

Caledon Connections Course Descriptions: March-April 2018

9 Rounds Boxing: 9 Round is a specialized fitness center located in Bolton, for people who want a unique, fun, and proven workout that guarantees results. 9Round offers a kickboxing themed fitness program that incorporates a functional, interval, cardiovascular, and circuit training regimens. The programs consist of a proprietary system of nine challenging workout stations developed by a World Champion Kickboxer. *Please remember to bring appropriate gym attire and a water bottle.*

Aerosports Trampoline: Come out for some fun and fitness in a brand new trampoline facility. You will get to experience the ups and downs of the trampoline world. *There will be a small onetime fee of \$3.00 for a special pair of socks they use in the facility.* You will be able to keep the socks and bring them with you each time. *Please remember to bring appropriate gym wear and water bottles.*

Baking Basics: This program will allow individuals to create some delicious treats! We will be baking a variety of items with the focus being on how to bake healthy but have it still taste good. Individuals will be able to take home their baked goods each week.

Book Club: Come and escape into a great read over the next few weeks. We will be reading here at Connections, or at a local café. Feel free to bring some money to purchase a refreshment or snack.

Café Social & Connector: This program is designed to have individuals meet together each week over a hot beverage and a snack and discuss a new topic (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. Using the information found, they will take part in writing for, and constructing the connector, our Connections newsletter.

Cake Decorating: Come and join us for an exciting learning experience on building our buttercream icing and fondant skills! Run by a professional cake decorator at Michael's, participants will have the opportunity to learn a variety of classic buttercream decorating techniques, including different piped flowers, and fondant creations. Each week individuals will get to bring home their delicious creations!

Canvas Creations: Join us weekly to fun while you work on unique canvas art pieces. Some of the pieces will be used in an art show for Brampton Caledon Community Living. *Please remember to bring clothes that you do not mind getting dirty.*

Creative Expression: Come and join us to get your creative juices flowing! Each week we will be creating a new project to reflect our emotions and most importantly have some fun. Some of the pieces created will be using in an art show for Brampton Caledon Community Living.

Creative Writing: Participants will learn and explore a different type of writing (poetry, stories, news articles etc.) 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.

Exploring the Canadian Food Guide: This program will allow individuals to gain further understanding of the Canadian Food Guide. Each week the group will discuss a different food group, and the healthy/unhealthy options. The group will be going to local grocery stores to take photos of different options in order to create their very own “Eat This, Not That” inspired by David Zinczenko’s book.

Fun with Photoshop: This program will allow individuals to work on their photography skills and explore photo-editing apps on the iPads. Using the photos, individuals will have the opportunity to create their very own album of creative edits.

Go-Pro with Me: Participants will have the opportunity to record accomplishments, highlights and special moments at Connections. Individuals will learn about how to properly record, create story boards, and film transitions using our very own Go-Pro cameras, in order to produce our very own film.

Indoor Walk: With the cold weather arriving, we still need to keep active! This program is for participants who would like to maintain their fitness with some light speed walking/cardio.

Please remember to come prepared with your gym clothes, walking shoes and water bottle.

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.

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 Fitness: This class is designed for ladies to have fun, and keep fit at the same time by engaging in a variety of fitness activities, which may include: Yoga, Zumba, Dancercise, Swimming, and Hiking. ***Please wear appropriate fitness attire, and bring a water bottle.***

Ladies Social: 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!

Life through Art: This program will involve individuals working on a couple of art pieces that are out of the box! The art pieces will be reflecting real emotions, and allowing individuals to explore how art makes them feel. The pieces will be used at an art show held by Brampton Caledon Community Living.

Literacy: This program will allow individuals to further build and develop their literacy skills. This program is held at the Albion Bolton Library, along with four students from the teaching program at York University.

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 & Fitness: Each week individuals will have the opportunity to be active and have fun. On alternating weeks, individuals will be able to participate in a sport designed to promote physical movement and build self-confidence so everyone can get in the game. On other weeks, participants will be able to be more active while using different equipment at various Fitness facilities. ***Please wear appropriate fitness attire, and bring a water bottle.***

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.

Racquet Sports: Come out and explore a variety of indoor racquet sports at the Caledon Wellness Center.

Scrapbooking: Using the photos taken by staff and participants at Connections, individuals will be working on the pages of our 2018 Connections scrapbook. This program will allow participants to reminisce on their year at Connections, while creating a beautiful book of memories for everyone to enjoy.

Spring Hike: This program is designed to get individuals outdoors to take advantage of the spring season! Each week individuals will travel to different hiking trail where they will get the opportunity to explore the outdoors. We will visit trails like Chinguacousy trail, Inglewood trail, and the Caledon Badlands. We will also be bringing some cameras along to capture some of nature's beauty! ***Please remember to dress appropriately according to the weather and a bottle of water.***

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 as we learn about a different country each week. We will learn about the customs, traditions, and most importantly the cuisine! Participants will have the opportunity to taste dishes from each of the places we visit.

Tisho's Music Studio: This program allows individuals to develop their musical talents. Run through the Meghan Zaremba Music room, individuals will have

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

Tunes & Turntables: This program is perfect for music lovers! Each week individuals will get to work with turntables and create their very own mixes using their favorite music.

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.

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