Scout Consultant and Neighborhood Chairman.

Best part of volunteering: Volunteering gives you an involvement in the community and a chance to meet many of the good people who live in Canton. Focus on Canton is an example of the best in volunteering. On November 6th, we once again assisted our community on Neighbors helping Neighbors Day. Many volunteers come together to help in a variety of ways. We turn mattresses, wash windows, rake leaves, weed gardens, replace smoke alarms, no job is too small. On Thanksgiving, we provide a fully cooked Thanksgiving Dinner to those whose family might be away or to those who are unable to prepare a dinner. Last Thanksgiving we delivered 67 dinners and this year we are prepared to serve 100. In May, Focus will sponsor its second Walk for Hunger, with all proceeds going directly to the Canton Food Bank.

Personal: Kathy is married to her high school sweetheart Don. They have four children, all of whom attended Canton Schools and graduated from Canton High. They have seven grandchildren. One of their grandsons graduated from Canton High this past June and one of their granddaughters is currently a sophomore. Kathy served as Canton's First Selectman for ten years and has been a member of the Board of Finance for the past nine years.

Little Known Fact: Kathy and her husband have lived in Canton for the past 40 years, moving to four different homes, starting in Canton Center, then Collinsville, then Canton and finally Oxbow Ridge, an over 55 community where they have once again met many wonderful people. Canton has always been (was and is) a great place to live and raise a family.



A Church That Welcomes All

***Come Worship
With Us***

Sunday Services
8:00 AM
10:00 AM

TRINITY EPISCOPAL CHURCH

55 River Road · Collinsville, CT 06019

(860) 693-8172 www.TrinityCollinsville.org

"NEIGHBORS HELPING NEIGHBORS"

**Focus on Canton, Inc.
P.O. Box 853
Canton, CT 06019-0853**

SENIOR SERVICES



BLOOD PRESSURE CLINICS

The VNA checks Blood Pressures in the Lower Level Conference Room each Wednesday from 12:00 to 2:00 pm. Blood pressure monitoring is also offered for the Walking Group on Friday mornings from 9:30 to 11:30 am. Get checked before and after you walk.

TAI CHI

55+ Tai Chi for Osteoporosis & Falls Prevention can help to prevent bone loss and improve balance. The class runs continuously on Thursdays from 1:30 to 2:30 pm. You may participate on a "drop in" basis, if needed.



PODIATRY / FOOT CARE SERVICES

Dr. Scott Lindsay, a Canton podiatrist, is in the Lower Level Conference Room each second Monday, every month, from 1:30 to 3:30 pm. Call 860.677.7272 to schedule an appointment.

COMMUNITY CAFÉ

Join your neighbors for a nutritious hot lunch on Wednesdays and Fridays for a very reasonable \$2.00 donation. Just call 860.693.5811 before noon the day before to reserve a meal.



SCRIBE / E-SCRIBE

What's going on for seniors?? Find out in the Scribe mailed every 4 months, and the E-scribe emailed every two weeks. Call Senior Services at 860.693.5811 to get on either list. Both can also be found on the Senior Services website.



Repairs...Restorations...Performance

860-693-1556

103 River Road, Canton 06019

www.kurtscustoms.com

MEDICAL TRANSPORTATION



Rides to medical appointments are provided by a cab service to seniors over 60 and adults with disabilities to most areas of CT (beyond Canton). The cost is covered by grants to the town and riders pay a gratuity only. Call Senior/Social Services to request a ride.

COOKING WITH ELAINE

Join your friends the last Tuesday of every month at 11:00 am, for a fun filled demonstration and light meal. Cost is \$9 and must be paid to Senior/Social Services by the preceding Friday.



JUMP ON BOARD TRIPS

Special destinations (malls, casinos, and more) around Connecticut in conjunction with Simsbury- most are free or very inexpensive. You must sign up in advance.

DIAL-A-RIDE

Transportation is available for seniors over 60 and adults with disabilities, for trips within Canton, Monday - Friday, 9:30 am to 3:30 pm. Call **860.693.1156**, between 8:00 am and noon a day ahead, or Friday morning for a Monday ride. Each ride costs \$.50 and tickets can be purchased at the Senior/Social Services office, Town Clerk's office at Town Hall and at 21 Dowd's Housing office.



PRESENTATIONS AND SPECIAL EVENTS

Check the SIGN UP BOOK in the multipurpose room or our website <http://www.townofcantonct.org/content/154/130/default.aspx> for upcoming special events and presentations.

We're right in your neighborhood!



We're more than a business—we're part of your community. We were here when the big storm blew the tree through your roof ... when your kitchen went up in smoke ... and when your car ran over your neighbor's fence.

Like old friends, you may not call us often. But it's nice to know that we'll be here when you do.

For professional insurance advice, contact: DOWD INSURANCE
13 RIVER STREET
CANTON, CT 06019

860 693-8876

dowdagencyins@comcast.net



SOCIAL SERVICES

Social Services for Canton residents are provided by the Senior/Social Services Office in the Canton Community and Senior Center located in the lower level, rear, at 40 Dyer Avenue. The following are some of the main State and Federal and local programs that Canton seniors and adults with disabilities can apply for. There is no charge for any Social Services assistance. Call 860.693.5811 for assistance or information.

Energy Assistance (CHAP or CEAP)

In the fall and winter, people at certain income and asset levels may be helped to pay for oil or other heat from these two State programs and Operation Fuel. Please call Senior/Social Services Office to make an appointment. Important date: March 15th is the last day for fuel authorization or delivery.

Fuel Bank



Energy Assistance is available through the Canton Fuel Bank to residents experiencing financial hardship and who have an emergency fuel need. Please call 860.693.5811 for additional information.

Food Stamp Program

The Food Stamp Program (now called SNAP) provides monthly cash assistance to low-income households to purchase groceries. Eligibility for food stamps is based on household income and assets. Call 860.693.5811 for more information. Applications are also taken at Gifts of Love in Avon – call 860.676.2323 for an appointment.

Elderly Property Tax Relief

Applications for a reduction in homeowner property tax assessments are taken at the Assessor's Office. You must have income under certain limits and there are additional tax reductions for people who are legally blind or a veteran. Applications are taken each year between February 15th and May 15th.



Renter's Rebate

Renters may qualify for a once-a-year rebate on rent paid. The filing period is between May and September. Apply starting on May 15th at the Assessor's Office, 860.693.7842.

Medicare Savings Program

The government will provide supplemental insurance and/or refund the Part B Medicare premium for people who meet income limits. It may also help to lower prescription costs for people who have Medicare D prescription coverage. Call the Senior/Social Services office for an appointment with the CHOICES volunteer if you have Medicare questions. The CHOICES volunteer comes once a month throughout the year to help with general Medicare issues.

