

Adventure Guide

Exercise & Sports

Basketball
Bocce
Bowling
Cycling
Dance
Disc Golf
Fitness Classes
Flag Football
Golf
Hockey
Horseback Riding
Martial Arts
Pickleball
Rock Climbing
Soccer
Swimming
Tennis
Ultimate Frisbee
Volleyball
Walking
Yoga

Gaming & Technology

App/Game Design
Board and Card Games
Chess
Coding
Content Creation
Digital Art
Dungeons & Dragons
Online Gaming
Robotics
Video Games
Virtual Reality

Creative Activities

Baking
Calligraphy
Crafting
Crocheting/Knitting
Drawing
Floral Arranging
Jewelry Making
Model Building
Origami
Painting
Paper Quilling
Photography
Playing an Instrument
Pottery
Scrapbooking
Sewing
Singing

Entertainment & Social Activities

Comedians
Concerts
Escape Rooms
Festivals
Game Nights
Interest Clubs
Karaoke
Laser Tag
Mini Golf
Movies
Theater Shows
Trivia Nights
Volunteering

Reading & Learning

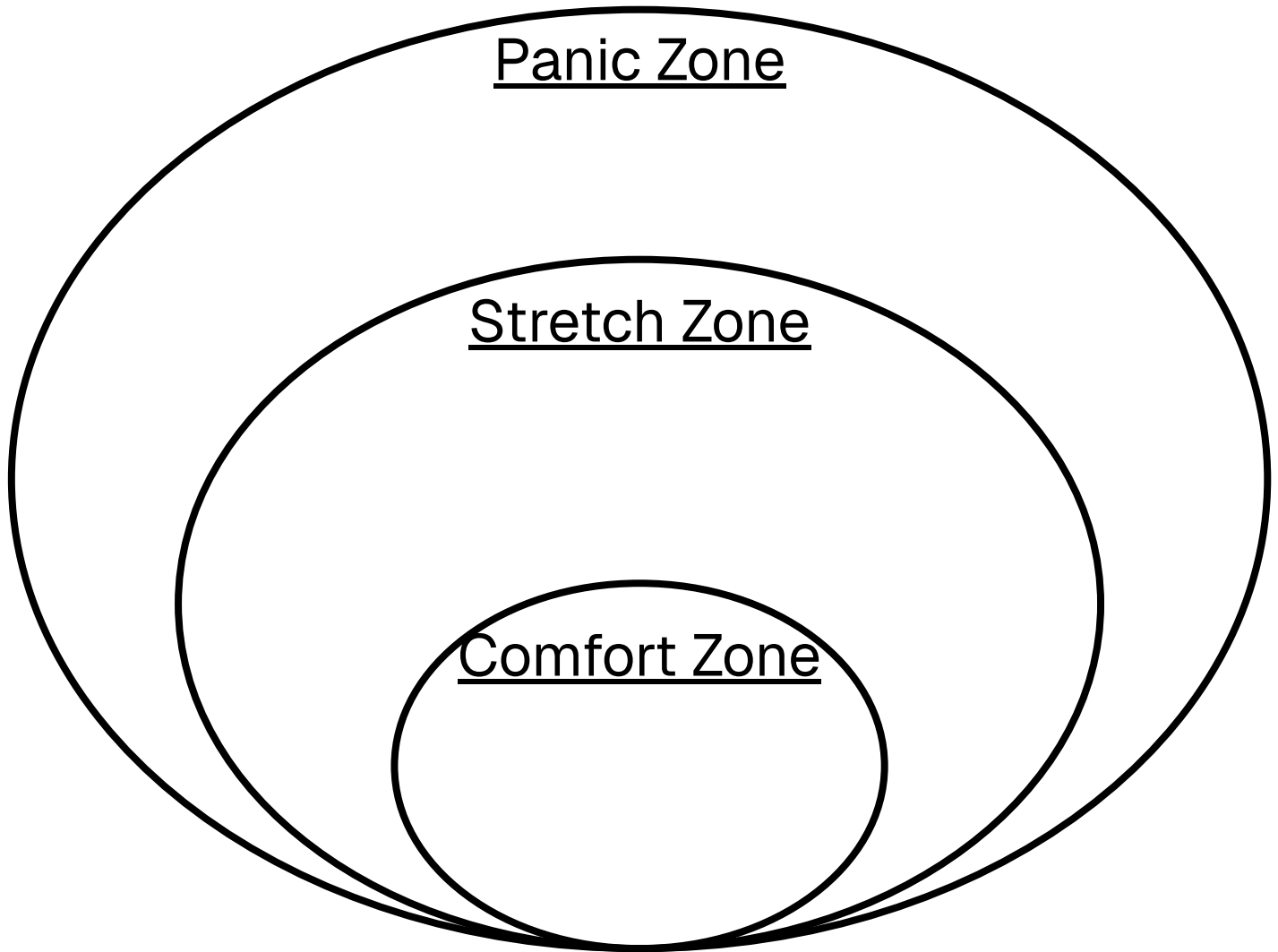
Audiobooks
Book Club
Collecting
Community Lectures
Cooking Classes
Genealogy
History Groups
Journaling
Learn a Language
Legos
Museums
Online Courses
Podcasts
Puzzles
Writing

Outdoor Recreation

Birdwatching
Camping
Dog Walking
Exploring Parks
Farmers Markets
Fishing
Gardening
Geocaching
Hiking
Kayaking/Canoeing
Nature Photography
Picnics
Stargazing



Optimal Learning Zone



Ways to grow:

Location- home, outdoors, indoors, online

Types of experience: cooperative, competitive, independent, alongside others

What matters the most to you?

Having Fun
Spending Time with Friends
Learning a New Skill
Staying Active
Relaxing
Meeting New People

Plan Your Next Adventure:

1. What is my goal?

2. One recreation activity I want to try:

3. Where I'll find it:

4. Will I start online or in person?

5. One person who can support me:

6. My first small step this week:

7. One challenge I might face:

Before you go:

Think about what will help you feel most comfortable:

- What should I expect?
- Is this activity beginner friendly?
- What should I bring?
- Where do we meet?
- Is there a cost?
- Can I bring a friend?

Possible Questions:

- Are accommodations available?
- Can you tell me what the activity includes?
- Who can I contact if I have questions?
- Is there a quieter place if I need to take a break?
- Can I watch before I participate?