

# Caledon Connections: September-October

**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.

**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.

**Art Expressions:** Why choose just one art field when you can try a bunch? This program is ideal for participants who enjoy experimenting with different types of art mediums!  
Mediums offered: Watercolors – Cards, Acrylics – Pointillism, Charcoal – Shadow

**Basketball:** This program will allow individuals to practice and improve on their basketball skills. Each week individuals will work on drills, passes, and shooting. **Please remember to wear appropriate clothing, footwear, and to bring a water bottle.**

**Bowling (Ten Pin):** 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 buttercream 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.

**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 at Caledon Art Studio Inc.

**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.

**D.I.Y Sign Designs:** This program will allow individuals to create their very own custom wooden signs. These wooden pallet signs are the newest trend, and are great for gifts or to decorate your home.

**DRUM! Fitness:** DRUM! Fitness combines the use of drumsticks and hi-lo movements with portions of a full body resistance workout using weights, all to upbeat music with a hard downbeat. **Please remember to bring appropriate gym attire and shoes, as well as a water bottle.**

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**Fall 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**

**Fashion 101:** This is an introductory class to fashion! Learn all about fashion, poise, posture, effective speech, self-confidence, make up wardrobe planning, hair care, color and more! Learn how to apply these techniques to everyday life.

**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.

**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.

**IPad Use & Apps:** Individuals will get the opportunity to try some of the educational and recreational apps that are offered on this amazing tool.

**Kitchen Creations:** This program will allow individuals to get a chance to bake, cook and create a variety of items with the focus being on how to eat healthy but have it still taste good.

**Khan Academy:** Khan Academy offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace. Each week the group will complete different online learning activities on a variety of subjects such as math, science, history, art, literacy etc.

**Knitting:** This program will allow individuals to learn the basics of knitting. Individuals will have the opportunity to create pieces of work throughout the program.

**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!

**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.

**Learning Place:** Participants will be working each week on a variety of skills. Topics will include literacy, budgeting, communication and problem solving skills.

**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.

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**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.

**News & Views:** 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.

**Pixels-3D Photo Building:** Pixel is a fun, collaborative and group activity with the unparalleled reward of seeing your very own unique picture come to life, pixel by pixel. The participants will be putting together Connections very own Pixel creation that will be hung here for all to enjoy.

**Skyzone 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.**

**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.*

**Tisho's Music Studio** – Individuals will get the opportunity to try various instruments and get the opportunity to try some music lessons.

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

**Virtual Reality Dance & Gaming:** Virtual Reality Gaming is the newest gaming craze! This program will allow to enter a new dimension to battle, dance and explore using your own hands and feet.

**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.

**World of Dance:** This mixed dance program allows participants to use music and movement to develop flexibility, coordination, balance and self confidence in a group environment. Participants will learn a variety of dance styles (Latin, Hip Hop, Bollywood 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 bring your own yoga mat, 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!