



1st Quarter CORE Program Descriptions

Adventure Rock Adaptive Climbing — Sunday, March 1 (3–5 PM): Join us for an inclusive climbing session at Adventure Rock! Trained adaptive climbing staff and volunteers will support participants of all ability levels. Whether you're climbing for the first time or you've climbed before, this is a fun and confidence-building experience with friends. **Meet at Journey21 for transportation to and from Adventure Rock. A waiver will be required and sent out by email after you sign up.**

Arrowhead vs Oconomowoc Basketball Game & J21 Halftime Scrimmage — Friday, February 13 (6:15–8:30 PM): Come cheer on the Arrowhead Boys Varsity Basketball Team as they take on Oconomowoc! At halftime, the Journey21 Special Olympics Basketball Team will take the court for a scrimmage. Come support your teammates, cheer loud, and show that Journey21 spirit! We'll enjoy the game together, hang out with friends, and be part of a fun community night out. **Journey21 will provide transportation to and from the game.**

Art-émon — Monday, February 9 (5–6:30 PM): Catch all the fun in this Pokémon-themed art class! We'll craft our own Pokéballs, fashion our most-beloved Poké-monster out of recycled items and draw your own Pokémon card. It's a day to gather with other fans of the Pokémon world or learn more about this phenomenon. If you have Pokémon cards, bring those along if you wish! **This class will be led by art teacher Trina.**

Art From the Heart — Tuesday, February 3 (4:30–6 PM): Get ready to make art full of love! In this fun Valentine's Day-themed class, you'll make some creative heart-themed decorations and a thoughtful gift for someone special! Paint, draw, cut, and glue to make heartfelt masterpieces — all while having fun and spreading the love! **This class will be led by art teacher Trina.**

Art Mash-Up — Tuesday, March 31 (4–5:30 PM): Get ready to mix, match, and create! We'll explore the exciting world of mixed-media art by combining materials like magazines, newspapers, paint, fabric, and natural objects. Let your imagination run wild as you layer, cut, glue, and assemble pieces into unique, one-of-a-kind collages. **This class will be led by art teacher Trina.**

Basketball & Brats — Wednesday, March 18 (5–7 PM): Join us for an energetic evening of hoops and good food! We'll start by playing classic basketball games like H-O-R-S-E, Lightning, and Around the World, keeping things fun and friendly for all skill levels. After we play, we'll refuel with delicious brats/hot dogs then wrap up the night with a few more basketball-themed games and activities. It's the perfect mix of movement, competition, and great food with friends!

Bingo and Board Games — 1/16, 2/27, 3/19 (4-6 PM): This is an opportunity to play your favorite bingo and board games, all while learning skills to build new friendships. Prizes and fun will be part of the night.

Bowling at Sussex — 2/15, 3/29 (11–12:30 PM): Come enjoy a fun and social afternoon of bowling with friends! **We'll meet right at Sussex Bowl** for 1.5 hours of rolling strikes, staying active, and laughing together in a relaxed, upbeat atmosphere. It's a great chance to connect, have fun, and enjoy an active outing — no meal provided.



Bowling at Watertown — Sunday, January 11 (12–2:30 PM): Get ready for an awesome afternoon of strikes, spares, and friendly competition! We'll bowl 2–3 exciting games together and cheer each other on as we play. It's the perfect mix of fun, movement, and hanging out with friends. **Journey21 will provide transportation** — just show up ready to roll!

Breakfast for Dinner — Tuesday, March 24 (5–7 PM): We're flipping the script and making breakfast at night! Join us for a fun, hands-on cooking class where we'll whip up pancakes, eggs, and other morning favorites — all served for dinner. Come ready to cook, laugh, and enjoy a hearty meal together!

BYO Pizza — Friday, February 20 (5–7 PM): We'll make our own personal pizzas from start to finish! Choose your sauce, cheese, and all your favorite toppings, then bake and enjoy your creation together at the table. A fun, hands-on cooking night with plenty of flavor and creativity.

