

BOISE PARKS AND RECREATION AdVenture

2021
NEWSLETTER
March & April



Facebook.com/BPRAdVentureProgram

cityofboise.org/adaptive-recreation



AdVenture is happy to announce our spring classes! Registration for these programs will start at 8 a.m. on Monday, February 22 for Boise Residents and Non-Residents. If you use a scholarship but have not applied for a 2021 scholarship, please call Fort Boise Community Center at 208-608-7680 to set this up before you register for activities.

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. 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 throughout the spring 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).

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 need to wear a mask to comply with the public health emergency order. Please bring a face mask that completely covers your nose and mouth, 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!



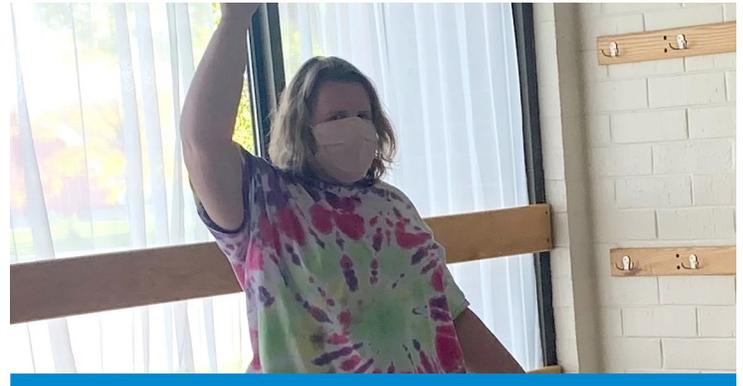
ADAPTIVE ART CLASS

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, March 8-May 10*	4:15-5:30 p.m.	\$60	300539-01
Saturdays, March 13-May 15*	10-11:15 a.m.	\$60	300539-02

*No class March 22, 27



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 #:
March 10-May 12*	3-4 p.m.	\$41.50	300538-01
March 10-May 12*	4:15-5:15 p.m.	\$41.50	300538-02

*No class March 24



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 #:
March 8-May 10*	5:30-6:30 p.m.	\$46	300753-02

*No class March 22

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 #:
March 9-May 13*	3-4 p.m.	\$63.50	300728-01
March 9-May 13*	4-5 p.m.	\$63.50	300728-02

*No class March 23, 25



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!

WEDNESDAY SOCIAL CLUB (ages 18+)

Location: Morley Nelson Community Center

Date (Wednesdays):	Time:	Cost:	Activity #:
March 10-April 28*	6-8:30 p.m.	\$75.75	300320-01

THURSDAY SOCIAL CLUB (ages 18+)

Location: Whitney Community Center

Date (Thursdays):	Time:	Cost:	Activity #:
March 11-April 29*	6-8:30 p.m.	\$75.75	300300-01

FRIDAY SOCIAL CLUB (ages 18-32)

Location: Dick Eardley Senior Center

Date (Fridays):	Time:	Cost:	Activity #:
March 12-April 30*	6:30-9 p.m.	\$75.75	300310-01

*No Social Clubs March 24-26

CERAMICA & LUNCH

Get creative painting a piece of pottery from Ceramica and then eat takeout lunch at the Community Center. This activity is for participants age 16 and older.

Location: Dick Eardley Senior Center

Date (Saturdays):	Time:	Cost:	Activity #:
February 27	10:30 a.m.-12:30 p.m.	\$30	200744-02
April 3	10:30 a.m.-12:30 p.m.	\$30	300744-01



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 previous music experience is not needed.

Location: Dick Eardley Senior Center

Date (Thursdays):	Time:	Cost:	Activity #:
March 11-May 13*	4:30-5:30 p.m.	\$41.50	300764-01
March 11-May 13*	5:45-6:45 p.m.	\$41.50	300764-02

*No class March 25

DINE & DECORATE

Get creative with AdVenture! We will eat dinner at the Senior Center and then create a seasonally themed arts and crafts project. This activity is for participants age 16 and older.

Location: Dick Eardley Senior Center

Time: 5:30-8 p.m.

Date:	Theme:	Cost:	Activity #:
Tuesday, March 9	St. Patrick's Day	\$30	300545-01
Thursday, April 29	May Day Paper Flowers	\$30	300545-02

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 Senior 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 (Fridays):	Time:	Cost:	Activity #:
February 26	5:30-8:30 p.m.	\$21.50	200203-08
March 5	5:30-8:30 p.m.	\$21.50	300203-01
March 12	5:30-8:30 p.m.	\$21.50	300203-02
March 19	5:30-8:30 p.m.	\$21.50	300203-03
March 26	5:30-8:30 p.m.	\$21.50	300203-04
April 2	5:30-8:30 p.m.	\$21.50	300203-05
April 9	5:30-8:30 p.m.	\$21.50	300203-06
April 23	5:30-8:30 p.m.	\$21.50	300203-07
April 30	5:30-8:30 p.m.	\$21.50	300203-08
May 7	5:30-8:30 p.m.	\$21.50	300203-09



