



## **2nd Quarter CORE Program Descriptions- (in order by dates)**

**Donna Hall's Cooking Class – Fish and Chips — Wednesday, April 1 (5:00–7:00 PM):** Join Donna for a hands-on cooking class where we'll make fish and chips together. Participants will practice safe food handling, measuring, breading, timing, and teamwork while preparing a full meal. We'll enjoy dinner together at the end of class. A fun, skill-building night that builds independence and confidence in the kitchen.

**Friendship Bracelets with Guest Artist: Chelsea — Thursday, April 2 (3:30–5:00 PM):** Create your own friendship bracelets with special guest artist Chelsea. Chelsea has a background in jewelry and metalsmithing, earned her BFA in Studio Art from UW-Milwaukee, and now works at Kessler's. She will be co-teaching alongside Journey21's adaptive art teacher, Kaity Powers. Participants will design and build custom bracelets while practicing creativity, patience, and fine-motor skills. A fun, social art class where everyone leaves with something wearable and meaningful.

**Spring Scavenger Hunt — Saturday, April 4 (1:00–3:00 PM):** Join us for a Spring Scavenger Hunt all around the Journey21 property. Participants will work in teams to complete fun challenges, solve puzzles, and search for hidden items throughout the grounds. It's an active afternoon filled with teamwork, problem-solving, and outdoor fun. Dress for the weather.

**Taco Tuesday — Tuesday, April 7 (5:00–7:00 PM):** Join us for a fun taco night in the kitchen. We'll practice chopping and prepping toppings, following a step-by-step recipe, and assembling our tacos. A casual, social cooking night where we'll enjoy our meal together.

**Bingo & Board Games — Wednesday, April 8 (4:00–6:00 PM):** Come play bingo and a variety of board games while building friendships and practicing social skills. Prizes and fun will be part of the night.

**Hope Center Meal Prep Baked Mac & Cheese — Thursday, April 9 (3:30–5:30 PM)** Help prepare a warm homemade meal for individuals and families experiencing hardship in our community. We'll work together in the Journey21 kitchen to cook, assemble, and package baked mac and cheese meals that will be delivered to the Hope Center. We'll prepare extra so that after serving others, we can sit down together and enjoy a meal as a group. A meaningful way to serve, build teamwork, and share hope through good food.

**ACAP PlayMakers Present The Legend of William Tell-Saturday, April 11 (1:15–4:45 PM):** Join us for a special afternoon at Waukesha Civic Theatre as we attend ACAP PlayMakers' production of *The Legend of William Tell*. This inspiring performance features actors of all abilities and tells a powerful story about courage, freedom, and standing up for what is right. Even more exciting, two students from Journey21 Academy are performing in this production, so come cheer them on and show your support. We will meet at Journey21 at 1:15 PM, transportation is provided, the show begins at 2:00 PM, and we will return around 4:30 PM. Bring money if you would like to purchase concessions. The theatre is fully accessible and sensory supports are available if needed. Let's pack the audience and support inclusive theatre together!

**Journey21 & Inclusion Coffee – Admirals Game — Sunday, April 12 (2:00–6:00 PM):** Join Journey21 and our friends at Inclusion Coffee for an exciting Milwaukee Admirals vs. Iowa Wild hockey game at Panther Arena. The game begins at 3:00 PM, and we'll enjoy a high-energy live



sports experience while cheering together and navigating a large public venue as a group. We will meet at Journey21 at 2:00 PM, and transportation will be provided to and from the event. Please bring your own money if you would like to purchase concessions.

**Spring Open Gym — Tuesday, April 14 (4:00–6:00 PM):** The gym is open at Journey21. Come shoot hoops, play games, and enjoy active hangout time with friends. A great way to burn energy, build confidence, and connect through movement in a fun and supportive environment.

**Donna Hall's Cooking Class – Gnocchi with Sausage and Broccoli — Wednesday, April 15 (5:00–7:00 PM):** Join Donna Hall, a retired Home Economics teacher, for a hands-on cooking class where we'll make gnocchi with sausage and broccoli. Participants will practice kitchen safety, boiling and timing, seasoning, and teamwork while building confidence in the kitchen. We'll end class by sitting down and enjoying the meal together.

