

Caledon Connections: March-April

3D Printing: 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 Rounds 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 to attend a local café with their peers, purchase a snack or beverage and play a board game.

Basic Typing Skills: Computer, iPads and technology are all around us. This program will teach individuals the basics of typing on both computers and iPads so that individuals are able to research, send e-mails and explore the internet.

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.

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.

Cricut Design: is an online design system which enables you to create a variety of graphic images, using system fonts for creative projects such as, designer t-shirts, gift items and many 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.

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.**

Floral Design: This program is designed for individuals to display their created side, and create beautiful floral arrangements using assorted flowers. Individuals will have the opportunity to take their arrangements home to display.

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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.

Historical Figures: Each week individuals will learn about significant historical figures throughout history. This program will be an interactive way for people to learn about famous people who helped shape the world we live in today.

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.***

Jewelry Design: 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.

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.

Math & Money: This learning program offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to learn about financial skills and money management for both in home and in the community.

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Men's Club: 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 & 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.**

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.

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.

Smoothies & Snacks: This program will allow individuals to create and explore some healthy summer snack and drink options. We will be using the Canadian Food Guide to help us choose the recipes and shape ideas for our new creations!

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.

Tea Making: Each week individuals will explore and learn the health benefits of different teas from around the world. Individuals will also have the opportunity to experiment with different flavors that they personally enjoy.

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.

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.

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!