ConnPACE

This prescription assistance program helps people by limiting the cost to \$16.25 per prescription. The 2010 income limits are \$25,100 for a single person and \$33,800 for a couple. The ConnPACE application fee is \$45.00 per year. New applications can be submitted only between November 15th and December 31st of each year.

Connecticut Home Care for Elders Program

Many kinds of personal care and assistance (Lifeline, meals on wheels, home health aid, homemaker or adult day care) are provided for people who are unable to care for themselves. Call Senior/Social Services for information.

Medicaid

Medical assistance is provided by the State to people who are mostly very low income and have minimal assets. There are several types of assistance available, based on age, income and assets. Call Social Services or CT Dept. of Social Services for more information at 860-723-1000.

Happy Holidays!



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CANTON PUBLIC LIBRARY

LIBRARY HOURS

Sunday 1:00 pm to 4:00 pm
(November through March)

Mon.–Thu. 10:00 am to 8:00 pm

Friday 10:00 am to 5:00 pm

Saturday 10:00 am to 5:00 pm
(Labor Day through June)

Saturday 10:00 am to 1:00 pm
(July through Labor Day)

Canton Public Library & Community Center
40 Dyer Avenue
Canton, CT 06019

Phone: 860-693-5800

Fax: 860-693-5804

www.cantonpubliclibrary.org

A circulating library in a town is as an evergreen tree of diabolical knowledge! It blossoms through the year! - Richard B. Sheridan

Open House

Thinking about a Nursery School for your three or four year old for the fall of 2011. Come to open house Jan 26 from 6-8 pm. Meet the staff and tour the facility.



.... Flexible Daycare for 3 to 11 year olds

.... 3 & 4 year old Nursery School Programs

www.steppingstonesedctr.com

370 Albany Turnpike, Canton, Ct 06019

693-6294

693-2852

FRIENDS OF THE LIBRARY

Between July 2009 and June 2010, the Friends of the Canton Public Library donated \$21,949 to the library for the purchase of new books, media, equipment, and programs. Visit our website and click on the tab marked *Friends Gifts 2009-2010* to view an exhaustive list of all the items the Friends bought us last fiscal year. Since July 1, the Friends have paid to renew many of our museum passes and information databases, to fund several children's programs, and to purchase new equipment. In October, the Friends bought us a brand-new pass to the Norman Rockwell Museum in Stockbridge, MA which admits 4 people free-of-charge and offers a 10% discount on purchases made in the museum store.

Other important Friends gifts include: \$2,000 to purchase audiobooks for adult listeners and \$3,500 to purchase more books and audiobooks for our teen readers!

Thank you, Friends, for all your dedication and valuable time!

Our Friends group does such wonderful things to make this library better! More active members are needed -- please fill out a membership form at the library and join us.

SUNDAY HOURS RETURN

Sunday hours at the library returned on November 7th and will continue through the last Sunday of March 2011. We are open from 1:00 to 4:00 p.m.



In addition to being closed on state holidays, the library will also be closed during the holiday season on December 24th, 25th and 26th along with December 31st, January 1st and 2nd.

VISIT US ON FACEBOOK



The Canton Public Library is now on Facebook. From your Facebook account, search for the Canton Public Library (consider adding "in Connecticut" so that you don't accidentally link with Canton libraries in Ohio, New York, Massachusetts, Texas, etc.). Then go to our page and click on the "Like" button. Visit our Facebook page for news and notes about our programs and services.



Wii GAMES COMING TO THE LIBRARY SOON

In the new year, the library will be starting a collection of Wii games for loan. Check our website for more information. Our new Wii collection will be a gift from the Friends of the Library.

SELF-SERVICE CHECKOUT COMPUTER

Are you aware that we have a self-checkout computer near the Circulation Desk? Some patrons use it because they like to check out their own items. Others find it convenient to use when they would otherwise have to wait in line at the front desk. Please feel free to use the self-checkout station -- instructions are posted, and any staff member can assist you. You cannot return items on this computer, but anything can be checked out on it.

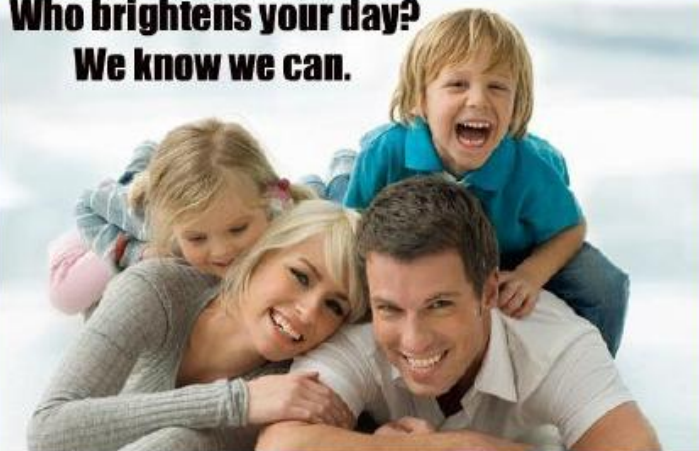


CANTON PUBLIC LIBRARY

PROGRAMS FOR ADULTS, TEENS, AND CHILDREN

Our story times, adult book discussion groups, and special programs that inform and entertain Canton residents go on all year round. Plans are being made at this time. Please watch our website or visit our Facebook page for announcements of upcoming events.

**Who brightens your day?
We know we can.**



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WWW.CANTONVALLEYDENTAL.COM

191 ALBANY TURNPIKE

CANTON, CT 06019

HOME DELIVERY OF LIBRARY MATERIALS

The library has a delivery service for homebound residents designed to allow you or someone you care about to enjoy our collection items without having to visit the library building. Whether you prefer reading books and magazines, watching DVDs and VHS tapes, or listening to audiobooks and CDs, the library will arrange to have items delivered to and picked up from your home by staff members or volunteers. Please call the library at 860-693-5800 to have a brochure that fully explains the program, sent directly to your home! Or, visit our website and click on the tab labeled "Homebound Services".

**GRANT FOR TECHNOLOGY**

We are in the process of purchasing the computer equipment and planning the computer literacy programs funded by our Hartford Foundation for Public Giving grant. We hope to have our new equipment in use, as well as program sign-ups early in the new year. For more information, check out our article in the last issue of the *Canton Connection* newsletter.

