



Explorers

Explorers is a social recreation program from Community Connections that offers adults with IDD/ASD opportunities to gain experience and new things, learn social skills, and develop meaningful friendships. They experience more inclusivity in the communities where they live and work and an opportunity to pursue their lifelong hopes, goals, and dreams. Explorers offer real-life experiences for the people we serve, “let’s have fun and learn about each other.” It is also an opportunity for the community to see the people we serve and the wonderful things that they bring to any group.

February 2026 EVENTS

Cape Cod Museum of Art's Presents Music Sundays, 1 & 8

Sunday 1: Mottley James Presents “Songs from the North Country”

Featuring Bode Corona, Kathleen Healey, Steve Gregory, Scott Lariviere, Kim Moberg, and Jim Nosler, in a full band presentation of great songs from our northern neighbors. In a follow-up to our successful performance in Wellfleet last summer, we will be presenting our arrangements of songs from Leonard Cohen, Joni Mitchell, Gordon Lightfoot, Alanis Morissette, and Catherine McClellan.

Sunday 8: Leslie Boyle & Cape Cod Jazz Trio

Leslie Boyle is a versatile singer with a wide range of musical styles. Leslie came to Cape Cod when she was 10 years old, and her first solo performance was in 8th grade when she sang in front of an audience of over 400 people and received her first standing ovation. Leslie can be found performing across Cape Cod for concerts and events with the Cape Cod Jazz Trio & Quartet and has been featured at the Provincetown Jazz Festival.

Join us from 3:30 pm – 5:30 pm. Limited to 4 participants.

Cost: \$90.00 for each event. Includes tickets for show and transportation from Community Connections to and from the event



CCCAN Monday Night Art Exploration at the Cotuit Center for the Arts Mondays, February 2, 9 & 23

Join us for 3-week sessions designed to stretch your creativity and introduce new techniques. You will work with a Cape Cod CAN instructor for three weeks at a time exploring a single theme or technique. Join us and explore!

Join us from 5:00 pm – 8:00 pm. Limited to 4 participants.

Cost: \$95.00 for 3 classes. Includes class and transportation from Community Connections to and from the event.

Cape Cod Wellness Works in Mashpee Yoga for Every-Body, Mondays, February 2, 9 & 23

Yoga for Every-Body warmly welcomes beginners! Take a gentle breath, softly stretch, find your balance, and move at a pace that feels right for you.

Embrace the calming practices of **Hatha** and **Vinyasa** flows—supporting circulation, enhancing your range of motion, and helping reduce stress with mindful intention.

Join us from 5:30 pm – 8:30 pm. Limited to 4 participants.

Cost: \$75.00 for each event. Includes class and transportation from Community Connections to and from the event.



Bowling Ryan Eatery Hyannis Tuesdays, February 3, 10, 17 & Friday 27

Join us for a fun-filled bowling event where we'll enjoy laughs, exercise, and friendship! This is a great way to stay active while spending time with friends and meeting new people. Everyone is welcome; bowlers of all ages and skill levels are encouraged to join!

Join us from 4:00 pm – 5:30 pm.

Cost: \$30.00 for event. Includes 2 games and shoes. Transportation from Community Connections will leave at 3:00 pm and return at 6:00 pm. We will meet at Ten Pin Eatery Cape Cod mall on Tuesdays. If you wish to purchase food or snacks, please bring money.

Cape Cod Wellness Works in Mashpee Chair Yoga, Wednesdays, February 4, 11 & 25

Chair Yoga is a gentle form of yoga where postures are performed while seated or with the support of a chair. It is especially suited for individuals with physical disabilities, older adults, or anyone who finds a traditional yoga class challenging. Chair yoga is also perfect for beginners or anyone looking for gentle, mindful practice.

Like traditional yoga, chair yoga helps improve **flexibility, strength, and body awareness**. When standing poses are included, the chair provides support to enhance **balance and stability**.

Almost any standard yoga pose can be adapted for chair yoga, including **backbends, twists, hip openers, and forward folds**, making it a versatile and accessible practice for all.

Join us from 11:00 am – 2:00 pm. Limited to 4 participants.

Cost: \$75.00 for each event. Includes class and transportation from Community Connections to and from the event.



Cooking Class at Dennis Union Church Wednesdays, February 4, 11, 18, & 25

Do you like having fun, making delicious meals, and making new friends and relationships? You have come to the right place, let's cook together. We will enjoy a meal together, and you will have a meal to take home.

Join us for 2-hour cooking classes

Wednesdays from 4:00 pm – 6:00 pm at Dennis Union Church Rt. 6A Dennis. Limited to 5 participants.

Cost \$65.00 per class. Transportation from your home to the meeting location is available at an additional cost.

Bingo Night Social at Dennis Union Church Thursdays, February 5 & 19

Community Connections presents Bingo Night! Join us for a fun evening of games, laughter, and a wonderful opportunity to meet new people and make lasting friendships.

Join us from 4:00 pm – 6:00 pm. Limited to 8 participants

Cost: \$70.00. Meet at Dennis Union Church; food and snacks will be provided. Transportation leaves Community Connections at 3 pm and returns at 7 pm.

Pottery Painting at Starfish Shoppe & Studio in Dennis Port, Fridays, February 6, 13 & 27

Are you creative, or would you like to learn pottery and painting?

This is a great opportunity to explore your creativity while learning new skills. You can create one-of-a-kind pieces during class—perfect for gifts for friends and family.

Join us from 3:00 pm – 4:30 pm. Limited to 4 participants.



Cost: \$50.00. Includes a piece of pottery each session, transportation from Community Connection to and from the event.

