

BOISE PARKS AND RECREATION AdVenture

2020
NEWSLETTER
November & December



Facebook.com/BPRAdVentureProgram

cityofboise.org/adaptive-recreation



AdVenture is happy to announce that our fall classes are going well, and we look forward to more sessions in November and December. The safety of our participants, volunteers and staff are our top priority. We will do the utmost to provide a safe environment for activities, however it is up to you to decide if in-person programs are the right choice for you at this time. Programs will focus on small class sizes, physical distancing and wearing masks with the health and safety of the community in mind. Please note that programs could be altered or canceled due to coronavirus (COVID-19) restrictions and safety precautions. Boise Parks and Recreation will continue to monitor the situation as it evolves and coordinate with state and local health officials, including Central District Health, throughout the fall season.

Advanced registration is required for all activities, please call 208-608-7680 or visit cityofboise.org/activity-guide to enroll (scholarships cannot be applied to online registrations). Walk-in registration is now an option, however we encourage everyone to call if possible.

Please visit cityofboise.org/Adaptive-Recreation to view details of AdVenture's plan to help minimize the spread of COVID-19 at AdVenture programs. Additionally, everyone in attendance will be asked to wear a mask to comply with the public health emergency order. Please remember to bring a face covering to programs, if you do not have one, we will provide a disposable face covering for you. If you have any questions or would like to register for an activity, please give us a call at 208-608-7680. We hope to see you soon!



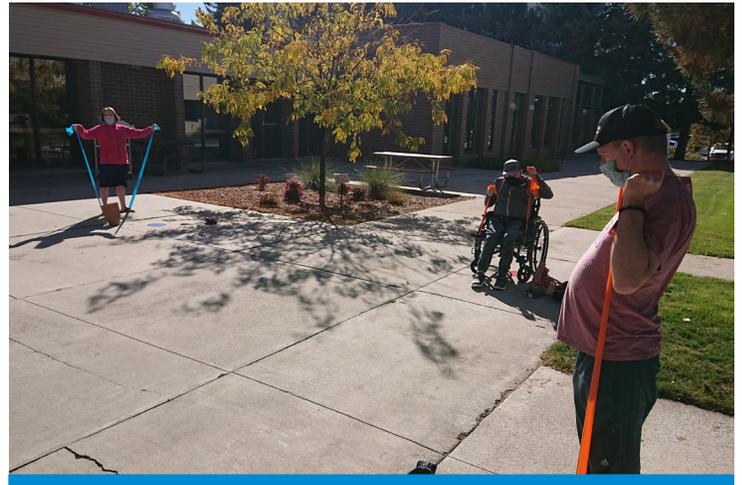
ADAPTIVE ART CLASS

This is the perfect class for participants with disabilities who want to explore several different forms of art ranging from pottery, drawing, painting and much more! The fee includes instruction and supplies. This program is for participants of all skill levels age 15 and older.

Location: Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Mondays, October 19-December 14*	4:15-5:30 p.m.	\$53.50	100539-02
Saturdays, November 7-December 19*	10-11:15 a.m.	\$40.35	100539-03

*No class Nov. 23, 28



ADAPTIVE FITNESS

Join our fitness class and work on stretching, band workouts and aerobic activity. This is a great opportunity to get fit in a supportive and fun environment. Class is structured for different levels of ability. The 4 p.m. class will focus on more advanced techniques and students will need to follow two-step directions. This activity is for participants age 15 and older.

Location: Fort Boise Community Center

Date (Tuesdays & Thursdays):	Time:	Cost:	Activity #:
November 3-December 17*	3-4 p.m.	\$42.75	100728-03
November 3-December 17*	4-5 p.m.	\$42.75	100728-04

*No class Nov. 24, 26



ADAPTIVE YOGA CLASS

Yoga helps to improve flexibility, strength, balance and provides an opportunity to work on body awareness and the ability to relax. This class is designed for individuals who have disabilities and our instructor is great at adapting the yoga poses for people of all abilities. This program is for participants age 15 and older.