DOWNLOADABLE AUDIOBOOKS AND E-BOOKS

Canton library card holders can download audiobooks, e-books, and video and enjoy them on their own computers or portable media devices. You can download these items at home but, as an additional service, we will soon have a workstation on which patrons may browse our catalog of downloadable items, check items out, and transfer them to their own portable devices while sitting in the library. The new downloading computer will come to us from our library consortium, Library Connection, courtesy of a grant funded by the Hartford Foundation for Public Giving.

**SIGNING IN ON THE PUBLIC COMPUTER**

Why do we ask library visitors to note on a clipboard the times they began to use one of our public computers? Because these log-on times help us to count how many people use our public computers each day, a figure we report to the Town of Canton and to the State of Connecticut. Usage statistics help us to project how many computer stations we will need to offer when we are preparing our operating budget. Remember to sign-in this helps us to help you.

TEEN BOOK DISCUSSION CLUB & TEEN FACEBOOK PAGE

In October, the library started a new book discussion club for teens. Students in grades 9 through 12 meet once per month in the Library Program Room to discuss books they are interested in, whether they are newly released titles or beloved old classics. All are welcome to stop in and join the talk.

The library has also set up a Teen Facebook Page to keep discussion group members informed on upcoming book club *meeting* dates and titles. In addition, we will share useful information on the books discussed and on other library news and events such as *National Novel Writing Month*, which may be of high interest to our teen patrons who may not have known about it otherwise.

These are new ways in which we are reaching out to give library service to the teenagers of Canton.

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CANTON, CT 06019

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CANTON LITTLE LEAGUE

2011 Softball/Baseball Registration

Boys & Girls Ages 7-14

Sponsored by Canton Little League

Where:



at the Shoppes at Farmington Valley

When: **Sunday, Jan 16th** (Snow Date Sunday, Jan 23rd)

Time: **4:00 – 7:00 pm**

Fees: **20% Early Sign-Up Discount**
(See www.eteamz.com/cantonctll website after Jan 1, 2011 for actual fees)



Free Hot Dogs & Soda, Coupons, & Drawing



Additional Notes:

- Register for Little League Baseball & Softball (ages 7-14) CLINIC, FARM, MAJORS AND JUNIORS DIVISIONS.
- Summer baseball and softball registration will be held at a later date.
- ADULTS- SIGN UP TO BE A MANAGER, COACH, UMPIRE, OR LET US KNOW HOW YOU WOULD LIKE TO VOLUNTEER TO HELP.
- Second Registration at CIS on Feb 5th (9:00 am – 1:00 pm) at standard fees.
- SIGN UP EARLY SO WE CAN PLAN FOR A PLACE FOR ALL TO PLAY.
- 6 year olds may be accepted on a space available basis.

Other Upcoming Events:

- CLL Tryouts on 03/12/11 at CIS
- Canton Night At RockCats, May 20th
- CLL Sportswear Sale (check website)

www.eteamz.com/cantonctll

Canton Little League is a proud sponsor of the Canton Community of Concern

FAVARH

Special Olympics – Unified Program

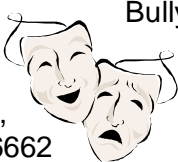
4 Unified Sports offered per year: Softball (summer / fall) Basketball (fall / winter) Floor Hockey (winter) Soccer (spring / summer). Always looking for volunteers, athletes and coaches. For more information please contact Tim Hennessey at 860-693-6662 ext. 151 thennessey@favarh.org

Fee: \$40.00 per sport

Endless Possibilities Unified Theatre Program

Entering its fourth season as FAVARH's Unified Theatre Ensemble, Endless Possibilities Theatre Company provides individuals with and without disabilities the opportunity to work together in the creation and performance of a professional, live theatrical production.

This year's performance is entitled: "The Monster" Auditions set to take place on Wednesday, December 15th 6 – 9:00 pm at FAVARH. To receive more information, please contact Rick Stanton 860-693-6662 ext. 152 rstanton@favarh.org



Adult Recreation

For individuals with special needs ages 18+. 5-7 planned and staffed activities provided per month. Monthly calendar distributed to individuals on mailing list. Days, times and costs vary on a month to month basis. For more information and to be added to mailing list, contact Tim Hennessey 860-693-6662 ext. 151 thennessey@favarh.org

Inspirational Arts Program

Unified Art Program for individuals of all artistic abilities. 10 week sessions slated to begin January 5, 2011. Classes take place on Wednesday evenings 6 – 8:00 pm at Canton High School. Each class will feature a different medium of art: pencil, charcoal, watercolors, sculpture, etc. Please contact Tim Hennessey at 860-693-6662 ext. 151 / thennessey@favarh.org or Rick Stanton at 860-693-6662 ext. 152 / rstanton@favarh.org for more information.

The FAVARH Family Support Playgroup

For parents, special needs children, and their sibling. The Playgroup meets, alternating Saturdays, in Canton and at the Farmington Valley YMCA. For more information, please contact Jean Andersen at 860-693-6662 ext. 128.



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Questions?
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MISSION:

The Arc of the Farmington Valley (FAVARH) is an association of people which was founded in 1958 as a non-profit community based human service organization.

We believe that all persons including those with intellectual and developmental disabilities, have the inherent right to work, live, and participate in the community and to take part in both the challenges and the opportunities afforded therein.

Our mission is to commit and invest our talents, time and energy so as to support and empower each individual to enjoy a productive and independent life and to achieve his or her personal best.

DESCRIPTION:

Through the main office location in Canton, CT, FAVARH provides the following programs to over 250 persons with intellectual and developmental disabilities throughout the Farmington Valley Community and the Greater Hartford region.

Advocacy
Individual Program Planning
Community Experience
Job Development & Placement
Opportunities for Older Adults
Residential Supports
Recreation & Leisure opportunities
Respite Care

Program Management
Behavior Support
Nursing Coordination
Staff Training
Facility Maintenance
Clerical Support

THE FARMINGTON VALLEY FILM COMMISSION

Three years ago, two Farmington Valley professionals noticed that outside productions were starting to film in the seven core towns that make up the Valley (Avon, Canton, East Granby, Farmington, Granby, New Hartford and Simsbury). The sudden interest in our bucolic hamlets got Liz Banco of Simsbury and Nancy Anstey of Avon thinking about the possibilities of creating a satellite film commission that would lure outside producers.

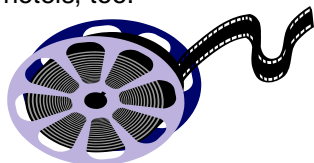
Now, more than two years later, the dream has become a reality. The Farmington Valley Film Commission, based in Avon, has gone from an initial handful of volunteers to an average of 40 at each monthly meeting. The meetings are where local artists, filmmakers, actors and writers all gather to discuss upcoming projects and volunteer their time with the arts organization's needs.