ADAPTIVE CYCLING WITH ADVENTURE

Join us for group bike rides along the Greenbelt. Bring your own bike or use one of our adaptive handcycles, adult trikes, recumbent trikes, or tandem trikes (bike reservations are on a first-come first-served basis, call Sonya at 208-608-7681 to reserve your cycle at the time of registration). These bike rides are designed as supervised group rides and are not bike riding lessons however, proper trail manners and safety will be addressed. Participants must be able to follow directions and stay with the group or attend with someone who can assist. Due to COVID-19 safety and physical distancing, at this time tandem bike riders must come with someone to ride with them and those needing physical assistance getting on and off of a cycle need to come with someone to assist, call 208-608-7681 for more information. All riders must wear a mask during the entire activity. These rides are for participants age 16 and older unless accompanied by an adult.

ADAPTIVE BIKE RIDE

Join us for an hour-long group bike ride along the Greenbelt.

Location: Kristin Armstrong Municipal Park

Date (Wednesdays):	Time:	Cost:	Activity #:
April 7	5:30-7 p.m.	\$6.50	300737-01
April 14	5:30-7 p.m.	\$6.50	300737-02
April 21	5:30-7 p.m.	\$6.50	300737-03
April 28	5:30-7 p.m.	\$6.50	300737-04
May 5	5:30-7 p.m.	\$6.50	300737-05

ADAPTIVE BIKE RIDE AND PICNIC

Join us for an hour-long group bike ride along the Greenbelt followed by a prepackaged picnic lunch.

Location: Kristin Armstrong Municipal Park

Date (Saturdays):	Time:	Cost:	Activity #:
April 17	10 a.m.-12:30 p.m.	\$14.50	300738-01
April 24	10 a.m.-12:30 p.m.	\$14.50	300738-02
May 8	10 a.m.-12:30 p.m.	\$14.50	300738-03

FEBRUARY 2021

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SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Virtual Adaptive Yoga 5:30-6:30 p.m. DESC	2 Virtual Adaptive Fitness 4-5 p.m. FBCC	3 Virtual Dance Ability 4:15-5:15 p.m. FBCC	4 Virtual Adaptive Fitness 4-5 p.m. FBCC	5	6
7	8 Virtual Adaptive Yoga 5:30-6:30 p.m. DESC	9 Virtual Adaptive Fitness 4-5 p.m. FBCC	10 Virtual Dance Ability 4:15-5:15 p.m. FBCC	11 Virtual Adaptive Fitness 4-5 p.m. FBCC	12	13
14	15 NO CLASSES PRESIDENTS DAY	16 Virtual Adaptive Fitness 4-5 p.m. FBCC	17 Virtual Dance Ability 4:15-5:15 p.m. FBCC	18 Virtual Adaptive Fitness 4-5 p.m. FBCC	19	20
21	22 Virtual Adaptive Yoga 5:30-6:30 p.m. DESC Winter & Spring Registration Starts – 8 a.m.	23 Virtual Adaptive Fitness 4-5 p.m. FBCC	24 Virtual Dance Ability 4:15-5:15 p.m. FBCC	25 Virtual Adaptive Fitness 4-5 p.m. FBCC	26 Dinner & a Movie 5:30-8:30 p.m. DESC	27 Ceramica & Lunch 10:30 a.m.-12:30 p.m. DESC
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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

MARCH 2021

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SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Virtual Adaptive Yoga 5:30-6:30 p.m. DESC	2 Virtual Adaptive Fitness 4-5 p.m. FBCC	3 Virtual Dance Ability 4-5 p.m. FBCC	4 Virtual Adaptive Fitness 4-5 p.m. FBCC	5 Dinner & a Movie 5:30-8:30 p.m. DESC	6
7	8 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC	9 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Dine & Decorate 5:30-8 p.m. DESC	10 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	11 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	12 Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	13 Adaptive Art 10-11:15 a.m. FBCC Game Night & Dinner 5:30-8 p.m. DESC
14	15 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC	16 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Guys' Night 5:30-8 p.m. DESC	17 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	18 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 5:30-8 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	19 Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	20 Adaptive Art 10-11:15 a.m. FBCC
21	22	23	24	25	26 Dinner & a Movie 5:30-8:30 p.m. DESC	27
28	29 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC	30 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC	31 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC			

