

Caledon Connections: January-February

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.

A Game Café: Each week the group will get the opportunity get attend a local café with their peers, purchase a snack or beverage and play a board game.

Book Club: Participants will choose a novel as a group at the beginning of the sessions. Participants will then have a chance to read aloud, listen to the audio book, and work on comprehension during the 8 weeks.

Baking Basics: Using the Exchange kitchen facilities people 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.

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

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.

Computers & iPad Apps: Individuals will get the opportunity to try some of the educational and recreational apps that are offered on this amazing tool. Individuals will also practice basic typing skills, researching topics of interest on the computer.

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.

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.

Creative Expression: Come out and join us each week to explore your creative side through exciting and funky seasonal art projects i.e. card making, baking, center pieces and more!

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.

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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.**

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.

Indoor Walking: People will be using the indoor track to work on their cardiovascular system through walking. **Please make sure to bring appropriate clothes and indoor footwear.**

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.

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 Health & 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.

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.

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.**

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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.

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.

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.

Scrapbooking: Participants will take part in creating our very own Connections Scrapbook. Each week participants will have the opportunity to design their own themed page, and use pictures taken here during programs to showcase our Connections memories.

Sewing: This program will allow individuals to learn the basics of sewing. Individuals will have the opportunity to create pieces of work throughout the program.

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.

Who Am I?: This program will allow individuals to explore where their ancestors came from. Each week we will take a look at a country where participants family members are from and study the culture, foods, customs 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!