Though most of the volunteers come from the seven core towns, there are those, like producer Lisa Durkee, who have come from as far away as New Haven just to see what the FVFC is all about. "It's really a great networking opportunity," says Durkee, who helps to locate actors through her casting company.

In a nutshell, the FVFC wants to promote local businesses as well as media professionals who live in the area and would like to be included on the website's online database (farmingtonvalleyfilm.org).

The last ten years alone have brought various Hollywood and New York productions to the area. ESPN has shot numerous commercials within the surrounding towns, and the Scy Fy Channel's "Ghost Hunters" filmed in Simsbury two years ago. More Recently, a film producer has come to town to do location scouting for an independent film he'd like to shoot entirely in the Valley. The producer is hoping to raise one million dollars for the project that, if all goes well, will begin production next spring.

Big budgeted productions are not the only game in town, either. Nancy Anstey, one of the founders of the FVFC, says if enough smaller productions and student films come to the area, it can be a boost to the restaurants and hotels, too.



"We'd love a constant stream of multimillion dollar films shooting here but the reality is probably something much smaller," say Anstey. "If we can get ten or twelve productions a year that have smaller budgets, that helps us, too."

Last July, about a dozen filmmakers entered their short films into the FVFC's first film festival held in Collinsville. The film festival was held at the new entertainment venue known as "Forty-One Bridge Street" and was, by all accounts, a huge success.

"If you are an actor, director, writer or work anywhere in the industry, this is the perfect venue to let outside producers know you're here," Anstey said. "It also helps to have a list of lodging and transportation services and other local businesses that tend to increase their revenue whenever a film production comes to town," she says.

With the web site up and running, visitors can view picture galleries of what the towns have to offer in terms of locations and vintage architecture. The online database makes it easy to locate specific freelancers such as scriptwriters, actors, singers or prop makers. The site's online blog has weekly updates of job opportunities, production schedules and networking parties.

Deb Herz and Katie Ouellette, both of Farmington, have been instrumental in getting the web site to be user friendly as well as visually interesting. "We want to let people know we're here and show the film industry exactly what we have to offer," says Ouellette.

The next challenge for the FVFC is to get volunteers with a film or video background to help produce a series of short promos explaining in more detail why the Valley would be such a great place to film. "Still photos from our gallery tell part of the story when visitors see the website," says Anstey. "We're hoping a thirty second or one minute video showing the beautiful landscapes of our Valley will be even more enticing to outside producers."

Part of the video challenge is being put forth to Valley junior and senior high school students who have a creative flair and would like to help produce a video showing off the positive aspects of the Valley. Interested student producers are encouraged to visit the website often for further details.

The Farmington Valley Film Commission holds meetings every month. If you are interested in becoming a volunteer or would like more information, visit: www.farmingtonvalleyfilm.org or call Nancy Anstey at 860-676-8878.

Stephen M. Emirzian is a freelance writer from Canton.



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CANTON ECONOMIC DEVELOPMENT AGENCY

As we move closer to wrapping up another year, the Canton Economic Development Agency would like to let you know that we are all alive and well, and hard at work developing tools that we hope will support the long term commercial development of our town. It appears clear that every tool will need to come out of the toolbox as we move into 2011. Before we tell you more about our recent activities, let's start with a brief reminder of how we see our mission.

Here at the Canton EDA, we see ourselves as the advocates for the active promotion and development of responsible commercial business endeavors for our town. In this regard, like the rest of our nation, Canton is experiencing the serious effects of a major economic downturn. The direct impact can be seen in declining property values, stagnant economic development activities, and a resultant lack of growth in property tax revenues—the life blood of any town. While our Board of Selectmen, Board of Finance, and Board of Education have done a spectacular job of holding town budgets flat for the past two years, we all know that very, very soon we will be faced with the inevitable need for tax revenue increases required for education, public safety, and badly needed maintenance of roads and public buildings. So, with property taxes already among the highest in the area, how will we create the expanded revenue levels that will be required to maintain our outstanding quality of life in Canton?

To us, the key answer to this question is the responsible development of sound commercial activities that will significantly expand our commercial (as opposed to residential) real estate tax rolls. (Please note that we also include industrial and high density mixed use development in the term “commercial”). Therefore, we see ourselves as champions of responsible business development. We see our roll as mentors and trail guides for new business development, here to help guide and champion new projects through the myriad of committees and agency approvals necessary for new economic development in our town. We aspire to be expeditors who will move business proposals through our town processes with the goal of a successful conclusion – for the business and the town.

In this regard, we are presently working to create several long term initiatives to meet our objectives. They include the following:

- We are working to develop a responsible economic strategic plan that will best use our scarce remaining land available for commercial development.
- We are working on a Cost of Community Services study that will clearly show the different costs associated with residential, commercial and agricultural real estate.
- We are working on a financial template that will clearly analyze and show the dollar value to the Town of each new commercial business proposal.
- We are working on new cooperative initiatives with adjacent towns to pursue joint development activities that will maximize opportunities for our region.

Please be assured that we at the Canton Economic Development Agency love our open spaces and scenic by-ways that give us our wonderful rural character. But, we also realize that only through continued responsible commercial development will we be able to provide the ever-expanding revenue base so vital in assuring that our way of life will be sustainable for generations to come.

We would also like to invite anyone with a passion for our town and an interest in economic development to join us by filling our presently unfilled CEDA membership position. Or just contact us with great ideas. We value your input.

Cheers and have a wonderful winter. The best to us all for a great and prosperous 2011.

Canton Economic Development Agency

<http://www.townofcantonct.org/content/120/132/default.aspx>



WINTER 2010 / SPRING 2011 Recreation Brochure - Preschool**REGISTER EARLY!**

Nothing cancels a great class quicker than waiting until the last minute to register. If there are not enough registrations by a certain date, the program / event may be cancelled. Coming in or calling on the day that the program is scheduled to start will not resurrect it, so please register early.

Parks & Recreation...
Creating Community, People,
Parks and Programs

Parks & Recreation / Senior Services Director:

Brian J. Wilson

bwilson@townofcantonct.org**Recreation Program Supervisor:**

Darrien L. Lynn

dlynn@townofcantonct.org

Canton Parks and Recreation
40 Dyer Avenue
Canton, CT 06019

Phone: 860-693-5808

Fax: 860-693-5805

Hours: Monday through Friday
8:30 am – 4:30 pm

PARKS & REC COMMISSION**Chairperson:** Rebecca Andrews**Vice Chairman:** Andrea O'Neil**Member:** Beverly Hammond**Member:** Chris Eckert**Member:** Julius Fialkiewicz**Member:** Todd Jacobs

The Parks and Recreation staff has made every effort to prepare this brochure as accurately as possible. However, due to publishing deadlines, program listings / information may require that adjustments be made to programs, fees, schedules, etc. We apologize in advance for any inconvenience that this may cause.

