

Brampton Connections Course Descriptions

Please Note: Not all Courses are offered every session. As always if you have any questions please contact Connections staff

A Genre a Day: Music comes in many different types and styles ranging from traditional rock music to world pop, hip-hop, dance and bluegrass. Join us and explore the many genres the world of music has to offer.

Aerosports Trampoline: A fun way to get your activity in for the day! Aerosports Parks are state of the art facilities that offer a wide range of activities for all ages, from their huge trampoline arena to their athletic programs and wifi lounges

Aquafit: This is a fitness class that takes place in the water and uses water weights and cardio. • Meeting place is at the YMCA for 8:45am • Please be sure to bring a bathing suit, towel, lock and water.

Arriba: A fusion of international music, this class tones and sculpts without you even knowing it. This class is based on the principle that a workout should be fun and easy to do. If you like to dance you'll love Zumba • Must be at Connections by 845am.

Audio Book Club: Each session we will choose a book that interests the group. Together we will listen to and discuss the book that is chosen.

Basic Cooking: We will learn how to create easy and fast meals at home using simple kitchen appliances.

Billiards: Enjoy a relaxing game of pool. We will access different pool halls around Brampton and sharpen your skills.

BINGO: Try to win some money while learning how to play the game of BINGO. Please bring your BINGO dabber to each class. • Please note that you MUST be at Connections by NOON on Bingo days.

Biographies and Documentaries: Each week we will explore a different person or topic. We will be using the internet to research and learn about different subjects that interest the people that sign up for this program.

Book Club: As a group we will choose a novel to read together. Each week we will read and discuss the events in the book.

Bowling: Enjoy a couple of games of bowling with your friends while learning/enhancing your bowling skills!

Bullet Journaling: Using special pens and techniques, we will explore this beautiful and new art form. Keep track of your daily activities to better organize your life.

Cake Decorating: Learn how to bake and decorate a beautiful cake. Techniques include using different decorating tips and icing types.

Café Social: Café social is a great way to get to know your peers and friends as well as others in the community. Enjoy the ambiance of a café as you enjoy a nice warm or cold beverage/pastry. • Be sure to also bring at least \$5 for purchasing any beverages/snacks.

Cardio Fusion: A classic favourite combining high and low impact moves with some muscular conditioning and core work. This class will give you an excellent workout with options for different levels of intensity. • Meeting place is at Cassie Campbell Community Centre @ 8:45am • Please Note: You will need full gym attire and water every week

Cooking: Come and learn to cook easy and delicious meals. Kitchen safety will also be discussed. • Please note: the drop off and pick up for this course is at Fortinos located at 35 Worthington Avenue.

Ceramics: We will be attending Crockadoodle a new ceramics studio in Brampton. Participants will paint a variety of different ceramic pieces.

Card Making: We will be making professional custom-made cards using top quality materials and hosted by a wonderful lady, Cindy. All card-making kits will be supplied for each person and include all materials and embellishments.

Cricut Crafts: Connections had acquired one of the newest tools in crafting. Come and learn all about this amazing machine and how to create professional looking crafts to wow your family and friends.

Connector: Take part in creating the Connections Newsletter, "The Connector". Work on your typing skills and increase your knowledge of Word

Dance: In this dance class, different forms of dance will be offered! From Tap and Ballet to Jazz and Hip Hop, come get your groove on with your friends at a recognized dance studio. • Please bring appropriate gym attire and a water bottle to each class.

Diamond Art: Join a new craze in crafting. Diamond art combines paint by number with tiny diamonds instead of paint when finished it is a beautiful frameable piece of art.

Drum Fitness: is a 55 minute class that is a perfectly balanced combination of both drumming cardio movements and resistance training to maximize your workout. **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.

Emergency Preparedness: Be prepared for an emergency whether it's a black out, camping, or an ice storm! Learn how to build your own personal emergency preparedness backpack with the help of staff. • Please note that this program may require people to purchase their own items and/or utilize things they already have at home.

Group Social: Come have fun each week, as we will be doing a wide variety of activities including: bowling, arcade, movies, billiards, mini golf, driving range etc...

Home Safety: Being home alone is a great independent skill to have BUT it is also a big responsibility. Learn what you need to do while at home with your family and friends to ensure your safety at all times. This is big step towards your independence!

Healthy Living: Get to know the importance of eating clean and taking care of our bodies. We will be utilizing the Canadian Food Guide as well as touching base on hygiene and proper grooming for men and women.

Heading Into Rewarding Employment (HIRE): Come and learn all about writing a personalized resume and develop interviewing skills. Learn the do's and don'ts of the job interview, fill out job applications, as well as, understand what employer expectations are. This a fun course that will involve role play and group work activities.