Location: Fort Boise Community Center

Date (Mondays):	Time:	Cost:	Activity #:
November 2-December 14*	4:15-5:15 p.m.	\$31	100753-03
November 2-December 14*	5:30-6:30 p.m.	\$31	100753-04

*No class Nov. 23



DANCE ABILITY

Explore various styles of dancing, rhythm and music. Students will learn to increase their strength, flexibility and coordination through dance. This program is for participants age 12 and older.

Location: Fort Boise Community Center

Date (Wednesdays):	Time:	Cost:	Activity #:
November 4-December 16*	3-4 p.m.	\$23.50	100538-03
November 4-December 16*	4:15-5:15 p.m.	\$23.50	100538-04

*No class Nov. 11, 25



ADAPTIVE MUSIC CLASS

Learn about music in this fun, hands on class! Students will have the opportunity to play a variety of percussion instruments, drums, sing and more. This class is designed for individuals who have disabilities age 12 and older and no music experience is needed.

Location: Dick Eardley Senior Center

Date (Thursdays):	Time:	Cost:	Activity #:
November 5-December 17*	4:30-5:30 p.m.	\$28	100764-03
November 5-December 17*	5:45-6:45 p.m.	\$28	100764-04

*No class Nov. 26

WINTER BREAK CAMP

This fun day-camp is for participants age 13-20 with disabilities. Activities include games, art classes and more! The staff to participant ratio is 1:4. Participants will work on money management and will need to bring approximately \$10 for the week's activities. A detailed schedule with daily activity costs will be sent to participants. Camp meets at Whitney Community Center located at 1609 S Owyhee St. in Boise and participants can be dropped off starting at 8:30 a.m.

Location: Whitney Community Center

Date (Monday - Thursday):	Time:	Cost:	Activity #:
December 28-31	9 a.m.-3 p.m.	\$62.20	100811-01

FINANCIAL SCHOLARSHIPS AVAILABLE

Boise Parks and Recreation offers percentage based financial scholarship to qualified youth, seniors and adults with disabilities. To find out if you qualify for a scholarship, apply in advance at Fort Boise Community Center or download the form at cityofboise.org/Adaptive-Recreation. Scholarship applications may take up to two weeks to process so turn your form in before you wish to register for programs. Please call 208-608-7680 for more information.

NOVEMBER 2020

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SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC	3 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Tuesday Social Club 6-8:30 p.m. DESC	4 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Guys' Night 5-8:30 p.m. DESC Wednesday Social Club 6-8:30 p.m. MNCC	5 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive Music 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC Ladies' Night 5-8:30 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	6 Dinner & a Movie 5:30-9:30 p.m. DESC Friday Social Club 7-9:30 p.m. FBCC	7 Adaptive Art 10-11:15 a.m. FBCC
8	9 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC	10 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Tuesday Social Club 6-8:30 p.m. DESC	11 NO CLASSES / CLUBS VETERAN'S DAY	12 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive Music 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC Dine & Decorate 5-8:30 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	13 Dinner & a Movie 5:30-9:30 p.m. DESC Friday Social Club 7-9:30 p.m. FBCC	14 Adaptive Art 10-11:15 a.m. FBCC Game Night 5-8 p.m. FBCC
15	16 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC	17 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Tuesday Social Club 6-8:30 p.m. DESC	18 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	19 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive Music 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	20 Friday Social Club 7-9:30 p.m. FBCC	21 Adaptive Art 10-11:15 a.m. FBCC
22	23	24	25	26 THANKSGIVING	27	28
29	30 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC					

ABBREVIATION KEY & ADDRESSES

BSU – Boise State University Student Union Building, 1910 University Dr.
 DESC – Dick Eardley Senior Center, 690 Robbins Rd.
 FBCC – Fort Boise Community Center, 700 Robbins Rd.
 KAMP – Kristin Armstrong Municipal Park, 500 S. Walnut St.
 MNCC – Morley Nelson Community Center, 7701 W. Northview St.
 WCC – Whitney Community Center, 1609 S. Owyhee St.

