

Caledon Connections Course Description

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

Cake Decorating: Come and join us for an exciting learning experience on building buttermilk skill our Fresh inspiration and modern cake design are presented in this class! Learn a variety of classic buttercream decorating techniques, including different piped flowers, which will give you extraordinary results for any application.

Canvas Art: Join us each week and bring your creativity! Participants will work on unique canvas art pieces that will be taken home once finished.

Ceramics: An exciting opportunity to choose and take home different ceramic pieces on a weekly basis. Learn how to paint, and glaze with the help of a skilled instructor.

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.

Exploring the Trails of Caledon: The group will walk the trails of Caledon exploring nature as they go. ****Comfortable shoes or boots a must. Also wear appropriate weather gear for the day****

Harvest Picking: Join us while we visit various pick-your-own farms in Caledon and learn about growing and harvesting several different fruits and vegetables. **Please wear appropriate clothing as we will be outdoors in the farm fields.** All participants will bring home what was picked that day

Healthy Baking: Group members 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!

Horseback Riding: This program will allow individuals to get up close and personal with some beautiful horses. The group will have the opportunity to learn and develop horse-related skills and have fun doing it! The lessons take place in a large arena where the individuals will have the opportunity to ride the horses. ****Please remember to wear appropriate attire****

Fishing: Fishing classes are a great way to learn how to fish and develop your fishing skills while enjoying the outdoors with others. We will visit various different fishing locations in the Brampton Caledon area. **Fishing Rods will be provided, please remember to dress appropriately for the weather.**

Geocaching: Participants will use a GPS to search out hidden treasures throughout the community. With the aid of staff people will go to different areas to see what they can find.

Golf: Participants will have the opportunity to work on their swing for next golf season indoors at local driving ranges.

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.

Ladies Club: A unique and fun opportunity to gather with other ladies and socialize. Every week we will be participating in various activities, sharing and learning about various life skills such as hygiene, hair styling, light make-up application, esthetics, fashion, health and fitness. Time to let out the inner Diva!

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****

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...

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, Pickle ball, Bocce, and Badminton

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.

Outdoor Hike: The group will walk the trails of the area exploring nature as they go. Comfortable shoes or boots a must. Also wear appropriate weather gear for the day.

Paddle Boating: An exciting opportunity to enjoy the summer outdoors. We will visit well-groomed sandy beaches (such as Professor's Lake and Island Lake) for some fun and fitness on the water. Only non-motorized boats are allowed on the water, and ***all participants will be provided with personal flotation (safety) jackets. *Must be comfortable with water and boats (paddle boat)****

Skating: Come out and keep fit and active! Individuals will have the opportunity to get on the ice each week to work on their skating skills. ****Individuals are expected to bring their own skating gear****

Summer Mixology: Summer is finally here! This program will give participants the skills to make sure that their favorite summer smoothies and drinks are as healthy and delicious as possible. Each week participants will use the Canada Food Guide to create their very own homemade summer smoothie/juice.

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****

Table Talk: This program is designed to have individuals meet together each week over a beverage and a snack and discuss a new topic (including music, current events, entertainment news etc.).

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.

Tennis: Individuals will have the opportunity to work on their Tennis skills. Each week individuals will go to the tennis court and practice their game!

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 at the Meghan Zaremba Music Room.

Travel & Tourism: Individuals will get the chance to visit local sites such as police stations, fire stations, airport, and local museums.

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.

Who Do You Think You Are? : Inspired by the TLC hit TV Show "Who Do You Think You Are" Participants will be given a chance to explore their heritage and create their very own family tree. A letter will be sent home to provide us with some information (i.e. grandparent's names, aunts, uncles etc.)

Woodworking: Learn basic woodworking skills starting with simple projects, using hand tools. Once the project has been sanded, and assembly complete, enjoy painting and decorating the piece so that it is ready to bring home. Continuing participants can undertake larger and more complex projects, gaining appreciation for wood as a creative medium. New projects each section.

Work Experience: Individuals will learn the steps needed to get a job and will get a chance to practice their work skills at Fin 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! **Please remember to bring running shoes, appropriate clothing and a water bottle.**