



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.

January 2026 EVENTS

Cape Cod Museum of Art's Presents Music Sundays, 4 & 25

Sunday 4: Digney Fignus Band

Digney Fignus has had a long and storied career. He cut his teeth in the gritty punk clubs of Cambridge and Boston in the 1980s, gaining national attention with his MTV hit “*The Girl with the Curious Hand*” and a recording contract with Columbia Records. A fixture on the Cape Cod music scene for the past decade, his most recent CD, *Black and Blue – The Brickhill Sessions*, has already earned spots on the Cashbox and Americana Top 100 charts. Two singles, “*American Rose*” and “*The Emperor Wears No Clothes*,” are currently charting on the UK Top 40 radio charts, and the video for “*The Emperor Wears No Clothes*”—recorded at the Cape Media Center—has already won two international video awards.

Sunday 25: The MERCY Band

MERCY is a trio of local Cape Cod musicians with deep roots in the community. Bill Rountree (Bass/Vocals), Jed Chrysler (Drums/Vocals), and Ed McKendry (Guitar/Vocals) combine strong vocals and skilled musicianship to deliver a fun, rocking set of classic songs. Spend an afternoon enjoying the timeless tunes from the soundtrack of your life. Have MERCY—and have a great time!

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.



Cape Cod Wellness Works in Mashpee Yoga for Every-Body, Mondays, January 5, 12 & 26

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, January 6,13, 20 & Friday 30

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!

Join us from 4:00 pm – 5:30 pm. Limited to 8 participants.

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, January 7, 14, 21, & 28

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 a 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, January 7, 14, 21, & 28

Do you like having fun, making delicious meals, and making new friends and relationships? You have come to the right place, let us 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, January 8 & 22

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, January 9 & 23

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.

The Music Room in West Yarmouth Presents: The Back Burners Band, Friday, January 9

The Back Burners deliver a powerful fusion of blues, soul, and rock, driven by extraordinary talent and deeply rooted artistry. At the helm is Danny "Kootch" Kortchmar, a powerhouse guitarist, songwriter, and producer who has helped define the sound of rock. A mainstay on both studios and stages, Kortchmar has collaborated with legends including James Taylor, Carole King, Jackson Browne, Linda Ronstadt, and David Crosby. He co-wrote Don Henley's enduring hits "Dirty Laundry," "All She Wants to Do Is Dance," and "Sunset Grill."

Join us from 6:00 pm – 9:00 pm. Limited to 4 participants

Cost: \$90.00. Includes: Ticket to show, round trip transportation from Community Connections to the show and back.



Dinner and Movie in Community Saturday, January 10

Do you enjoy going out for a meal and a movie 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.

Barnstable Comedy Club Presents: Don't Dress for Dinner Sunday, January 11

Don't Dress for Dinner centers around Bernard and Jacqueline, a not-so-happily married couple, both of whom are having extramarital affairs. As Jacqueline prepares to go out of town to visit her mother, Bernard invites his mistress and Robert, his best friend (and also Jacqueline's lover, unbeknownst to Bernard), over for the weekend. He's even hired a Cordon Bleu chef to cater for the evening. Jacqueline discovers Robert is coming to town and cancels her trip, causing Bernard to panic. When Robert arrives, Bernard asks him to pretend Suzanne is Robert's mistress. Robert mistakes the chef (Suzette), for Bernard's mistress (Suzanne), producing a highly complicated dinner of hilarious hijinks, secret trysts and slapstick comedy.

Join us from 1:30 pm – 5:30 pm. Limited to 4 participants.

Cost: \$95.00. Includes ticket to play, transportation from Community Connections to and from the event.



Computer Gaming Night at Community Connections, South Yarmouth: Thursday, January 15

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.

The Center at Cape Cod Village Dance Party Friday, January 16

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.



Axe-Throwing & Arcade Games at Ryan's Amusement, South Yarmouth Saturday, January 17

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.

Providence Bruins Hockey Amica Mutual Pavilion Providence Sunday, January 18

Come support your Providence Bruins VS Cleveland Monsters. Whether you're cheering for the Bruins or backing the Monsters 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.



Movie & Dinner at Dennis Union Church 713 Main Street, Dennis, MA. Tuesday, January 27

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, January 29

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.



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

**Save the date Saturday, January 24
Open House for Volunteer Opportunities – The Explorers Program at
Community Connections in South Yarmouth**