ADAPTIVE RECREATION/ADVENTURE

Emily Kovarik & Sonya Buchholz
 208-608-7680
 TDD/TTY 800-377-3529

AdVentureProgram@cityofboise.org
Cityofboise.org/adaptive-recreation

To register for an activity, please call 208-608-7680 or come to Fort Boise Community Center, 700 Robbins Rd., Boise, Idaho 83702. Register online at cityofboise.org/adaptive-recreation



PARKS AND RECREATION

DECEMBER 2020

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SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<p>1 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC</p> <p>Tuesday Social Club 6-8:30 p.m. DESC</p>	<p>2 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC</p> <p>Wednesday Social Club 6-8:30 p.m. MNCC</p>	<p>3 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC</p> <p>Adaptive Music 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC</p> <p>Holiday Lights & Dinner 5-8:30 p.m. FBCC</p> <p>Thursday Social Club 6-8:30 p.m. WCC</p>	<p>4 AdVenture Holiday Party Advance registration required, NO DROP IN 6-9 p.m. DESC</p> <p>Friday Social Club 7-9:30 p.m. FBCC</p>	<p>5 Adaptive Art 10-11:15 a.m. FBCC</p> <p>Ceramica & Lunch 9:30 a.m.-1:30 p.m. DESC</p>
6	<p>7 Adaptive Art 4:15-5:30 p.m. FBCC</p> <p>Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC</p>	<p>8 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC</p> <p>Dine & Decorate 5-8:30 p.m. DESC</p> <p>Tuesday Social Club 6-8:30 p.m. DESC</p>	<p>9 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC</p> <p>Wednesday Social Club 6-8:30 p.m. MNCC</p>	<p>10 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC</p> <p>Adaptive Music 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC</p> <p>Thursday Social Club 6-8:30 p.m. WCC</p>	<p>11 Holiday Lights & Dinner 5-8:30 p.m. FBCC</p> <p>Friday Social Club 7-9:30 p.m. FBCC</p>	<p>12 Adaptive Art 10-11:15 a.m. FBCC</p>
13	<p>14 Adaptive Art 4:15-5:30 p.m. FBCC</p> <p>Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC</p>	<p>15 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC</p> <p>Tuesday Social Club 6-8:30 p.m. DESC</p> <p>Holiday Fun 6-8:30 p.m. DESC</p>	<p>16 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC</p> <p>Wednesday Social Club 6-8:30 p.m. MNCC</p>	<p>17 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC</p> <p>Adaptive Music 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC</p> <p>Holiday Lights & Dinner 5-8:30 p.m. FBCC</p> <p>Thursday Social Club 6-8:30 p.m. WCC</p>	<p>18 Dinner & a Movie 5:30-9:30 p.m. DESC</p> <p>Friday Social Club 7-9:30 p.m. FBCC</p>	<p>19 Adaptive Art 10-11:15 a.m. FBCC</p> <p>Holiday Crafts 10 a.m.-2 p.m. DESC</p>
20	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p>
27	<p>28 Winter Break Camp 9 a.m.-3 p.m. WCC</p>	<p>29 Winter Break Camp 9 a.m.-3 p.m. WCC</p>	<p>30 Winter Break Camp 9 a.m.-3 p.m. WCC</p>	<p>31 Winter Break Camp 9 a.m.-3 p.m. WCC</p>		

