

Brampton Connections Course Descriptions:

March – April 2018

10 Pin Bowling: Enjoy a couple of games of bowling with your friends while learning/enhancing your bowling skills!

A Genre a Day: Music comes in many different types and styles ranging from traditional rock music to world pop, hip-hop, dance and bluegrass. Join us and explore the many genres the world of music has to offer.

Aerosports Trampoline: A fun way to get your activity in for the day! Aerosports Parks are state of the art facilities that offer a wide range of activities for all ages, from their huge trampoline arena to their athletic programs and wifi lounges

Aquafit: This is a fitness class that takes place in the water and uses water weights and cardio.

- Meeting place is at the YMCA for 8:45am
- Please be sure to bring a bathing suit, towel, lock and water.

Arriba: A fusion of international music, this class tones and sculpts without you even knowing it. This class is based on the principle that a workout should be fun and easy to do. If you like to dance you'll love Zumba

- *Must be at Connections by 845am*

Basic Cooking: We will learn how to create easy and fast meals at home using simple kitchen appliances.

BINGO: Try to win some money while learning how to play the game of BINGO. Please bring your BINGO dabber to each class.

- *Please note that you MUST be at Connections by NOON on Bingo days.*

Book Club: As a group we will choose a novel to read together. Each week we will read and discuss the events in the book.

Bullet Journaling: Using special pens and techniques, we will explore this beautiful and new art form.

Keep track of your daily activities to better organize your life.

Cake Decorating: Learn how to bake and decorate a beautiful cake. Techniques include using different decorating tips and icing types.

Café Social: Café social is a great way to get to know your peers and friends as well as others in the community. Enjoy the ambiance of a café as you enjoy a nice warm or cold beverage/pastry.

- Be sure to also bring at least \$5 for purchasing any beverages/snacks.

Cardio Fusion: A classic favourite combining high and low impact moves with some muscular conditioning and core work. This class will give you an excellent workout with options for different levels of intensity.

- *Meeting place is at Cassie Campbell Community Centre @ 8:45am*
- *Please Note: You will need full gym attire and water every week*

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Cooking: Come and learn to cook easy and delicious meals. Kitchen safety will also be discussed.

- **Please note: the drop off and pick up for this course is at Fortinos located at 35 Worthington Avenue.**

Card Making: We will be making professional custom-made cards using top quality materials and hosted by a wonderful lady, Cindy. All card-making kits will be supplied for each person and include all materials and embellishments.

Developing “The Connector”: Take part in creating the Connections Newsletter, “The Connector”. Work on your typing skills and increase your knowledge of Word.

Dance: In this dance class, different forms of dance will be offered! From Tap and Ballet to Jazz and Hip Hop, come get your groove on with your friends at a recognized dance studio.

- **Please bring appropriate gym attire and a water bottle to each class.**

Emergency Preparedness: Be prepared for an emergency whether it’s a black out, camping, or an ice storm! Learn how to build your own personal emergency preparedness backpack with the help of staff.

- **Please note that this program may require people to purchase their own items and/or utilize things they already have at home.**

Group Social: Come have fun each week, as we will be doing a wide variety of activities including: bowling, arcade, movies, billiards, mini golf, driving range etc...

Home Safety: Being home alone is a great independent skill to have BUT it is also a big responsibility. Learn what you need to do while at home with your family and friends to ensure your safety at all times. This is big step towards your independence!

Healthy Living: Get to know the importance of eating clean and taking care of our bodies. We will be utilizing the Canadian Food Guide as well as touching base on hygiene and proper grooming for men and women.

Heading Into Rewarding Employment (HIRE): Come and learn all about writing a personalized resume and develop interviewing skills. Learn the do's and don'ts of the job interview, fill out job applications, as well as, understand what employer expectations are. This a fun course that will involve role play and group work activities.

Horticulture: Explore the science of Gardening and how plants grow. We will be working on indoor and outdoor planting with the generosity of the City Of Brampton for giving us a plot to work with. Get your green thumbs ready, Spring is coming!

Indoor Rock Climbing: Experience the adrenaline rush and excitement of rock climbing! We will be taking lessons from professionals at Top Rock Climbing to learn how to safely use the equipment to work out our muscles and heart in a new and different way!

Ladies Social: Come out and hang out with other ladies, and talk freely about being a woman.

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Activities will be based on the individual preferences of the group and will be discussed in week one.

Men's Social: 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 Brampton Fitness facilities.

- *Please bring appropriate gym attire and a water bottle to each class.*

Men's Swim: This is an open swim done at a local community centre.

- Please bring a bathing suit, towel and a lock when you are attending this program.

Mind Body & Soul: 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 bring your own yoga mat, appropriate gym attire and a water bottle to each class.*

Money Matters: This program focuses on proper handling of money and understanding the exchange of money when purchasing and receiving money.

Music and Movement: If you like to sing then this is for you. Come and 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.

Needlework: This program will be exploring the different types of needlework such as hand sewing, cross-stitching, plastic canvassing, to create unique projects that you can take home.

On the Ball: This instructor led class helps to increase balance and strength using exercise balls and small weights.

Spa & Fashion: People will get to enjoy making their own facial masks, scrubs and more. We will also be learning how to properly take care of our skin and hygiene, all while pampering ourselves with a little bit of T.L.C.

Self Defense: In a positive environment in preventative self-defense as well as simple yet effective techniques in response to a physical confrontation will be taught.

- *Please Note: You will need full gym attire and water every week*

Taste of the World: Come and join us as we learn about a different country each week. We will learn about various customs, traditions and most importantly the cuisine of each country! Participants will have the opportunity to taste various cuisines from countries of choice.

Transit Training: Learning to take Brampton Transit from your home to Connections. We will learn how to purchase tickets as well as plan trips using Brampton Transit's Web site.

Typing Skills: Learn to improve your typing skills through a step by step program working at your own pace.

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Ukulele Lessons: We have the opportunity to bring in a professional Ukulele player, to come and teach us how to play the Ukulele! All ukulele's will be provided.

Visual Arts: This program is designed to allow people to explore the different mediums of art and Expression because with Art, there are no boundaries.

Volunteer East Side Mario's/Dollarama: A new opportunity has become available for those who are interested in gaining work experience in stocking, organizing, work etiquette, and more.

Woodworking: This class will teach you the basics of woodworking in a safe environment. Emphasis will be on the proper method of measuring and marking. You will bring home a small project at the end of each season.

- *Please note that the drop off and pick up for this course is at the HUB*

Winter Hiking: During this program people will be exploring all the beautiful trails the GTA has to offer.

- *Please dress warm and wear appropriate winter boots for the outdoors*

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 bring your own yoga mat, appropriate gym attire and a water bottle to each class*

Zumba: A fusion of international music, this class tones and sculpts without you even knowing it. This class is based on the principle that a workout should be fun and easy to do. If you like to dance you'll love Zumba

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