**Art in Progress — Thursday, April 16 (4:30–6:00 PM):** Calling all at-home artists. This is your chance to gather with other creators and share one or several art pieces that you've already made or are currently working on. Participants will have time to show and discuss artwork they're proud of, practice presenting their creative ideas, and encourage one another. After sharing, the rest of the evening will be used to continue working on a current project, collaborate with other artists, or start a brand new piece using art supplies at Journey21. A relaxed and supportive studio-style night designed to build confidence and creative community. **This class will be led by art teacher Trina.**

**Out to Eat - Olive Garden — Friday, April 17 - (5:00 – 6:30 PM) – Meet at Olive Garden:** Join us for a fun and social dinner at Olive Garden. Participants will practice ordering from a menu, restaurant etiquette, and engaging in conversation while enjoying a meal together in a welcoming community setting. This is a great opportunity to build independence, confidence, and social skills in a real-world environment. Please bring your own money for dinner. We will meet directly at Olive Garden at 5:00 PM. Address: 2440 Milwaukee St, Delafield, WI 53018.

**Bowling at Sussex Bowl — Sunday, April 19 (11:00 AM–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.

**Inclusive Fitness & Fun at ISI — Monday, April 20 (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, and transportation will be provided to and from ISI.

**Spring Paint Party — Thursday, April 23 (3:30–5:00 PM):** Celebrate spring with a guided painting session led by Caleb. Participants will create a spring-themed canvas while practicing following steps, creativity, and confidence. There will be various spring flower outlines and painting options to choose from, allowing everyone to personalize their artwork. A relaxed and fun art class with a finished piece to take home.

**Pizza & a Movie: Wicked — Friday, April 24 (6:00–8:30 PM):** This is a night filled with pizza, friendships, and a movie. Bring a lawn chair, pillow, or blanket if you'd like to get comfy. We'll enjoy pizza together and settle in for a fun film night with friends as we watch *Wicked*, the magical story of the unlikely friendship between Elphaba and Glinda, two young women who



meet at Shiz University and discover how their paths lead them to become the Wicked Witch of the West and Glinda the Good. Join us for an evening of music, laughter, and a little Oz magic.

**Adventure Rock Adaptive Climbing — Sunday, April 26 (3:00–5:00 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 Adventure Rock in Brookfield. A waiver will be required and sent out by email after you sign up.**

**Library Partnership Confidence & Conversation Club-Tuesday, April 28 (3:30–5:00 PM):** Join us at the **Oconomowoc Public Library** in the Lyke Meeting Room for a welcoming program for teens and adults of all abilities. This month we will explore Community and Connection through light movement, quiet reading, structured conversation, interactive games, and a partner craft. Participants will practice turn-taking, active listening, and inclusive peer skills while building confidence and communication in a supportive environment. Register through the library from Trellis Sign-up page.

**Mother's Day WCTC Spa Night — Wednesday, April 29 (5:30–7:30 PM):** Join us for a relaxing evening of self-care at Waukesha County Technical College. This special Mother's Day event is designed for mothers and their daughters or sons to attend together and enjoy quality time side by side. Participants will receive manicures and pedicures from WCTC cosmetology students in a welcoming and uplifting environment. Please meet at the S Building on campus. A picture of the campus map will be attached in your confirmation email.

**May Day March & Mingle — Friday, May 1 (3:30–5:30 PM):** Celebrate May Day with a fun and active afternoon at Lapham Peak. Participants will enjoy a community walk, light movement, and structured mingling activities designed to build confidence and friendships in a beautiful outdoor setting. A snack will be provided. **Transportation to and from Lapham Peak will be provided.** In case of inclement weather, an alternative indoor plan will be communicated.

**Garden Club — Saturday, May 2 | 10:30 AM–12:00 PM:** Join us as we kick off the garden season with hands-on planting and garden bed prep. Participants will help refresh the soil and plant cool-weather crops such as lettuce, kale, peas, carrots, and radishes. This session focuses on teamwork, responsibility, and learning the basics of outdoor gardening in a fun and supportive environment. Dress for the weather and wear clothes you don't mind getting a little dirty.

**Silly Lines Studio — Tuesday, May 5 (4:30–6:00 PM):** This evening is all about the joy of drawing. We'll explore silly lines, unexpected shapes, and creations that may not make sense right away (or maybe ever!). Some activities include drawing with your eyes closed, passing drawings around the room, and experimenting with what happens when you stop trying to get it "right." If you enjoy doodling, imagining, or simply trying something new, this class is for you! **This class will be led by Art Teacher Trina.**

**"Beesentation" with Bryan — Wednesday, May 6 (3:30–5:30 PM):** Join us in the Journey21 gym for a fun and interactive presentation all about bees, pollination, and honey. Participants will learn through hands-on activities and discussion while building curiosity and confidence engaging with a guest presenter. After the presentation, we'll keep the fun going with bee-themed games and crafts for everyone to enjoy.



