

Caledon Connections Course Description

Be Fit: This program will allow participants to explore all areas of the gym and different fitness classes. Each week participants will learn and work out different areas of the body and have a chance to learn how to use the machines/gym equipment. *Please remember to bring appropriate gym attire and water bottle.*

Behind the Scenes: This program will allow participants to tour each of the departments that are within the town of Caledon. The tours will be lead by a staff within each department so participants will gain an understanding/learn how each department runs and works.

Bocce Ball: People will be able to play some rounds of bocce with their peers. Please remember to bring appropriate gym shoes/attire.

Book Club: With spring in air come and join us as we leap into a great read over the next few weeks. We will be taken advantage of any nice weather by reading in the park, or at a café.

Canvas Art: Join us weekly to fun while you work on unique canvas art pieces that will be taken home once finished

Community Cafe: This program is designed to have individuals meet together each week over a hot beverage and a snack and discuss the events occurring in our community (including music, current events, entertainment news etc.). Individuals will research the topics being discussed in order to add their opinions/questions to the discussion each week.

Creative Poetry: Participants will learn and explore a different type of poetry writing each week. Participants will be given the opportunity to create their own pieces of poetry.

Dance Groove: This mixed dance program emphasizes fun and fitness while learning proper dance techniques (hip hop, Latin, ballet, tap, etc.). Students will gain confidence in their abilities while enjoying the benefits of exercise to develop a healthy body and healthy mind.

Golf: Enjoy the sunshine and working on your golf skills at local driving ranges.

Group Social: Come have fun each week, as we will be doing a wide variety of activities including: bowling, arcade, movies, fitness, billiards, mini-golf, driving range, etc. As well as exploring individual hobbies and interests.

Habitat for Humanity: This program will involve individuals volunteering at the Habitat for Humanity Store. The store is vital to funding HFH's operations and overall mission. It is a retail outlet that sells new and gently used building materials, appliances and home furnishings at lower prices as all of the products are donated. Volunteers are needed to assist with the everyday operations, assisting with customers, merchandising, organizing and sorting products, testing and salvaging donated items

Hair Care: Come learn, practice and master hair! Participants will learn different styles of braiding, blow-drying, dying and styling hair. Participants will be provided with hair mannequins to practice their skills on.

Photography & Historic Sites: Each week participants will explore historic sites within the Caledon area and take photographs of the beautiful landmarks.

Healthy Baking at the Exchange: Using the Exchange kitchen facilities people will get a chance to bake a variety of items with the focus being on how to bake healthy but have it still taste good. *If you are at Connections for the day you may want to bring a smaller lunch.*

Intro to Cooking: Come and learn to cook and bake easy, delicious meals and snacks. Kitchen safety, food and nutrition, will also be discussed. Come prepared with your appetite or leftover containers. This program is run in conjunction with the Town of Caledon.

Intro to Spa & Cosmetology: Attend weekly mini workshops at Angie's Esthetics. As a professional esthetician, she will teach various techniques and pamper attendees to the skill taught that day.

Karate: This is a martial art of Japanese origin that deals with attacks through evasive body movements and is a method of keeping fit and healthy; it develops balance, co-ordination, aerobic fitness, strength and flexibility.

Literacy: Individuals will work on the basics of literacy geared to their level.

Meditative Drawing: Individuals will have the opportunity to draw and create art while listening to meditative music. Weather permitting individuals will be able to take their drawing outdoors.

Men's Club: This program is designed for an opportunity for the men to come together and have some fun. We will discuss issues on sports, relationships and engage in a wide variety of activities including: bowling, arcades, movies, billiards, mini golf, driving range etc...

Men's Fitness: This class is designed for people who would like to get fit and be more active while using different equipment at various Fitness facilities. *Please wear appropriate fitness attire, and bring a water bottle.*

Mind, Body & Soul: Mind Body and Soul class will look at various educational activities such as literacy, learning about health, wellness and nutrition, and getting active. This program is run in conjunction with the Town of Caledon. Indoor running shoes will be required and gym wear is suggested.

Multi-Sports: Ball, racquet or net: skill-based programs are designed to promote physical movement, literacy and build self-confidence so everyone can get in the game. Sports Offered: Ping Pong, Basketball, Bocce, Badminton, Soccer.

Music & Movement: This music program introduces people to the musical alphabet and time-

counting, while experiencing many different instruments and sounds, as well as foundational music terms and concepts through fun, interactive learning, dance and movement.

Personal Creations: This program will give individuals the opportunity to explore their creative side and create new pieces each week.

Scenic Hike: For this program individuals will have the opportunity to hike through some of the area's most beautiful trails and enjoy the fall weather! Please remember to bring appropriate shoes and attire.

Scrapbooking: For this program you will need to bring pictures from home and will use the photos to make beautiful pages that can be added to your scrapbook. Scrapbooks will be provided and a skilled scrap-booking instructor will be teaching the class.

Swimming: This is an open swim at a local community center. *Please bring a bathing suit, towel and a lock when you are attending this program.*

Taste Around the World: Come and join us for a trip around the world experience! Each week, individuals will take a trip to a new country and learn about the culture, history and even have the opportunity to taste some of the cuisine.

Ten Pin Bowling: Come learn basic bowling skills and play a friendly game of 10-pin bowling. Please make sure to bring socks.

Tisho's Music Studio: Individuals will get the opportunity to try various instruments and get the opportunity to try some music lessons

Voice Lessons: If you like to sing then this program is for you. Work on training your vocal chords; learn new songs and how to perform using a microphone. Please come prepared each week with songs you would like to practice.

Work Experience: Individuals will learn the steps needed to get a job and will get a chance to practice their work skills at Finn McCool's restaurant, helping with food prep and setup. *Wear business casual clothes that you don't mind getting dirty*

Yoga: This is a group fitness class that is designed to lengthen and tone the muscles. You will also do different poses, which will help flexibility. *Please wear appropriate gym attire and a water bottle to each class.*

Zumba: A fusion of international music, mixed with dance – samba, reggae, or salsa to name a few- this class tones and sculpts without you even knowing it- fun and easy to do