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PARKS AND RECREATION

SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 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	2 Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	3 Adaptive Art 10-11:15 a.m. FBCC Ceramica & Lunch 10:30 a.m.-12:30 p.m. DESC
4	5 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC	6 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC	7 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Adaptive Bike Ride 5:30-7 p.m. KAMP Wednesday Social Club 6-8:30 p.m. MNCC	8 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	9 Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	10 Adaptive Art 10-11:15 a.m. FBCC Game Night & Dinner 5:30-8 p.m. DESC
11	12 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC	13 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC	14 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Adaptive Bike Ride 5:30-7 p.m. KAMP Wednesday Social Club 6-8:30 p.m. MNCC	15 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	16 Zoo & Dinner 3-6 p.m. ZOO BOISE Friday Social Club 6:30-9 p.m. DESC	17 Adaptive Art 10-11:15 a.m. FBCC Bike Ride & Picnic 10 a.m.-12:30 p.m. KAMP
18	19 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC Summer Registration Starts – Residents	20 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC	21 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Adaptive Bike Ride 5:30-7 p.m. KAMP Wednesday Social Club 6-8:30 p.m. MNCC Summer Registration Starts – Non-Residents	22 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	23 Old Pen Tour & Lunch 12-2:30 p.m. Eagle Rock Park Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	24 Adaptive Art 10-11:15 a.m. FBCC Bike Ride & Picnic 10 a.m.-12:30 p.m. KAMP
25	26 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC	27 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC	28 Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Adaptive Bike Ride 5:30-7 p.m. KAMP Wednesday Social Club 6-8:30 p.m. MNCC	29 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 5:30-8 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	30 Idaho History & Lunch 10 a.m.-1 p.m. Julia Davis Park Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	31

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PARKS AND RECREATION



LADIES' NIGHT

Ladies, we have some fun evenings planned just for the gals! Each night has a different theme however, we will stay at the Community Center, eat a pizza dinner and hangout with new friends. This activity is for participants age 18 and older!

Location: Dick Eardley Senior Center

Date (Thursdays):	Theme:	Time:	Cost:	Activity #:
March 18	Music Night	5:30-8 p.m.	\$23	300228-01
May 6	Game Night	5:30-8 p.m.	\$16	300228-02



GUYS' NIGHT

Gentlemen, we have some fun evenings planned just for the guys! Each night has a different theme however, we will stay at the Community Center, eat a pizza dinner and hangout with new friends. This activity is for participants age 18 and older!

Location: Dick Eardley Senior Center

Date (Tuesdays):	Theme:	Time:	Cost:	Activity #:
March 16	Music Night	5:30-8 p.m.	\$23	300229-01
May 4	Game Night	5:30-8 p.m.	\$16	300229-02

GAME NIGHT & DINNER

It's game night at with AdVenture! We will play board games, BINGO, shuffleboard and much more. We will also eat pizza and dessert! Please be sure to register in advance; this is not a drop-in program. This activity is for participants age 16 and older.

Location: Dick Eardley Senior Center

Date (Saturdays):	Time:	Cost:	Activity #:
March 13	5:30-8 p.m.	\$16	300510-01
April 10	5:30-8 p.m.	\$16	300510-02

IDAHO HISTORY MUSEUM & LUNCH

Explore the history of our great state at the Idaho History Museum and then eat lunch together in the park. This activity is for participants age 16 and older. If you will be attending with an aide, please contact Sonya at 208-608-7680 prior to registering as COVID-19 is limiting our group size.

Location: Julia Davis Park

Date:	Time:	Cost:	Activity #:
Friday, April 30	10 a.m.-1 p.m.	\$32	300742-01

OLD PENITENTIARY TOUR & LUNCH

Join us for takeout lunch in the park and then go on a tour of the historic and fascinating Old Idaho Penitentiary. This activity is for participants age 18 and older. If you will be attending with an aide, please contact Sonya at 208-608-7680 prior to registering as COVID-19 is limiting our group size.

Location: Eagle Rock Park

Date:	Time:	Cost:	Activity #:
Friday, April 23	12-2:30 p.m.	\$25	300575-01

POTTERY, LUNCH AND ZOO TRIP

Create a unique pottery piece, eat lunch and then take a trip through the Zoo. This activity will be held outdoors and participants must be able to stay with the group. This activity is for participants age 16 and older. If you will be attending with an aide, please contact Sonya at 208-608-7680 prior to registering as COVID-19 is limiting our group size.

Location: Julia Davis Park

Date:	Time:	Cost:	Activity #:
Friday, May 7	10 a.m.-2 p.m.	\$30	300561-01

ZOO & DINNER

Check out the cool animals at Zoo Boise! After our trip to the Zoo, we will socialize over dinner in the park. This activity will be held outdoors, and participants must be able to stay with the group. This activity is for participants age 16 and older. If you will be attending with an aide, please contact Sonya at 208-608-7680 prior to registering as COVID-19 is limiting our group size.

Location: Zoo Boise

Date:	Time:	Cost:	Activity #:
Friday, April 16	3-6 p.m.	\$25.50	300757-01



At this time our AdVenture Seeker sports programs are on hold, we hope to return to programs like Wheelchair Basketball and Wheelchair Rugby in the summer. Individuals with physical disabilities are welcome to sign up for any programs mentioned in this Newsletter and the Boise Parks and Recreation Activity Guide. Please follow us on Facebook, www.facebook.com/BPRAdVentureProgram or e-mail sbuchholz@cityofboise.org to receive updates on these programs.



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

ADDRESS SERVICE REQUESTED

PRSR STD
US POSTAGE
PAID
Boise ID
Permit No 533

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.