Saturday ACROfitness for Pre-Schoolers (Ages 3 – 6)

Tumbling, dance and fitness FUN! Students will learn somersaults, round-offs, headstands backbends and more! Partner tricks. Strength and flexibility challenges are also introduced.

Dates: Saturdays (6 classes)**Session I:** 1/15 – 2/19**Session II:** 3/5 – 4/9**Time:** 11 – 11:45 am**Fee:** \$60.00**Min:** 6 **Max:** 10**Location:** CCC**Munchkins & Masterpieces with Let's Gogh Art (Ages 3 – 6)**

Let's Gogh Art "creates some fun" while exposing children to a variety of artist's tools, techniques and materials. Whimsical and inspiring Artshops might include "Princesses and Pirates", "Madcap Alphabet Art-venture", "Oceans of Laughs", or "Butterflies, Beetles and Bugs". Children will experience painting and decorating, collage, fabric art and more while creating two and three dimensional art forms. Take home a masterpiece each week. We welcome Mommy, Daddy, Grammy or Grandpa, to "play and learn" about art with your child. (One adult per child)

Dates: Tuesdays, 3/1 & 3/8**Time:** 11:15 am – 12:00 pm**Fee:** \$20.00 for both workshop session dates**Location:** CCC, Multi-Purpose room lower level

**Have a safe and happy
holiday season!**



Please visit our **NEW** website at
www.cantonrec.org

Music with Miss Jean (Ages 18 months – 3 years)

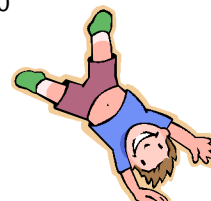
A guitar led sing along class that will keep your child jumping to the rhythms, playing with instruments and making new friends! A perfect class to get your toddler out and about with other children their own age.

Dates: Wednesdays**Session I:** 1/5 – 2/9**Session II:** 3/2 – 4/6**Time:** 9:30 – 10:30 am**Fee:** \$55.00 / 6 class session**Min:** 5 participants**Location:** CCC**Kindergarten Songs with Miss Jean (Ages 3 ½ - 5)**

Have fun learning Kindergarten concepts through songs and games. Weekly themes include letters, numbers, colors, days of the week and making new friends. This program is a perfect add-on for children currently enrolled in a Preschool, Pre-Kindergarten or Kindergarten programs.

Dates: Thursdays**Session I:** 1/6 – 2/10**Session II:** 3/3 – 4/7**Time:** 9:30 – 10:30 am**Fee:** \$55.00**Min:** 5 **Max:** 10**Location:** CCC**Saturday ACROfitness for Wee Ones (Ages 18 months – 3 years)**

A fun introduction to tumbling, dance and fitness! Students, assisted by their parents will learn somersaults, cartwheels and a variety of fitness skills and musical games. Help develop your child's motor skills and listening skills, while they have a ball! Parents must stay for the program. (Enter the Community Center through the library entrances for this class)

Dates: Saturdays (6 classes)**Session I:** 1/15 – 2/19**Session II:** 3/5 – 4/9**Time:** 10:15 – 11:00 am**Fee:** \$60.00**Min:** 6 **Max:** 10**Location:** CCC

WINTER 2010 / SPRING 2011 Recreation Brochure - Youth

Recreational Hoops Basketball

Learn the basic skills and fundamentals of basketball: dribbling, shooting, and passing. Practices are focused on the very basics of basketball using smaller balls and shorter hoops. It burns off tons of energy is a great social time with friends. This is a very popular program, **so don't delay registration** and miss out! We have an experienced father & son team, Kevin & Tyler Smith, who have returned to run the program. Basketball fundamentals: warm ups, drills & games. T-shirts will be given out to all participants! (5 weeks)

Dates: 12/14 – 1/27 (no hoops 12/21, 12/22, 12/23, 12/28, 12/29 & 12/30)

Ages: Tuesdays, K + 1st Graders

Wednesdays, 2nd Graders

Thursdays, 3rd Graders

Time: 5:30 – 6:30 pm

Fee: \$40.00

Location: CBPS, Gymnasium

We will not have Recreational Hoops the week of Christmas or the week of New Years. We will be following the public school schedule.



Youth Wrestling (Ages 7+)

Learn the fundamentals of the sport, basic moves and strategy. In addition to the fundamentals, this club will teach kids the physical fitness and mental toughness needed to succeed in wrestling. This is a great sport for off season football players to help with endurance, quickness, balance, physical and mental strength.

Practices are **Monday through Friday evenings, 6:30 – 8:30 pm** in the **CHS Wrestling room**. Registration forms were sent out to all schools October 30th. Pre-season was set to begin on November 1st. Official season begins Tuesday, December 1st, but coaches will accept late registrations and strongly encourage kids new to the sport to give it a try. Registration forms are available in the Parks & Recreation office and in the Main offices at all Canton Schools.

Fee: \$150.00 for season

Website:

<http://totalleague.com/cantonyouthwrestling>

Mad Science – Sensational Science (Grades K – 3)

Learn all about static electricity and its role in natural phenomena. Create real lightening with the Mad Science generator in a truly hair raising experience! Learn about the secrets to a rainbow and the power of magnets. Discover the unseen sound of waves and watch an eruption of an underwater volcano!

Dates: Mondays, 2/7 – 4/4 (no class 2/21)

Fridays, 2/11 – 4/1

Time: 3:40 – 4:40 pm

Fee: \$120.00 (8 classes)

Min: 15 **Max:** 21

Location: CCC

Youth Spanish Classes

Give your children a head start, by signing them up for Spanish lessons. Experts claim that children that begin at an early age have a much easier time picking up a second language. Age/grade appropriate materials will be provided. If your child has already taken this course, we will move on to more advanced material. (8 week course)

Dates: Mondays: 1/24 – 3/21 (no class 2/21)

Time: 3:40 – 4:40 pm

Fee: \$135.00

Min: 10 **Max:** 15

Location: CBPS



Wicked Cool Adventures with Art! (Grades K – 3)

Art adventurers explore many whimsical and original art forms and techniques while discovering clay and collage, painting and decorating, making masks and creating hot air balloons! Hear the “Legend of the Indian Paint Brush” and think “Where the Wild Things Are”. Games, stories, humor and surprises are included. Awesome works of art are brought home each week. (8 classes)

Instructor: Lets Gogh Art

Dates: Tuesdays, 3/29 – 5/24 (no class 4/19)

Time: 3:40 – 4:40 pm

Fee: \$106.00

Location: CBPS, Cafeteria

ACROfitness Tumbling (Ages 5 – 9)

This action packed program is fun for boys and girls. Fitness, dance and acrobatics all while having a great time. Having fun with your friends, while staying fit!