**Teen Night (Ages 13–21) — Friday, May 8 (6:30–8:00 PM):** Join us in the Journey21 Gym for a teen-focused hangout night with structured social activities, games, and time to connect with peers in a welcoming environment. This partner event, created in collaboration with Autism United, is designed to be low-pressure, fun, and a great way to build friendships. We'll kick things off with a quick ice breaker, then rotate through board games, simple craft projects, open gym time, and a Nintendo Switch station featuring Mario Kart, Nintendo Sports, and more. Whether you're outgoing or more on the quiet side, there's something for everyone at Journey21.

**J21 & Inclusion with Oconomowoc High School Soccer Team-Friday, May 8 (4:00–6:30 PM):** Join us for a collaborative soccer event focused on teamwork, sportsmanship, and community connection. Journey21 will provide transportation to the Oconomowoc High School soccer fields for an evening of inclusive play alongside the team. Participants will enjoy skill-based drills, fun soccer activities, friendly gameplay, and a shared meal with the team in a supportive and welcoming environment. **Transportation is provided.**

**Mother's Day Brunch — Saturday, May 9 (10:00 AM–12:00 PM):** Celebrate Mother's Day with a special brunch event just for moms. While participants prepare and serve brunch items—practicing cooking skills, teamwork, and hosting—moms will enjoy a simple craft activity and relax with a fun movie playing in the background. After the meal is prepared, everyone will sit down and enjoy brunch together in a warm and welcoming environment.

**Ladies Empowerment Afternoon with "Girl Up" — Monday, May 11 (3:30–5:00 PM):** Join us for a special afternoon focused on confidence, connection, and encouragement. We are partnering with the Arrowhead High School "Girl Up" club, who will be leading the afternoon with a presentation and activities centered on empowering women and building self-confidence. Participants will have the opportunity to connect with other women, practice positive affirmations, and take part in fun crafts together. Light snacks will be provided as we enjoy a supportive and uplifting afternoon of conversation, creativity, and community.

**Bingo & Board Games — Tuesday, May 12 (4:00–6:00 PM):** Come play bingo and a variety of board games while building friendships and practicing social skills. Prizes and fun will be part of the night.

**Inclusive Fitness & Fun at ISI — Monday, May 18 (3:30–5:30 PM):** A welcoming fitness class for adults with IDD. ISI coaches lead simple, adaptable exercises for all ability levels in a sensory-friendly environment. Participants can move at their own pace and take breaks anytime. Please wear gym shoes and bring a water bottle. We will meet at Journey21 and provide transportation to ISI in Brookfield. A waiver will be emailed after registration.

**Donna Hall's Cooking Class – Grilled Cheese / Tomato Soup — Wednesday, May 20 (5:00–7:00 PM):** Join Donna for a practical, skill-building cooking class where we'll make classic grilled cheese/ tomato soup and egg salad. Participants will practice measuring, safe knife skills (as appropriate), stovetop safety, timing, and teamwork. We'll enjoy our meal together at the end of class.

**Game On – Nintendo Night — Friday, May 22 (6:00–8:00 PM):** A fun, structured gaming night featuring Nintendo Switch games and friendly competition. We'll have multiple gaming rooms set up in the Journey21 gym: one room dedicated to Nintendo Sports, another featuring Mario Party, and another set up for Super Smash Bros. Participants will rotate through games while



practicing turn-taking, teamwork, and sportsmanship — all while hanging out and having fun with friends.

**Disney Prom Formal Dance — Saturday, May 23 | 6:00–8:00 PM:** Dress up and celebrate at our Disney Prom Formal Dance at Journey21. Come dressed as your favorite Disney prince or princess and enjoy an evening of dinner, music, and dancing in a fun and welcoming community environment. This magical night is a great opportunity to build confidence, practice social skills, and make lasting memories together.

**Out to Eat - Culver's — Tuesday, May 26 (5:00–6:30 PM) - Meet at Culver's in Oconomowoc:** Join us for a fun and social dinner at Culver's. Participants will practice ordering from a menu, restaurant etiquette, and engaging in conversation while enjoying a meal together in a welcoming community setting. This is a great opportunity to build independence, confidence, and social skills in a real-world environment. Please bring your own money for dinner. We will meet directly at Culver's at 5:00 PM. Address: 1177 Summit Ave, Oconomowoc, WI 53066.