Computer Gaming Night at Community Connections, South Yarmouth: Thursdays, February 12 & 26

Most people see gaming as an entertaining and social hobby, a great way to relax and unwind. It is often one of many interests in a person's life, alongside spending time with friends and family, attending school or work, and managing daily responsibilities.

Bring your games and share them with friends as we connect and learn more about each other. This event is designed for computer gaming enthusiasts of all levels.

Join us from 5:00 pm – 7:00 pm. Limited to 4 participants.

Cost: \$50.00 for the event. Includes: Pizza, drinks, and snacks.

Valentines Day Dance at Dennis Union Church 713 Main Street, Dennis, MA.

Saturday, February 14

Celebrate friendship, fun, and good vibes at our Valentine's Dance! This event is all about coming together with friends to enjoy great music, dancing, and plenty of smiles. Whether you're dancing your heart out or just soaking in the atmosphere, this is a chance to connect, laugh, and make memories with the people who make life sweeter.

Dress in your favorite Valentine colors, bring your best moves, and join us for an evening filled with friendship, joy, and love in all its forms. Let's dance, celebrate, and share the love—friend style! Everyone is welcome to attend.

Join us from 6:00 pm – 8:00 pm. Limited to 40 participants

Cost: \$25.00. Including DJ, desserts and light refreshments will be served.



Providence Bruins Hockey Amica Mutual Pavilion Providence Sunday, February 15

Come support your Providence Bruins VS Bridgeport Islanders. Whether you're cheering for the Bruins or backing up the Islanders on the road, these matchups are sure to be exciting!

Join us from 1:00 pm – 7:00 pm. Limited to 4 participants

Cost: \$200.00. Includes transportation to and from the event from Community Connection, Ticket for game, sandwich from Dennis Public Market, drinks and snacks.

The Center at Cape Cod Village Dance Party Friday, February 20

The Center at Cape Cod Village is hosting a dance party!

Get ready to move, boogie, and groove as we celebrate together and meet new people. It's a great way to make new friendships. If you like dancing, this event is for you!

Join us from 6:00 pm – 8:30 pm. Limited to 8 participants.

Cost: \$40.00 Includes: Simple snacks, drinks, transportation from Community Connections to and from the event.

Dinner and Movie in Community Saturday, February 21

Do you enjoy going out for a meal and watching movies with friends? You've come to the right place! Join us as we build friendships while visiting local eateries and enjoying a trip to the cinema together.



Join us from 3:30 pm– 8:30 pm. Limited to 4 participants.

Cost: \$150.00 Includes: transportation from Community Connections to and from the event, dinner and movie.

The Cape Pops Presents: Ragtime, Blues & All that Jazz Sunday, February 22

Step into a world of toe-tapping rhythms as Byron Stripling returns to the Cape Symphony stage to take you on a high-spirited journey through these iconic American genres in signature style, with plenty of entertaining and humorous vignettes along the way. The program showcases ragtime master Scott Joplin, blues legend Muddy Waters, and more, with a rousing finale you won't soon forget. Byron is joined by Bobby Floyd of the Ray Charles, Dr. John, and Count Basie Bands.

Join us from 3:00 pm – 6:00 pm. Limited to 4 participants

Cost: \$135.00. Includes: Ticket to show, round trip transportation from Community Connections to the show and back. Transportation will depart Community Connections at 2:00 pm and return at 6:30 pm.

Movie & Dinner at Dennis Union Church 713 Main Street, Dennis, MA. Tuesday, February 24

Come enjoy a delicious meal with friends followed by a movie. This is a wonderful opportunity to make new friendships and spend time together.

We will meet at Dennis Union Church,

If you need transportation from Community Connections in South Yarmouth, please let me know at least one week in advance.

Join us from 4:30 pm - 7:30 pm. Limited to 15 participants.

Cost: \$65.00. Includes: movie, dinner, and dessert. Transportation leaves Community Connections at 3:30 pm and returns at 8:30 pm



Diamond Art Class for beginners at Community Connections Thursday, February 26

Would you like to learn about diamond art for beginners?

Join us for a fun and relaxing opportunity to learn this creative activity—no art skills required! All materials are included. This is a great way to try something new, express creativity, and make new friends in a supportive environment.

Join us from 4:00 pm – 5:30 pm. Limited to 4 participants.

Cost: \$40.00. Includes: Everything needed to make beautiful textures, pictures and snacks will be provided.

Axe-Throwing & Arcade Games at Ryan's Amusement, South Yarmouth Saturday, February 28

It's just like throwing darts—come and test your skills in a fun, relaxed environment. See if you have what it takes as you learn a new hobby, whether you are trying it for the first time or building on skills you already have. Friendly guidance will be available, and you can practice at your own pace while enjoying the excitement of the game.

In addition to this activity, you'll also have time to enjoy a variety of arcade games. Laugh, play, and challenge yourself as you have fun with friends and make new connections along the way. This is a great opportunity to unwind, try something new, and enjoy a social experience filled with games, friendly competition, and plenty of fun for everyone.

Join us from 2:30 pm – 4:30 pm. Limited to 4 participants.



Cost: \$90.00 per participant. Includes round-trip transportation from Community Connections to the venue.

Payment and Reservations:

***Additional transportation is available from your home to the meeting place at an additional cost.**

Call Valerie at 508-744-1130 to reserve your attendance or email me at: vdubois@ccimass.org.

Please make checks payable to: Community Connections Inc. and put Explorers on the memo line and mail to: Valerie Du Bois/Explorers, 261 Whites Path Unit #1, South Yarmouth, MA 02664