Instructor: ACRO fitness Staff

Dates: Wednesdays (after school)

Session I: 1/19 – 2/23

Session II: 3/30 – 5/11 (no class 4/20)

Time: 3:40 – 4:40 pm

Fee: \$60.00

Min: 10 **Max:** 15

Location: CBPS, Gymnasium

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Totally Cool Art-Adventures*(Grades 4 – 6)*

Let's Gogh Art provides totally cool, sometimes kooky art-based activities that kids love to do. During these fun and resourceful 8-class workshops, art explorers create a variety original works of art using natural, recycled and unconventional art forms and techniques. Learn fabric design using bubble wrap on T-shirts or experience mosaic art with beans, peas and pasta. Create pots and crazy creatures with clay or canvas masterpieces using discarded dinnerware.

Dates: Tuesdays, 1/18 – 3/15 (no class 2/22)**Time:** 3 – 4:00 pm**Fee:** \$106.00**Location:** CCC**"Little Wrestlers" (Ages 5 – 10)**

This program is geared to help young people with very beginner basic wrestling techniques and to learn how their bodies work. This is a fun course for kids to learn about the sport of wrestling.

Instructor: Rich Van De Bogart**Dates:** Mondays & Thursdays: 1/24, 1/27, 1/31, 2/3, 2/7 & 2/10**Time:** 5 – 6:00 pm**Fee:** \$45.00**Min:** 6 **Max:** 15**Location:** CHS Wrestling Room**Did you know that Parks & Recreation has a game room open every Tuesday and Friday after school?**

The hours of operation are **Tuesdays at 2:45 – 5:00 pm** and **Fridays at 2:45 – 4:45 pm** and the room is supervised at all times, by Parks & Recreation staff.

NEW! Musketeers Fencing**Class** *(Grades 4 – 6)*

A four week course, consisting of (4) one hour classes. The first class is dedicated to footwork, second to learning the lightest and most flexible sword called the Foil. In the third class, students will learn dueling with the heavy sword called the Epee and the last class will be dedicated to the cavalry sword, the Saber.

Dates: Wednesdays: 1/19, 1/26, 2/2 & 2/9**Time:** 5 – 6:00 pm**Fee:** \$98.00**Min:** 5 **Max:** 8**Location:** CCC, Parks & Recreation program room**Valentine's Cookie Decorating with Julie** *(Ages 6 – 12)*

Hands on Valentine cookie decorating class in which the participants will learn the basics of the outline and flood method of cookie decoration. Kids will learn techniques like polka-dotting, feathering and secondary decoration. Cookies and prepared icing, as well as decorating sugars, non-pareils and special Valentine candies will be provided. Each child will take home their drying creations in a bakery box.

Dates: Thursday, 2/10**Time:** 3:45 – 5:15 pm**Fee:** \$25.00**Min:** 6 **Max:** 16**Location:** CCC, Lower Level MP room**Roadmap to College for Parents and Juniors**

Winter of junior year is the time to get started on exploring prospective colleges, gathering your

application pieces, and positioning yourself as a strong candidate. This two-part series gives you tips, tools and information to navigate the college search and application process. You'll learn about today's competitive college landscape, the steps ahead, your role and how to create good teamwork between parent, student and guidance counselor. First registrant will receive a College Help 360 organizer. To enhance family teamwork, parents and students are encouraged to attend together if possible.

Part 1: How to Find the Right College Fit – Learn how to build your college list, plan visits, identify the schools and environments that offer the best fit for you, and understand the competitive factors that influence your chances for admission.

Part 2: Strategic Planning for the Application Process – Learn how your preparations today will influence the strength of your applications next year. Topics include: curricular and extracurricular choices; the timeline and process for tests, recommendations, essays, visits, interviews, applications and scholarships, the vocabulary and a look at the technology that supports the application process.

Instructor: Kathy Hooker, College Help 360**Date:** Saturday, 1/29 and 2/5**Time:** 10:30 am – 12:30 pm**Fee:** \$50.00 per family

(students may accompany a parent for FREE)

Location: CCC

WINTER 2010 / SPRING 2011 Recreation Brochure – Youth & Teen

Spring T-Ball & Coach Pitch

We will be forming teams prior to the start of the program and ordering t-shirts. Parent volunteer coaches *are appreciated and are needed*. If we don't have enough parent coaches/ helpers, we have to cancel the program. Please call if you are interested in volunteering at 860-693-5808 (or indicate this on the registration form). Register by **3/11**.

Dates: Saturdays: 4/30, 5/7, 5/14, 5/21, 5/28 & 6/4

Time: 10:00 – 11:00 am (T-Ball, Ages 4 – 5)
11:00 am – 12:00 pm (Coach Pitch, Ages 6 – 7)

Fee: \$40.00

Location: Mills Pond Park

Karate (Grades 1 – 6)

This is an Introductory program that will focus will be on self-defense moves, including everyday applications, such as punch kicks and grabs, etc. A uniform will be provided to every student. (6 lessons per session)

Dates: Mondays

Session I: 1/24 – 3/7 (no class 2/21)

Session II: 3/14 – 4/25 (no class 4/18)

Time: 5 – 6:00 pm

Fee: \$65.00

Min: 5 **Max:** 20

Location: CCC, Multi-Purpose Room

Junior Tennis Lessons (Ages 5-14)

Lessons for beginners and advanced beginners that will cover stroke development, footwork, fun games, and court strategies appropriate for each level. Learn a sport that will last a lifetime. (6 lessons)

Instructors: David Zucker & Anissa Pesce

Dates: Fridays, 4/22 – 5/27

Time: 4 – 5:00 pm (Ages 5-8)

5 – 6:00 pm (Ages 9-14)

Fee: \$98.00

Min: 5 **Max:** 10

Location: Mills Pond Tennis Courts

Babysitting Class (Ages 11+)

The course will cover: basic care, first aid, safety, safe play, leadership and professionalism. Students will learn to take action, recognize emergencies and make decisions. Successful completion results in Red Cross certification. Everything you need to know to get started in the babysitting business! Please pack a brown bag lunch & drinks.

Please note: One Day only!

