

Caledon Connections: November-December

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!

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.**

Book Club-Dorothy Must Die: This sessions book club will be based on Danielle Page's *Dorothy Must Die* Individuals will have a chance to read aloud, listen to the audio book, and work on comprehension during the 8 weeks.

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 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.

Cooking for the Community: This program will allow individuals to partner with the Exchange to give back to the community. Individuals will be practicing kitchen safety, cooking skills and reading recipes whole preparing meals and leaving them at the Exchange for the community to enjoy.

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.

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.**

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!

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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.

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

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.

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.

Jewelry Making: This program will allow individuals to create their very own jewelry pieces. Each week individuals will create the pieces using different methods and techniques to come up with their very own unique jewelry to take home.

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.

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.

Library Skills: Individuals will have the opportunity to learn and navigate their way through the Bolton library. Participants will use the computers, iPads and library resources to search for books about a topic of their interest.

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 Fitness: This class is designed for people who would like to get fit and be more active while using different equipment at various Fitness facilities. ***Please wear appropriate fitness attire, and bring a water bottle***

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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.**

Muscle Pump: This challenging class uses a variety of equipment to improve strength, definition and bone density. Modifications are given for different intensity levels. **Please make sure to bring appropriate clothes and indoor footwear.**

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.

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.

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.