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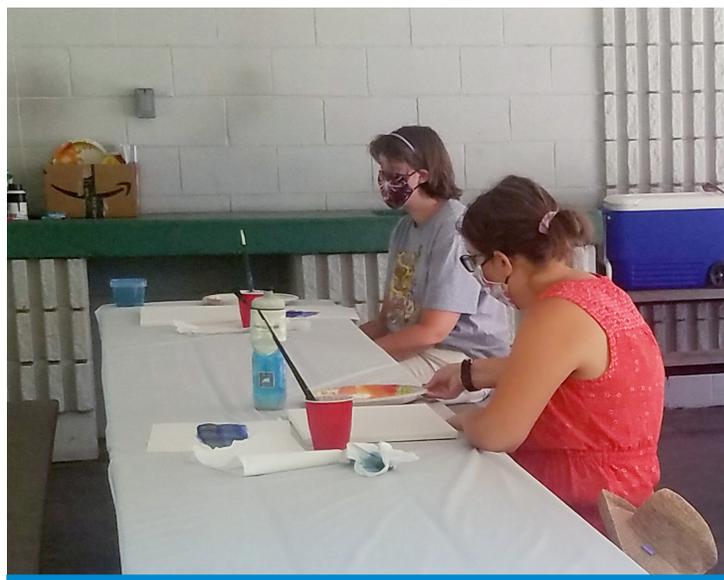
To register for an activity, please call 208-608-7680 or come to Fort Boise Community Center, 700 Robbins Rd., Boise, Idaho 83702. Register online at cityofboise.org/adaptive-recreation



PARKS AND RECREATION

SOCIAL CLUBS

These clubs are ideal social opportunities for adults with disabilities. Activities may include games, art, dinner and more! Members of the club will have the opportunity to work on money management and will need to bring \$2-\$7 for each day to cover activity costs. Prior to the start of the club, a detailed schedule and fee break down will be available. Register early, these clubs fill up fast!



DINE & DECORATE

Get creative with AdVenture! We will eat dinner at the Community Center and then create a seasonally themed arts and crafts project.

Location: Dick Eardley Senior Center

Time: 5-8:30 p.m.

Date:	Theme:	Cost:	Activity #:
Thursday, November 12	Harvest Décor	\$30	100545-03
Tuesday, December 8	Winter Painting	\$30	100545-04

TUESDAY SOCIAL CLUB (ages 18+)

Location: Dick Eardley Senior Center

Date (Tuesdays):	Time:	Cost:	Activity #:
October 27-December 15	6-8:30 p.m.	\$75.75	100330-02
No club Nov. 24			

WEDNESDAY SOCIAL CLUB (ages 18+) FULL

Location: Morley Nelson Community Center

THURSDAY SOCIAL CLUB (ages 18+)

Location: Whitney Community Center

Date (Thursdays):	Time:	Cost:	Activity #:
October 29-December 17	6-8:30 p.m.	\$75.75	100300-02
No club Nov. 26			

FRIDAY SOCIAL CLUB (ages 18-32)

Location: Fort Boise Community Center

Date (Fridays):	Time:	Cost:	Activity #:
October 30-December 18	7-9:30 p.m.	\$75.75	100310-02
No club Nov. 27			



DINNER AND A MOVIE

Enjoy dinner and a movie at these fun, social evenings! We will have takeout dinner and watch a movie at the Community Center. During dinner we will decide which movie (rated G to PG-13) to watch. This activity is for participants age 18 and older.

Location: Dick Eardley Senior Center

Date:	Time:	Cost:	Activity #:
Friday, November 6	5:30-9:30 p.m.	\$21.50	100203-05
Friday, November 13	5:30-9:30 p.m.	\$21.50	100203-06
Friday, December 18	5:30-9:30 p.m.	\$21.50	100203-07

WINTER & SPRING ACTIVITY REGISTRATION

Mark your calendars, registration for Boise Parks and Recreation's Winter and Spring programs (including AdVenture Programs) starts on Monday, December 7 for Boise City Residents and on Wednesday, December 9 for Non-Residents. View the activities online at cityofboise.org/Adaptive-Recreation the week prior to registration. Register in-person at Fort Boise Community Center, call 208-608-7680 or register online (please note scholarships cannot be applied to online registrations).



GUYS' NIGHT

Gentlemen, we have a fun night planned for you! We will play games and socialize over dinner. This is a great opportunity to hang out with the guys and make new friends!

