

## COMMUNITY OUTINGS & RECREATIONAL EXPERIENCES

The CORE Program offers inclusive community-based outings and recreational experiences for adults with intellectual or developmental disabilities (IDD).

Participants build friendships, develop life and social skills, and experience the joy of being active and engaged in their community.

CORE brings together individuals (from Oconomowoc and the surrounding eight-county region) through two- to three-hour experiences to explore, learn, and have fun - one outing at a time!

## PROGRAM GOALS

### COMMUNITY

- Building belonging and connection through inclusive activities that bring people together in shared spaces across Oconomowoc and surrounding communities.

### OUTINGS

- Exploring fun destinations like restaurants, museums, bowling alleys, sporting events, and parks – creating opportunities to practice independence and social skills in the community.

### RECREATION

- Encouraging health, movement, and creativity through fitness classes, dance, art, and group games designed to promote confidence and teamwork.

### EXPERIENCES

- Creating lasting memories and friendships through hands-on, engaging programs that inspire joy, growth, and connection.



# CORE Programs

## BENEFITS OF PARTICIPATION

- Reduce isolation and increase belonging
- Practice social and communication skills in natural community settings
- Build confidence and independence
- Form lasting friendships
- Explore new interests and hobbies
- Enjoy safe, inclusive, and supported recreation opportunities

## SAMPLE OUTINGS AND ACTIVITIES

- Art Events (painting, recycled art, ceramics, and drawing)
- Cooking Events (Taco Tuesdays, Beef Jerky Class, Protein Bowls Class)
- Active Events (Dances, Sports, Open Gym, Workouts)
- Social Events (Bowling, Pizza & Movie, Coffee Shop Social)
- CORE Community Events

Check out our current events!



*“Journey21 continues to grow and extend their reach with each passing quarter. They have gone great lengths to accommodate the interests and needs of the IDD population within the Lake Country Area and beyond.”*

- Parent of Participant

*“While we are a new family to Journey21, all of our experiences have been nothing but amazing. CLEARLY your program is as amazing as we’ve heard, and we feel SO lucky to be joining it!”*

- Parent of Participant



## INTERESTED IN LEARNING MORE?

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JOIN TODAY!  
SCAN QR CODE

