



CANTON Senior Center *Mini-SCRIBE*

APRIL

The mission of the Canton Senior Center is to empower aging and older adults to live full, independent lives by promoting wellbeing through social, physical, and educational programming.

From the Coordinator's Desk

Here's to embracing Spring!



When it rains, it pours? but soon, the sun shines again.
Stay positive. Better days are on their way.



Upcoming Programs, Activities & Events!

Active Living Every day In-home Toolkit available at No Cost to CT Seniors! (North Central Area Agency on Aging)

The in-home version of the popular **Live Well with Chronic Conditions workshop** is now available to seniors in the comfort of their home without having to use technology beyond the telephone. The **Active Living Every-day Toolkit** can be sent directly to participants at no cost and includes a Living a Healthy Life Book, instruction booklet and exercise and relaxation CD's. Weekly phone calls from a trained Live Well leader which enhances the experience and can help to alleviate social isolation during the COVID epidemic. Please call the Canton Senior Center to sign-up, OR you can call Barbara Womer, Regional Coordinator at 860-724-6443 x 224!

CSC Walking Club

- Are you looking for an activity to do during social distancing?
- Are you looking for a challenge?
- Are you looking to make new friends and find motivation?

Consider joining our Walking Club! Call our office today to learn more information and to sign-up.

Please remember to consult with your physician before beginning a new exercise routine

Older Americans Month is sponsored each May by the U.S. Administration for Community Living (ACL). This year the theme is: **MAKE YOUR MARK.**

We are seeking nominations through Friday, May 8th. Please mail or drop off a nomination letter describing how the nominee meets the criteria.

Criteria: Canton Resident, Age 55 years or older, Embraces Aging, and creates community by engaging in activities that promote learning, health & enrichment!

Jessica DeMeo, Senior & Social Services Director, Tonoa Jackson, Administrative Assistant

Jess Tessman, Senior Center Coordinator

SPRING

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

G R O W R A I N B O W N D
B U T T E R F L Y B O H A
W I N D N T E R L L G T Y
A S N E S W T S F O N R L
O I S R E G A V E S I I I
W T R N O S G H P S R B G
S D U O L C R E T O P I H
R T N I A R S B N M S G T
E U S H K S R I B D P S I
W O T S A E T U U I R N K
O R F R E T V B F R R L P
L P G Z V Y C B P N K D T
F S E K E N I H S N U S S

By Evelyn Johnson - www.qets.com

Birds	Daylight	Rain
Birth	Eggs	Rainbow
Blossom	Flowers	Spring
Breeze	Grass	Sprout
Buds	Grow	Sunshine
Butterfly	Hatch	Thaw
Clouds	Nest	Wind