Cartoon Creations — Saturday, February 21 (10–12 PM): Saturdays are made for cartoons! Come for a morning of cartoon-themed activities, including the creation of a cartoon mash-up collage, a cartoon coloring station, character drawing, and, of course, a little classic cartoon viewing! Come in your coziest jammies, or fully dressed and ready for a comfortable and creative start to your day. **This class will be led by art teacher Trina.**

Donna Hall's Cooking Class — Wednesday, January 21 (5–7 PM): Join us for a fun, hands-on cooking class led by Donna Hall, a retired Home Economics teacher who brings a ton of awesome experience, creativity, and wisdom to every class. We'll make delicious corn dog muffins together and then create pirate ship desserts for a sweet finish. We'll also begin building personal recipe books, adding each new recipe we learn so participants can practice independence and confidence in the kitchen at home. A welcoming, skill-building evening of cooking, learning, and enjoying great food with friends.

Guys Night — Saturday, January 10 (6–8 PM): A relaxed evening designed just for the guys! We'll play cards for prizes, play video game, shoot hoops, and compete in cornhole. This is a great chance to try new skills, play games together, and enjoy a fun night of laughter and connection with the guys. Come ready to hang out, play, and just be yourself!

Hope Center Meal Prep — 1/6, 2/25, 3/4 (3:30-5:30 PM): Help prepare a warm, homemade meal for individuals experiencing homelessness in our Waukesha County community. **We'll work together in the Journey21 kitchen** to cook, assemble, and package meals that will be delivered to the Hope Center. We'll also make a little extra so we can sit down and enjoy a meal together afterward. A meaningful way to serve others, build teamwork, and share hope through good food.

Inclusive Coffee Shop Tour — 2026

This quarter, we're visiting three amazing inclusive coffee shops that employ and empower adults with intellectual and developmental disabilities. Each outing is a relaxed morning to explore a new community space, hang out with friends, play simple games, take a group photo, and collect a sticker for your Inclusive Coffee Passport. The passport includes a spot for each shop's sticker along with quick reflection prompts to help participants notice what they



enjoyed—questions like: *What did I like about this shop? What did I get to eat or drink? Who did I talk with or meet?* You can join us for any or all of the stops; each visit stands alone but adds something special to your Coffee Passport.

JavaAbilities — Saturday, January 24 (9 AM–12 PM in Monona): We'll spend the morning at JavaAbilities, a mission-driven coffee shop that provides meaningful employment and training for adults with IDD. We'll enjoy drinks or treats if you'd like to purchase something, play a couple games, and take a group photo before heading back. Passport Sticker: JavaAbilities — **Journey21 will provide transportation. Please bring money if you wish to purchase a drink or treat.**

Inspired Coffee — February 28 (9 AM–12 PM in Lake Geneva): Join us for a relaxed morning at Inspired Coffee, a warm and welcoming café known for its commitment to inclusive hiring and job-skill development for adults with IDD. We'll hang out together, play a few simple games, take a group photo, and collect your Inspired Coffee passport sticker. Journey21 will provide transportation. Please bring money if you wish to purchase a drink or treat.

Inclusive Bean — March 21 (9 AM–12 PM in Racine): Join us for a morning at Inclusive Bean, a vibrant coffee shop that employs and supports adults with IDD through meaningful, community-centered work. We'll hang out together, take a group photo, enjoy drinks or treats if you'd like, and collect your Inclusive Bean passport sticker. Please bring money if you wish to purchase a drink or treat. **Journey21 will provide transportation.**

Irish Cooking Class — Shepherd's Pie — Saturday, March 14 (4–6 PM): We'll work together to make a cozy, comforting Shepherd's Pie — sautéing veggies, seasoning the filling, and topping it with fluffy mashed potatoes before baking it to perfection. Then we'll sit down and enjoy the meal together. A relaxed, homey night of cooking, conversation, and good food.

ISI HIIT Workout — Monday, 1/19, 2/16, 3/16 (3:30–5:30 PM): Inclusive fitness class led by ISI coaches! Expect upbeat music, guided exercises, and lots of encouragement. All movements are adapted to meet individual ability levels, making this a great way to build strength and confidence together. Please come dressed for a workout with gym shoes and bring a water bottle. **We will meet at Journey21 — transportation provided to ISI in Brookfield. A waiver will be required and sent out by email after you sign up.**

Ladies Crafternoon — Saturday, March 7 (1–3 PM): A relaxed afternoon just for the ladies! We'll enjoy conversation and creativity while working on a fun guided craft together. A cozy, social time to unwind, make something beautiful, and spend time with friends.

