

ADVENTURES = are for everyone!

SOCIAL ADVENTURES

- Contact an old friend
- Join a club or social group
- Invite someone over for a cuppa
- Go to a class and learn a new skill
- Connect with an online group
- Research your family history
- Volunteer at an event or fundraiser
- Organise an outing with friends
- Meet a friend at a cafe
- Go to a conference or community event
- Go to a festival you haven't been to before
- Organise a meet-up of extended family, friends or colleagues
- Throw a party

MENTAL ADVENTURES

- Join a chess or card club
- Make or create something new or from repurposed materials
- Teach yourself a new skill (eg crochet, painting, whittling, programming, video editing)
- Experiment to create your own recipes or designs
- Set up an online business
- Take a class or sign up to a course
- Get a new hobby that uses your brain in new ways
- Become a mentor for a new worker
- Write a book or start a blog

PHYSICAL ADVENTURES

- Learn a new sport
- Join a sporting or exercise club or group
- Climb a mountain
- Go on a multi-day hike
- Try white water rafting
- Enter a race
- Participate in a charity walk
- Explore a National Park
- Take up a new hobby

SPIRITUAL + CULTURAL ADVENTURES

- Go to a meditation class
- Take up a daily mindfulness practice
- Visit a new place
- Travel to a place that speaks a foreign language
- Eat at a restaurant that serves food you are not familiar with
- Prepare a meal using ingredients you don't usually use
- Plant and nurture a garden
- Visit a place of worship that you are not familiar with
- Help a charity

OTHER ADVENTURES