**Watercolor Pups Art Class-Thursdays, May 28 (3:30–5:00 PM) | Location: Journey21 Gym:** A special watercolor art experience featuring therapy dogs from Infinite Possibilities Animals Inc., founded by Lauren Zimmer. Participants will enjoy a guided painting project inspired by sweet therapy dogs Lana, Rukia, and Sebastian. Each dog will even have their own adorable coloring sheet. This creative afternoon blends art, confidence-building, and puppy love in a welcoming, supportive environment. Participants will complete a finished piece to take home.

**Pizza & a Movie Zootopia 2 — Friday, May 29 (6:00–8:00 PM):** Join us for a fun and relaxed evening filled with pizza, friendships, and a movie on the big screen in the Journey21 gym. We'll enjoy dinner together before settling in to watch Zootopia 2. Bring a lawn chair, pillow, or blanket if you'd like to get comfy. This is a great opportunity to connect with friends, share laughs, and enjoy a cozy movie night together. Pizza and drinks will be provided.

**Hope Center Lunch Service — Saturday, May 30 | 10:30 AM–1:30 PM:** Join us as we head to the Hope Center to prepare and serve a simple lunch for individuals and families experiencing hardship in our community. Participants will assemble sandwiches, portion chips and fruit, help serve cookies, and assist with clean-up while practicing teamwork and hospitality. This meaningful, service-based experience offers a hands-on opportunity to give back, connect with others, and serve with kindness. Transportation is provided.

**Bowling at Sussex Bowl — Sunday, May 31 (11:00 AM–12:30 PM):** Come enjoy a fun and social morning of bowling with friends. We will meet right at Sussex Bowl for 1.5 hours of bowling, laughs, and friendly competition in a relaxed and upbeat atmosphere. No meal is provided.

**Bingo & Board Games — Tuesday, June 2 (4:00–6:00 PM):** Come play bingo and a variety of board games while building friendships and practicing social skills. Prizes and fun will be part of the night.

**Donna Hall's Cooking Class: Chicken Strips Dinner & Dirt Cup Desserts — Wednesday, June 3 (5:00–7:00 PM):** Join us for a hands-on cooking class as we prepare crispy chicken strips, Italian mixed vegetables, and fun Dirt Cup desserts. Participants will practice basic kitchen skills like measuring, seasoning, safe knife use, and oven baking while working together as a team. We'll enjoy the meal together at the end of class.



**Art Class: Rock Painting — Thursday, June 4 (3:30–5:00 PM):** Participants will design and paint decorative rocks using acrylic paints and creative techniques. This guided class builds confidence and self-expression while allowing room for personalization. **This class will be led by Program Lead Caleb.**

**Garden Club — Saturday, June 6 | 10:30 AM–12:00 PM:** Garden Club continues as we plant our warm-weather crops for the season. Participants will work together to plant tomatoes, peppers, zucchini, cucumbers, and beans while learning about plant care, spacing, and watering. This hands-on session builds confidence, responsibility, and connection through nature-based learning. Dress for the weather and be ready to dig in.

**Adventure Rock Adaptive Climbing — Sunday, June 7 (3:00–5:00 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 Adventure Rock in Brookfield. A waiver will be required and sent out by email after you sign up.**

**Out to Eat – Chili's — Tuesday, June 9 (5:00–6:30 PM) - Meet at Oconomowoc Chili's:** Join us for a social dinner outing at Chili's Grill & Bar - 1229 Corporate Center Dr, Oconomowoc, WI 53066. Participants will practice ordering from a menu, restaurant etiquette, and conversation skills while enjoying a fun night out with friends. Participants will meet at the restaurant.

**Hope Center Meal Prep – Enchilada Casserole — Thursday, June 11 (3:30–5:30 PM):** Help prepare a warm homemade meal for individuals and families experiencing hardship in our community. We'll cook, assemble, and package enchilada casserole meals for delivery to the Hope Center while building teamwork through service. After preparing the meals, we'll sit down together and enjoy a meal of our own as a group.