Legos and Lucky Charms — Sunday, March 8 (3–5 PM): We'll build with Legos while enjoying a Lucky Charms snack bar! Create your own Lego designs, work together on group builds, and have fun chatting and hanging out. A relaxed, creative afternoon with friends — with a little extra sprinkle of luck.



Let's Make Spring — Tuesday, March 3 (4–5:30 PM): By March, we'll be wishing for the snow to melt and dreaming of flowers and butterflies! So, that's what we'll make happen in this art class! Using paper, paint, and a little imagination, we'll create colorful garden art filled with blooming flowers and a 3-D butterfly as the star of the show. **This class will be led by art teacher Trina.**

Library Partnership Confidence & Conversation Club — Tuesday, February 24 (3:30–5 PM): A welcoming program for teens and adults of all abilities that blends light movement, quiet reading, and group sharing. Build confidence, communication skills, and community in a supportive, inclusive space. **Meet at the Oconomowoc Library in the Lyke Meeting Room.**

Love at First Bite Baking Class — Saturday, February 7 (2–4 PM): We'll celebrate Valentine's season by baking heart-shaped cookies together! You'll roll out dough, cut out heart shapes, and decorate with frosting, sprinkles, and all the sweet extras. This class is all about creativity, friendship, and sharing something special you made with love.

Mystery Cooking Class — Wednesday, February 18 (5–7 PM): Get ready for a fun surprise in the kitchen! In this hands-on cooking class, we won't reveal what we're making until we begin — but don't worry, it will definitely be something everyone will enjoy. Participants will work together to chop, mix, season, and taste as we follow step-by-step instructions to create a delicious mystery dish. It's a great way to build confidence in the kitchen, try something new, and enjoy a tasty meal at the end — all while solving a flavorful mystery together.

Open Gym-Games and Gathering — 2/10, 3/27 (4–6 PM): The gym is open! Come shoot hoops, throw a football, play spike ball, or toss a frisbee. We'll have plenty of space for active games, relaxed hangouts, and good conversations with friends. A perfect way to burn some energy, connect with others, and enjoy a fun, open-play evening together!

Pasta Party — Tuesday, January 27 (5–7 PM): We'll roll up our sleeves for a hands-on pasta cooking class! Participants will learn how to prepare pasta step-by-step, explore different sauce options, and pick from a variety of fun pasta shapes. Everyone will get to build their own customized dish using the ingredients and techniques we cover. After our cooking session, we'll sit down together to enjoy the delicious meal we created. A warm, social evening filled with learning, good food, and great company!

Pet & Paint — Thursday, January 8 (3:30–5 PM): We'll be joined by **Goose**, a gentle Bernese Mountain Dog therapy dog, who's coming to spend time with us thanks to our community friend Becky. We'll paint while enjoying Goose's calm, friendly presence, and everyone will have the chance to pet him and say hello. We'll also create fun, dog-themed art together. A relaxing, expressive activity filled with warm smiles, creativity, and connection. **This class will be led by Caleb, Journey21 Program Lead.**

Pizza and a Movie — 1/22, 3/5 (5–7 PM): This is a night filled with pizza, friendships, and movies! Bring your lawn chair, pillows, and a cozy blanket — lots of people like to sit on the floor for these movie nights. Settle in for a comfy evening of relaxation and fun in our beautiful Pine Hall. First Quarter movies include *UP* (Jan) and *Inside Out* (March).



Ravioli & Ratatouille — Thursday, February 5 (5–7 PM): We'll dish up some tasty ravioli, then get cozy and watch *Ratatouille* while we enjoy our meal together. A fun dinner-and-movie night with friends and laughter built right in.

Sensory Club Visit — Tuesday, March 10 (4–6 PM): Join us for an immersive and relaxing visit to The Sensory Club in Pewaukee! Participants can explore interactive sensory rooms, calming spaces, movement areas, and hands-on activities designed for all ability levels.