Date: Tuesday, 2/22 (Feb vacation day)

Time: 9:00 am – 4:00 pm

Fee: \$93.00

Min: 6 **Max:** 12

Location: CCC, Parks & Recreation room

Connecticut Safe Boating and Personal Watercraft Course

(Ages 12+)

This single session, 8-hour course, taught by Professional Marine Education, provides a certificate of completion as partial fulfillment of the requirements to obtain the Certification of Personal Watercraft Operation, which allows the operation of motorized recreational vessels up to 65' and sailboats 19 ½' in length and longer. Upon successful completion of this course, the student can mail or deliver the diploma to any State DEP office, and combined with an application for certificate (provided) and appropriate fee, qualifies the student to obtain the Certificate of Personal Watercraft Operation. The certificate is a one-time, lifetime certification. Students should bring a pen or pencil to class.

Dates: Saturday, 4/9

Time: 8:30 am – 4:30 pm

Fee: \$80.00

Min: 8



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AAA Drivers Education Course

An informational brochure regarding this program is at the High School Main office. Registration paperwork will be available at the Main office of CHS.

Session I: 1/25, 1/26, 2/1, 2/2, 2/4, 2/8, 2/9, 2/11, 2/22, 2/23, 2/25, 3/1, 3/2 & 3/4

Session II: 4/5, 4/6, 4/8, 4/12, 4/13, 4/15, 4/26, 4/27, 4/29, 5/3, 5/4, 5/6, 5/10, 5/11 & 5/13

Time: 2:30 – 4:30 pm

Fee: \$575.00 for AAA members and dependants under age 18
\$650.00 for non-members

Location: Room 226, CHS

NEW! Fencing Course (Ages 13+)

A four week course consisting of (4) one hour classes. The first class is dedicated to footwork, second to learning the lightest and most flexible sword called the Foil. In the third class, students learn dueling with the heavy sword called the Epee and the last class will be dedicated to the cavalry sword- the Saber.

Dates: Wednesdays: 1/19, 1/26, 2/2 & 2/9

Time: 6:00 – 7:00 pm

Fee: \$98.00

Min: 5 **Max:** 8

Location: CCC, Parks & Recreation program room



NEW Program! Reiki Class

A Japanese originated form of healing that is gaining in popularity. It is used to help as an adjunct to other medical care, to treat pain, mental/ emotional healing and most importantly, as a tool for great relaxation and rejuvenation. Students that complete this class will gain a level 1 practitioner certificate and be able to use healing energy on themselves, friends, family and animals. The class will be a combination of lecture, guided meditation, receiving reiki, hand on practice, and will be completed in 2 evening sessions. Choose which session will work for you.

Instructor: Nicole Sleath

Dates: **Session I:** 1/24 & 1/31

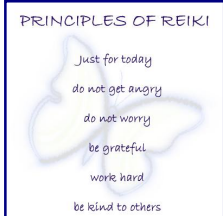
Session II: 3/7 & 3/14

Time: 6 – 9:00 pm

Fee: \$80.00 includes textbook & study materials

Min: 3 **Max:** 12

Location: CCC



High Energy Zumba (Ages 14+)

“Zumba” is a Columbian-derived word that means “to move and have fun”. It is a dance-based fitness class that uses a fusion of Pop, Latin, Hip-Hop and International music to get your body into shape. You’ll start each class with a warm-up, followed by cardio-intensive choreography, finishing with stretching and a 5 minute abs-buster. No prior dance experience necessary. Wear comfortable, non-skid shoes and bring a towel or mat to class for ab work. For more information, you may contact the instructor at 860-916-7493.

Instructor: Christine Ringuette, Certified Zumba Fitness Instructor

Dates / Times: Tuesdays, 4 – 5:00 pm

Session I: 01/11 – 02/15

Session II: 3/1 – 4/12 (no class 3/15)

Session III: 4/26 – 5/31

New Winter session begins: 1/11

Fee: \$65.00 / 6 class session

Location: CIS Gymnasium

Vinyasa Yoga

Intelligent sequencing of postures offers maximum benefit and effect. Individualized attention to alignment provides structural support and helps relieve and prevent chronic discomfort and pain. Coordination of breath and movement facilitates deep stress release, removing obstacles to health and overall wellbeing. Instructor provides necessary props. You bring your mat and water.

Instructor: Maggie Knoedler Rueda, ERYT

Dates: Wednesdays

Session I: 12/1 – 1/26 (no class 12/22)

Session II: 2/2 – 3/30 (no class 3/23)

Session III: 4/6 – 6/8 (no class 4/20 or 5/18)

Time: 4 – 5:00 pm

Fee: \$80 / 8 week session

Min: 10 **Max:** 20

Location: CCC



Zumba Gold Pick your schedule! (Ages 14+)

A total body workout set to Latin rhythms and dance steps. It’s designed for the beginner, baby boomer or any person that wants to start a fitness routine that is fun and moves at a slower pace. You will learn the steps and movements of Zumba Fitness without the pressure to keep up. **NO** experience necessary.

Dates: Ongoing classes – purchase a punch card at Parks & Recreation **10 classes for \$65.00**

Times: Tuesdays, 6:30 – 7:30 pm **or** Thursdays, 6:30 – 7:30 pm **or** Saturdays, 10:15 – 11:00 am

Fee: \$65.00 for 10 classes

Location: CCC, Multi Purpose room lower level (check posted schedules, room location may change occasionally)

Valentine Cookie Decorating with Julie (Adults Only)

Hands on Valentine cookie decorating class where you will learn the basics of the outline and flood method of cookie decoration. Learn techniques like polka-dotting, feathering and secondary decoration. Cookies and prepared icing, as well as decorating sugars, non-pareils and special Valentine candies will be provided. Each person will take home their drying creations in a bakery box.

Dates: Monday, 2/7

Time: 12:45 – 2:45 pm

Fee: \$30.00

Min: 6 **Max:** 16

Location: CCC, Lower Level MP room



WINTER 2010 / SPRING 2011 Recreation Brochure – Teen & Adult

"A photographer gets people to pose for him. A yoga instructor gets people to pose for themselves."
- T. Guillemets

Adult Yoga

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's great for people with back problems and for alleviating muscle soreness and joint inflammation.

Instructor: Nancy Brooks

Dates: Wednesdays (runs continuously throughout the year)

Next session: 1/20 – 3/10

Time: 7:45 – 8:45 pm

Fee: \$75.00

Min: 14 **Max:** 30

Location: CCC, Parks & Recreation room

**Yoga-Pilates class- (Yogi-lates)**

Focus on strengthening your power house: abs, lower back, and buttocks. Work on the muscles in the center of the body that maintain good posture and alignment, along with working on flexibility and strength. Class ends with a deep relaxation component. This class runs continuously for 8 classes each session.

