

## 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.

**Creating Cosmetics:** Individuals will have the chance to create and customize their very own cosmetics. Each week we will explore the different cosmetics on the market, how they are created, what they do, and how we can make them ourselves.

**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.

**Developing Communication Skills:** This program is designed to allow individuals to develop and learn new communication skills. We will be using some of the newest apps and techniques in order to help individuals develop and express themselves in the best way that works for them.

**Home Emergency Preparedness:** It is important that we are aware of the emergencies we could encounter. 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 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\*\***

**Exploring with Metal Detectors:** This program will allow individuals to have the opportunity to explore the world underground using metal detectors. Each participant will have their own metal detector to see what buried artifacts they can find. ***Please remember to dress appropriately for the weather and to bring a water bottle.***

**Geocaching:** This is a relatively new recreational activity where people 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:** Enjoy the sunshine and working on your golf skills at local driving ranges.

**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:** We 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. *If you are at Connections for the day you may want to bring a smaller lunch.*

**Healthy Living & Resources:** The world is constantly changing, so is our Canada Food Guide! This program is designed to help individuals understand what a healthy diet and lifestyle entails.

**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\*\***

**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 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!

**Ladies Fitness:** This program will allow the ladies to have the opportunity to be trained and workout alongside a personal trainer. Each participant will receive a personalized workout plan in order to help them reach their goals. *Please wear appropriate fitness attire, and bring a water bottle.*

**Literacy:** Individuals will work on the basics of literacy geared to their level.

**Men's Fitness:** This program will allow the men to have the opportunity to be trained and workout alongside a personal trainer. Each participant will receive a personalized workout plan in order to help them reach their goals. *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, Pickleball, 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 Art:** Weather permitting people will get to try their artistic skills using the beauty of nature as their model.

**Photography:** Individuals will learn the basics of operating a digital camera and use it to capture images of nature, people and places that reflect how they see the world.

**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.*

**Sports & Fitness:** This program is designed to have individuals be physically active through a variety of sports and fitness activities (ex. Soccer, basketball, track, squash etc.). *Please remember to bring appropriate fitness attire and water bottles.*

**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.).

**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.

**Taste of Fall:** This program will allow individuals to explore their creative sides, along with their taste buds. Individuals will use fall inspired colors and flavors to create beautiful and delicious treats!

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

**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 wear appropriate gym attire and a water bottle to each class.*