**Zumba & Parfait Party — Friday, June 12 (4:00–6:00 PM):** We'll kick things off with a high-energy group dance class led by Inclusive Zumba instructor Jane in the Journey21 gym. This interactive Zumba session is designed for all ability levels and focuses on fun, rhythm, and moving together in a supportive environment. After we dance, we'll enjoy a build-your-own yogurt parfait bar with a variety of toppings and hang out with friends. Bring gym shoes to dance in and a water bottle.

**Inclusive Fitness & Fun at ISI — Monday, June 15 (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 will be provided to ISI in Brookfield. A waiver will be required and sent out by email after you sign up. Please bring a clean pair of gym shoes to change into at the facility to help keep the gym floors in great condition.

**Donna Hall's Cooking Class – Friends & Family Pizza and Ice Cream Social — Wednesday, June 17 (5:00–7:00 PM):** Participants will work together from 5:00–6:00 PM to prepare and bake homemade pizzas while building practical kitchen skills in the Journey21 kitchen. At 6:00 PM, up to two family members per participant are invited to join us for a pizza and ice cream social celebration. Participants will help serve pizza and run an ice cream station for their guests, creating a fun and meaningful opportunity to practice hospitality, confidence, and teamwork while celebrating their hard work.



**Summer Art — Thursday, June 18 (3:30–5:00 PM):** Celebrate summer with a fun and creative art class led by Caleb. Participants will create a colorful summer-themed art project inspired by sunshine, beaches, nature, and warm-weather fun. Caleb will guide the group step-by-step while encouraging everyone to add their own creative style. This class focuses on creativity, confidence, and self-expression while enjoying a relaxed and welcoming environment.

**Blue Collar Coffee & River Walk — Saturday, June 20 (9:00–11:00 AM):** Join us for a relaxed morning at Blue Collar Coffee Co., located at 523 Milwaukee St, Delafield, WI 53018. Participants will practice ordering independently, managing their purchases, and engaging in meaningful conversation while enjoying time together in a welcoming community setting. When we're ready, we'll take a short walk to the nearby Delafield Riverwalk to enjoy the morning and fresh air. Participants will meet at the coffee shop.

**Kaity Art Class – Paw Print Art with Therapy Dogs — Monday, June 22 (3:30–5:00 PM):** Join us for a special inclusive art class featuring therapy dogs from Infinite Possibilities Animals Inc., founded by Lauren Zimmer. Participants will create dog-themed artwork while spending time with certified therapy dogs Lana, Hanna, and Charlie. Each dog will even have their own custom coloring sheet. This unique class blends creativity, confidence-building, and connection in a supportive and welcoming environment.

**Library Partnership Confidence & Conversation Club-Tuesday, June 23 (3:30–5:00 PM):** Join us at the **Oconomowoc Public Library** in the Lyke Meeting Room for a welcoming program for teens and adults of all abilities. This month we will explore Community and Connection through light movement, quiet reading, structured conversation, interactive games, and a partner craft. Participants will practice turn-taking, active listening, and inclusive peer skills while building confidence and communication in a supportive environment. Register through the library using the link on Trellis.

**Pizza & a Movie: Disney's Luca — Wednesday, June 24 (6:00–8:00 PM):** This is a night filled with pizza, friendships, and a movie. Bring a lawn chair, pillow, or blanket if you'd like to get comfy. We'll enjoy pizza together and settle in for a fun film night with friends as we watch Disney's Luca, a heartwarming animated adventure about friendship, courage, and discovering who you are.

**Beef Jerky Class: Flavor & Dehydration — Thursday, June 25 (3:30–5:30 PM):** The first jerky class went so well that we're doing it again. Each participant will receive a bag of beef that has already been base-marinated and will add their own final flavor profile, choosing from options like teriyaki, peppered, BBQ, Caribbean jerk, and more. We'll end the class by placing the meat on the dehydrator, and participants can return the following day to pick up their finished jerky. Along the way we'll practice measuring, seasoning, and safe food handling.

**Bowling at Sussex Bowl — Sunday, June 28 (11:00 AM–12:30 PM):** Come enjoy a fun and social morning of bowling with friends. We'll meet directly at Sussex Bowl for 1.5 hours of bowling, laughs, and connection. No meal will be provided.

**Burgers on the Grill — Tuesday, June 30 (4:00–6:00 PM):** Join us for a relaxed summer hangout at Journey21! We'll fire up the grill and enjoy burgers together while spending time with friends. There will be yard games, music playing, and plenty of time to relax, laugh, and connect. It's a great way to kick back, enjoy a summer evening, and build friendships in a fun and welcoming environment.