Dates: Thursdays, 1/28 – 3/18

Time: 10:00 – 11:00 am

Fee: \$68.00

Min: 8 **Max:** 15

Location: CCC

**Every Body's Exercise Class for Seniors**

Stretch, tone, and flex your way to a healthier you. Work on increasing flexibility, maintaining muscle tone, and improving balance. Participants move at their own level of ability for the best workout possible.

Instructor: Mary Root

Dates: Fridays ONLY

Time: 10:30 – 11:30 am

Fee: \$15.00 per month

Location: CCC

**Men's Under 35 & Over 35 Pickup Basketball:**

Play the game you love all winter and spring! No experience necessary, all levels of play welcome. The program will follow the school schedule for holidays, special events, and weather closures. Call Parks & Recreation for dates/times and to register at 860-693-5808. For all participants must complete a registration form and register through Parks & Rec.

Time: Monday's, 7:30 pm (Under 35)

Tuesday's, 7:30 pm (Over 35)

Fee: \$35.00 (January- May)

**Recreational Volleyball:**

This Co-Ed recreational play night follows the indoor six on six rules of play. No experience necessary to play. The program will follow the school schedule for holidays, special events, and weather closures.

Time: Thursday's, 7:30 pm

Fee: \$35.00 (January- May)

Senior Exercise Class with Denise

Stretch, tone, and flex your way to a healthier you. Participants move at their own level of ability for the best workout possible.

Time: Tuesday's, 10:30 – 11:30 am

Fee: \$15.00 per month

Location: CCC

SEARCHING FOR A PRODUCT, SERVICE OR BUSINESS IN CANTON? GO TO

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Canton Chamber of Commerce

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**CANTON SPORT ASSOCIATIONS
CONTACT INFORMATION****Soccer:**

Canton Youth Soccer Association

www.cantonsoccer.org

Basketball:

Canton Youth Basketball

Association

Registrar: Kristin First

860-693-8188

www.cantonyouthathletics.com

Little League:

Baseball and Softball

President: Stan Krzanowski

860-693-0365

www.eteamz.com/cantonctll

Lacrosse:

Canton Youth Lacrosse Association

Registrar: Daphna Fuhr-Dylag

860-693-6261

www.Cantonlax.org

Youth Football:

Canton Warrior Youth Football

www.cantonyouthathletics.com

Town of Canton Parks and Recreation Program Registration Form

Mail Registration to:
Canton Parks and Recreation
PO Box 168
Collinsville, CT 06022



Canton Parks and Recreation
www.cantonrec.org
Phone: (860) 693-5808
Fax: (860) 693-5805



Go Green!!! You can save paper and save the postage! Canton Parks and Recreation now takes online registration at

www.cantonrec.org

First register a New Account and your household members. You are able to browse programs, events, manage your account and more. You can register online, at the Recreation Office, or by mail. Registering for programs has never been easier! Having trouble with an account, please contact the Recreation Office.

Adult or Responsible Party Information

Last Name:		First Name:	
Mailing Address:		Town:	State: ZIP:
Home Phone: ()	Cell Phone: ()	Work Phone: ()	
Email:		Would you like to be added to our email distribution list and receive updates on new programs and events? Yes No	

Emergency Contact Information

Name:	Relationship:	Phone:
Name:	Relationship:	Phone:

Activity Registration Information

Participant's Name	Age	DOB	Gender	Grade	Activity Name / Session Time	Fee
					Non-resident Fee \$10 per participant	
					TOTAL	

CHECK # _____ CASH _____

Medical Information/ Special Needs

Please describe any medical information or special needs that program staff should be aware of (allergies, medications, disabilities) for the above participant (s) in order for us to understand and better serve the individual needs of this participant.

Parent/ Guardian Waiver/ Release

I am aware of the nature of this activity and I hereby assume responsibility for myself and/ or my child (above), and/ or his or her representatives to participate. I will not hold the Town of Canton, the Department of Parks and Recreation, and/ or its employees or agents responsible in case, of any accident or injury as a result of this participation. I hereby further agree to indemnify and save harmless the Town of Canton, from and against any and all loss, damage, claim, demand, liability, or expense by reason of any damage or injury to property or person which may be claimed to have arisen as a result of or in connection with participating in the park and recreation activity. In addition, I grant the Town of Canton to utilize any medical emergency services it deems necessary to treat injuries that I or my child may incur while participating in the above program. I understand that the Town of Canton does not provide insurance for recreational program participants.

Photo Release: We may be taking pictures of activities during any of our programs to use in promotional publications. I hereby release and permit the Town of Canton to utilize these photos for Town of Canton Parks and Recreation Promotional purposes.

PARTICIPANT/ PARENT SIGNATURE _____ DATE _____

Town of Canton
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Collinsville, CT 06022-0168

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“Good advertising does not just circulate information. It penetrates the public mind with desires and belief.”

~ Leo Burnett

Interested in advertising your business?

Please contact Michelle Schroder, Canton Connection Editor at 860-693-7841 or email your request to mschroder@townofcantonct.org.

Our newsletter offers advertisement space for Fast Ads, Business Cards or a Quarter Page. This newsletter is sent out to 5000+ Canton households as well as appearing on the Town of Canton website.

**ADVERTISE
YOUR
BUSINESS
HERE**

Our next issue will be published in April. If you have previously advertised with us you will receive a reminder email regarding all upcoming editions. All advertising space is on a first come, first serve basis.



TOWN HALL ART EXHIBITS

In conjunction with the [Gallery on the Green](#), current members of the Gallery have transformed the Town Hall into a modern museum of art. All exhibits are labeled with the artist's information and are available for purchase. Each exhibit period is for two (2) months. The public is welcome to view these displays during regular Town Hall hours. Visit our website at www.townofcantonct.org to read more about the current artists or view the Conditions to Exhibit. To schedule an exhibit, contact the Town Hall Art Exhibit Coordinators; Michelle Schroder at 860-693-7841 or mschroder@townofcantonct.org and/or Harriet Boyko can be reached at 860-693-7854, hboyko@townofcantonct.org.



Canton Dollars for Scholars®

Canton Dollars for Scholars is a community based fundraising effort in existence since 1989. Its purpose is to expand access to higher education for residents of Canton. In an effort to decrease our mailing expense we are not sending our annual fund raising envelope.

You can make a donation on the **annual car tax** form or mail your donation to: CDFS PO Box 671, Canton, CT 06019 or contact us at cantondollarsforscholars@hotmail.com

Thank you for your **tax deductible** donation.