Journey21 will transport; a Sensory Club waiver will be required and sent out after you sign up.

Sledding at Sunburst — Saturday, January 31 (12-3:30 PM): We're heading to Sunburst for an awesome afternoon of snow tubing! This hill is famous for being the *world's largest snow tubing hill*— **no walking is required to get to the top. You just need to be able to stand**, as two "magic carpet" conveyor belts carry you and your tube back up the hill. It's easy and fun for all ability levels. Journey21 will provide transportation. Dress warmly — hats, gloves, and boots recommended for a great winter outing with friends. **A Sunburst waiver will be required and sent out after you sign up.**

Snow Much Art — Monday, January 26 (5–6:30 PM): We'll explore the magic and beauty of winter's best element: SNOW! Choose from an assortment of supplies like tissue paper, cotton balls, buttons, cardboard, sequins and glitter to create your favorite wintery scene! Take home a truly unique work of sparkling seasonal art! **This class will be led by art teacher Trina.**

Souper Bowl Sunday — Sunday, February 8 (5:30–7:30 PM): We'll kick off the evening by serving up warm, homemade chicken noodle soup that's already prepared and ready to enjoy. Then we'll settle in to watch the **first two hours** of the Super Bowl together at Journey21.

Spring Fling Dance — Saturday, March 28 (6–8 PM): Let's welcome spring with a fun night of music and movement! We'll dance, enjoy light refreshments, and try a couple of upbeat group activities together. Feel free to wear something colorful or spring-inspired. A cheerful evening to enjoy friends and celebrate a new season!

Springs Indoor Water Park — Sunday, January 4 (4–6 PM): We'll spend the evening swimming, water slides, floating the lazy river, and enjoying all the fun the water park has to offer! It's a great chance to relax, stay warm, and hang out with friends during the winter. **We'll meet right at Springs Water Park**, and no meal is provided. If participants would like to buy a snack, please note that the snack bar does not accept cash. Don't forget your swimsuit and towel!

St. Paddy's Day Art — Wednesday, March 11 (4:30–6 PM): We'll celebrate St. Patrick's Day with a fun, festive art project inspired by shamrocks, rainbows, and all things green and gold. This will be a relaxed creative class where we make something cheerful to take home and enjoy. A great way to welcome spring and spend time with friends! **This class will be led by Caleb, Journey21 CORE Program Lead.**



Taco Tuesday — Tuesday, January 13 (5–7 PM): This will be an evening of delicious tacos! We will be working on our chopping skills as we prep our toppings, along with following directions to complete our meal. It'll be a fun, casual night in the kitchen socializing and team building, along with enjoying our delicious meal together!

Teen Night (Ages 13–21) — Friday, February 6 (6:30–8 PM):

Talk, Laugh, Repeat is our ultimate teen hangout, created in collaboration with Autism United to bring teens together for a relaxed and fun evening. We'll kick things off with quick speed-friending rounds, then rotate through simple craft projects, board games, and open gym time. Whether you're outgoing or a little shy, this is an easy, welcoming way to meet new people and spend time with peers.

Upcycled Art — 1/29 (4–5:30 PM) 3/26 (5–6:30) PM: Discover the joy of creating art while giving new life to everyday materials! Explore how items like paper, cardboard, fabric scraps, bottle caps, and other recycled objects can become unique, expressive works of art. Bring your creativity, imagination, and problem-solving skills as you reimagine materials that might otherwise be thrown away. **This class will be led by art teacher Trina.**

Valentine's Day Dance — Saturday, February 14 (6–8 PM): Join us for a fun and festive Valentine's evening! We'll dance to great music, make a simple Valentine-themed craft, and play some fun group games together. Wear something pink, red, or anything festive if you'd like. Come ready to laugh, celebrate, and enjoy a sweet night with friends!

Zumba & BYO Açaí Bowls — Wednesday, January 28 (4–6 PM): Get ready for a super fun Zumba class led by Jane! We'll dance, move, and laugh our way through an energizing workout — no experience needed. After class, we'll cool down by making our own colorful and healthy açai bowls with a variety of fruit and granola toppings. A perfect mix of fitness and fun!