Location: Dick Eardley Senior Center

Date:	Time:	Cost:	Activity #:
Wednesday, November 4	5-8:30 p.m.	\$25	100229-02

BOISE PARKS AND RECREATION AdVenture SEEKER PROGRAMS



At this time our AdVenture Seeker programs are on hold, we hope to return to programs like Wheelchair Basketball and Wheelchair Rugby in the winter. Individuals with physical disabilities are welcome to sign up for any programs mentioned in this Newsletter and the Boise Parks and Recreation Activity Guide. However, the following 'AdVenture Seeker' programs are designed specifically for people with physical disabilities and their friends/family.

Due to COVID-19 precautions the following activities are canceled this fall:

- Goalball
- Wheelchair Basketball
- Wheelchair Rugby
- Wheelchair Rugby Food Drive – you can donate directly to the Boise Rescue Mission or to the Idaho Food Bank instead this year.
- Wheelchair Rugby Toy Drive – you can donate directly to Toys for Tots instead this year.

OH NO, THE ACTIVITY IS FULL!

The AdVenture Program offers a large variety of programs throughout the fall and registration for these activities opened in August. Due to this, the following Fall Activities are full. However, if you are interested in these programs please call 208-608-7680 to be added to the waiting list (at no charge). If a spot opens, we will call you and you can decide if you want to enroll. We do our best to accommodate those who are on the waiting list by opening the trip to more people and sometimes adding a new date. View the activity descriptions and dates for these programs in the Boise Parks and Recreation Activity Guide available at cityofboise.org/Adaptive-Recreation or pick up a copy at Fort Boise Community Center.

AdVenture Programs in November and December that are full:

- AdVenture Holiday Party
- Ceramica & Lunch
- Game Night & Dinner
- Holiday Crafts
- Holiday Fun
- Holiday Lights & Dinner
- Ladies' Night
- Wednesday Social Club



CITY of BOISE
PARKS AND RECREATION
DEPARTMENT
P.O. Box 500 | Boise, Idaho 83701-0500

ADDRESS SERVICE REQUESTED

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MISSION STATEMENT

Boise Parks and Recreation's AdVenture program is committed to providing quality sports, recreation and outdoor adventures for people of all abilities. By taking place in the most integrated setting, the AdVenture program shall promote self-confidence, wellness and physical fitness leading to a more independent lifestyle.

**DON'T WAIT,
REGISTER NOW!
CALL: 208-608-7680**

In order to provide the best possible service to our participants, we require advance registration for all of our programs. To sign up for any of the programs you see in this newsletter please come in or call Fort Boise Community Center at 208-608-7680. You can also sign up anytime online at cityofboise.org/adaptive-recreation. Sometimes courses fill up or are canceled because people wait too long to register. Please register early to avoid disappointment!

WE OFFER ACCOMMODATIONS FOR YOU!

New classes have begun! If you did not get the opportunity to sign up for AdVenture programs that are adapted for individuals with disabilities, we encourage you to sign up for other classes and programs offered through Boise Parks and Recreation. We can provide modifications (such as sign language interpreters, enhanced staff, etc.) so that you can fully participate. Upon registration please notify Emily at 208-608-7680 if special accommodations may be needed (at least two weeks advance notice is required).

FINANCIAL SCHOLARSHIPS AVAILABLE

We offer financial scholarships to youth, seniors and adults with disabilities to help pay for Boise Parks and Recreation classes. If you would like a scholarship, please contact Fort Boise Community Center at 208-608-7680 or e-mail activities@cityofboise.org.

TRANSPORTATION

Participants are responsible for providing their own transportation to and from their home to the community center or park where the program is based out of. AdVenture staff are not responsible for individuals dropped off before the noted meeting time. Valley Regional Transit has a variety of transportation resources including Access Bus, SCRIP Taxi vouchers and bus service. Call 208-345-7433 or visit valleyregionaltransit.org to learn more.

