

## Caledon Connections Course Descriptions: May-June 2018

**3D Printing & Technologies:** This is an exciting opportunity that will allow people to explore 3D printing, computerized vinyl and design cutting and music recording. We will be doing this in conjunction with the Brampton Library and the use of their Makerspace. People will get the opportunity to make items with this exciting technology.

**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 get into the holiday spirit and create some delicious holiday 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:** With the holiday hustle and bustle around the corner, come and escape into a great read over with us 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.

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

**Café Social:** 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.).

**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 Art:** 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.*

**Connector:** Individuals will research today's hot topics, news stories, current and community events each week. Using the information found, individuals will take part in writing for, and constructing the connector, our Connections newsletter which will go home at the end of the

**Cosmetology:** This program is designed to have individuals learn and understand the importance of maintaining personal hygiene, each week the group will discuss a different area (i.e. haircare, hand care, foot care, and skincare). To go along with the discussions, individuals will be able to visit various local establishments to have their nails, hair, feet, massages, and facials done by professionals.

**Current Events:** Learn how to find and checkout books, movies and Cd's; discuss and research current events in the community and worldwide through multimedia applications. This will be a perfect opportunity to obtain your own library card.

**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.

**Gardening:** We will be learning how to grow vegetables, from planting, to taking care of them to harvesting. People will get a chance to take some of the produce home. ***Please remember to dress appropriately for the weather.***

**Geocaching:** Individuals 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. ***Please remember to dress appropriately for the weather and bring a water bottle***

**Golf:** Enjoy the sunshine and working on your golf skills at local driving ranges. ***Please remember to dress appropriately for the weather and bring a water bottle***

**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.

**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. ***Please remember to dress appropriately for the weather and bring a water bottle***

**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 dress appropriately.***

**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.

**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!

**Metal Detecting:** This program will allow individuals to explore the outdoors using metal detectors to see what treasures have been buried! Each individual will get the chance to use the metal detectors and dig up their findings. ***Please remember to dress appropriately for the weather and bring a water bottle***

**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.

**Outdoor Art:** Weather permitting people will get to try their artistic skills using the beauty of nature as their model. ***Please remember to dress appropriately for the weather.***

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

**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.***

**Stained Glass:** Lead by the professionals at Glass Savvy, individuals will be given the opportunity to cut, put together and create their very own stained glass pieces.

**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

**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.

**Volunteer Experience:** This program will allow participants to volunteer in the restaurant industry. The group will be responsible for opening duties of the restaurant (setting up tables, chairs, cutlery etc.).

**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