ADAPTABILITIES

Social Nights

Week 1 **Centre-Based** 	**Welcome & Connection** Break the ice with fun games, team challenges, and exciting activities that spark conversations, build friendships, and bring everyone together!	**Week 6** **Community-Based** 	**Swimming/Recreation Centre** Make a splash and get moving! Enjoy swimming, fun activities, and exciting ways to stay active while building confidence and enjoying time with friends.
Week 2 **Community-Based** 	**Community Recreation Night** Get out, explore, and have a blast with exciting local adventures like bowling, arcade games, mini golf, and more while discovering new interests and connecting with friends.	**Week 7** **Centre-Based** 	**Mystery Night** Expect the unexpected! Join in on fun surprise activities picked by team members and participants, with plenty of chances to try something new, get creative, and make memories together.
Week 3 **Centre-Based** 	**Baking Night** Mix, bake, and decorate delicious treats together while getting creative, learning kitchen skills, and enjoying the sweet rewards of teamwork!	**Week 8** **Community-Based** 	**Entertainment Night** Lights, laughter, and unforgettable experiences! Enjoy a fun night out with movies, karaoke, live music, escape rooms, and more.
Week 4 **Community-Based** 	**Mystery Adventure** Get ready for a surprise! Explore new places, discover local attractions, and enjoy exciting outings that spark curiosity, increase confidence, and create unforgettable memories.	**Week 9** **Centre-Based** 	**Cooking Challenge** Team up to plan, prepare, and enjoy a delicious meal! Build kitchen confidence, practice everyday cooking skills, and discover new recipes you can recreate at home.
Week 5 **Centre-Based** 	**Arts & Crafts** Get creative with fun, hands-on projects inspired by the seasons and your interests. Explore new materials, express yourself, and bring your ideas to life!	**Week 10** **Community-Based** 	**Celebration Dinner** Celebrate a fantastic session with a fun meal out! Enjoy good food, great company, and a chance to reflect on new experiences, friendships, and accomplishments.

Please Note: Activities and community destinations may vary each session based on participant interest, seasonal opportunities, and community availability.