Henna Art: Learn the exotic art of henna application and how to make beautiful art on your body.

Horticulture: Explore the science of Gardening and how plants grow. We will be working on indoor and outdoor planting with the generosity of the City Of Brampton for giving us a plot to work with. Get your green thumbs ready, Spring is coming!

Intro to Spanish: learn some basic Spanish

Indoor walking: In the colder months you may find it hard to get your steps in. With indoor walking we can access various community centers to take advantage of the indoor walking tracks.

Indoor Rock Climbing: Experience the adrenaline rush and excitement of rock climbing! We will be taking lessons from professionals at Top Rock Climbing to learn how to safely use the equipment to work out our muscles and heart in a new and different way! *You must have a waiver filled out prior to attending this course. Proper gym attire, gym shoes, towel and a water bottle are required.*

Jewellery making: make some jewellery for yourself or something to give as a gift, using a variety of materials and techniques.

Just Desserts: Learn to make a variety of delectable desserts.

Kick Boxing: This program has been designed by professionals at the Trinity Health Collective to teach people the importance of discipline, self-defense, self-esteem, and enhance social interactions with fellow peers. *You must have a waiver filled out prior to attending this course. Proper gym attire, gym shoes, towel and a water bottle are required.*

Knitting Club: We will be attending a knitting social group at the YMCA there will be plenty of help to learn to knit, crochet or loom knit a beautiful gift for yourself or someone else.

Ladies Social: Come out and hang out with other ladies, and talk freely about being a woman.

Program will be based on the individual preferences of the group and will be discussed in week one.

Makers Space: This program is held at the Chinguacousy Public Library on the 2nd level where people will be taught how to use the latest technology in design and programming. The course allows people to work with a 3d laser printer, computers and other devices to learn basic programming with small robots.

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...

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 Brampton Fitness facilities. • Please bring appropriate gym attire and a water bottle to each class.

Mind Body & Soul: 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.

Money Matters: This program focuses on proper handling of money and understanding the exchange of money when purchasing and receiving money.

Music and Movement: If you like to sing then this is for you. Come and 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.

Multi Sports: Together we will access a local community center and choose a different sport each week to explore.

Needlework: This program will be exploring the different types of needlework such as hand sewing, cross-stitching, plastic canvassing, to create unique projects that you can take home.

News and Views: Come and explore the news of today and what is happening in this great big world of ours. We will be using the internet to share the news and discuss the hot topics of the day.

On the Ball: This instructor led class helps to increase balance and strength using exercise balls and small weights.

Spa & Fashion: People will get to enjoy making their own facial masks, scrubs and more. We will also be learning how to properly take care of our skin and hygiene, all while pampering ourselves with a little bit of T.L.C.

Self Defense/Tai Chi: In a positive environment in preventative self-defense as well as simple yet effective techniques in response to a physical confrontation will be taught. • Please Note: You will need full gym attire and water every week

Skating: Must have a CSA approved hockey helmet and ice skates to participate. Each week we will access the local community center to improve our skating skills.

Swim: This is an open swim done at a local community centre. • Please bring a bathing suit, towel and a lock when you are attending this program.

Taste of the World: Come and join us as we learn about a different country each week. We will learn about various customs, traditions and most importantly the cuisine of each country! Participants will have the opportunity to taste various cuisines from countries of choice.

Tea Making: Learn to make the perfect cup of tea. We will explore different teas from around the world and also learn how to mix different teas to make new flavours.

Transit Training: Learning to take Brampton Transit from your home to Connections. We will learn how to purchase tickets as well as plan trips using Brampton Transit's Web site.

Typing Skills: Learn to improve your typing skills through a step by step program working at your own pace

Ukulele Lessons: We have the opportunity to bring in a professional Ukulele player, to come and teach us how to play the Ukulele! All ukulele's will be provided.

Visual Arts: This program is designed to allow people to explore the different mediums of art and Expression because with Art, there are no boundaries.

Volunteer Animal Shelter/Dollarama: A new opportunity has become available for those who are interested in gaining work experience in stocking, organizing, work etiquette, and more.

Woodworking: This class will teach you the basics of woodworking in a safe environment. Emphasis will be on the proper method of measuring and marking. You will bring home a small project at the end of each season. • Please note that the drop off and pick up for this course is at the HUB

Winter Hiking: During this program people will be exploring all the beautiful trails the GTA has to offer. • Please dress warm and wear appropriate winter boots for the outdoors

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, this class tones and sculpts without you even knowing it. This class is based on the principle that a workout should be fun and easy to do. If you like to dance you'll love Zumba • Must be at Connections by 845am)