

Caledon Connections Course Descriptions: November-December 2017

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.*

Bocce Ball: People will be able to play some rounds of bocce with their peers at the Caledon Community Complex in Caledon East. Please remember to bring appropriate gym shoes/attire.

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.

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.). Individuals will research the topics being discussed in order to add their opinions/questions to the discussion each week.

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 that will be taken home once finished. *Please remember to bring clothes that you do not mind getting dirty.*

Connector: Participants use the computers/IPads to research the latest local/entertainment news and the latest trends. Using the information found, they will take part in writing for, and constructing the connector, our Connections newsletter.

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.

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.

Emergency Preparedness: It is important that we are aware of the emergencies we could encounter both at home and in the community. This program is designed to make individuals aware of what to do in case of an emergency. Individuals will be given the opportunity to create their very own Home Emergency Preparedness Kits to take home.

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.

Event Planning: This program will explore all areas of event planning for various types of events. Individuals will learn all areas of event planning (i.e. creating invitations, guest lists, food menus etc.). Through this program participants will also be planning our annual Holiday Potluck!

Holiday Baking: 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.

Holiday’s Around the World: Come and join us as we learn about the different holiday festivities, and celebrations that take place around the world during the winter season. Individuals will explore the traditions and holiday cuisine of different places around the world.

Holiday Gift Making: Individuals will have the opportunity to explore their creative sides through exciting and funky seasonal art projects i.e. card making, baking, holiday center pieces and more. These will make the perfect gifts for loved ones!

Indoor Golf: Since the cold weather has come around, tee up indoors to practice your golf skills.

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 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!

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.

Music of the Decades: This program is designed to learn how the music industry has changed over the years from listening to your favorite song on the radio to watching them on television, and from purchasing your favorite song on a vinyl to live streaming music. With this musical program we will cover the types of music that were popular since the 1940's up until the present day by providing lists of genres and artists as well as some historical context. ***Individuals will create their very own "Hits of the Decades" CD to take home with them.***

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: Doing some indoor sports is the perfect way to keep active during the winter months. Come out and explore a variety of indoor racquet sports at the Caledon Wellness Center. ***Please remember to bring appropriate gym clothing, shoes and water bottle.***

Scrapbooking: Using the photos taken by staff and participants at Connections, individuals will be working on the pages of our 2017 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.

Simple Science: Participants will get the opportunity to explore different areas of science, with fun, hands on science experiments. The program will be lead alongside one of our teaching students who is a scientist by trade. Bring your curiosity and get ready for some fun!

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.***

Tai Chi: In partnership with Fung Lox Kok Taoist Tai Chi, this program is a series of exercises designed to improve health and promote relaxation. This sequence of slow, continuous movements is an effective technique for reducing tension, improving balance and coordination. ***Please remember to bring appropriate gym clothes, shoes and a water bottle.***

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

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.

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.

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