



COACH TOMMY

## WHEELCHAIR BASKETBALL WELCOMES COACH TOMMY!

This fall a new class, *Skills and Drills* was added to the AdVenture Seeker's wheelchair basketball program. *Skills and Drills* provides a coach who focuses on helping players learn and improve a variety of basketball skills including dribbling, passing, shooting, rules, chair movement and the list goes on. We feel very lucky to have Tommy Schroeder as the coach. Tommy has been playing wheelchair basketball for over 30 years across the country as well as in Spain and the Canary Islands. He has been coaching for nine years including coaching for Arizona State University and for junior teams in Phoenix, AZ as well as the Canary Islands. Tommy said a highlight of his basketball career was trying out for Team USA. During *Skills and Drills*, Tommy works with each player to develop their skills whether they are a first-time player or advanced. He said he likes the program because he enjoys getting to know the players and their wonderful attitudes towards the sport. Aside from wheelchair basketball, you may find Tommy playing wheelchair tennis, wheelchair rugby or cycling. If you are interested in furthering your wheelchair basketball skills, see page 7 to learn more about the November and December class!

## YOGA TEACHER HIGHLIGHT



If you are looking for a class to boost your physical and mental wellbeing, you may want to consider a yoga class. Every Monday, the AdVenture program offers an adaptive yoga class. The class would not be possible without AdVenture's amazing instructor, Tracy Hellwege. Tracy's friendly and welcoming disposition provides a fun and relaxing class. A physical education teacher at West Middle School in Nampa, Tracy travels to Boise every Monday after work to teach and connect with the yoga class. She has been teaching adaptive yoga for five years, although she has been involved with yoga for years. She said she enjoys teaching because yoga brings self-confidence, joy and healing to students of all levels. Tracy went on to say, "Yoga is for everyone; it may look different for different people, but everyone can do yoga in their own beautiful way." When not teaching, Tracy and her husband enjoy spending time with their three children.



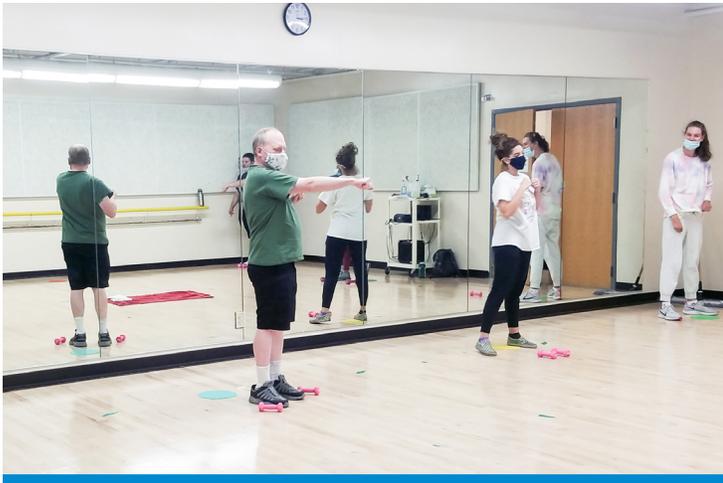
## ADAPTIVE YOGA CLASS

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:** Dick Eardley Senior Center

Date (Mondays):	Time:	Cost:	Activity #:
November 1-December 13*	5:30-6:30 p.m.	\$37	100753-02

\*No class November 22



## ADAPTIVE FITNESS

This is a great opportunity to get fit in a supportive and fun environment. We will work on stretching, band workouts and aerobic activity. Classes are structured for different levels of ability. The 4 p.m. class will focus on more advanced techniques and students must be capable of following two-step directions. This activity is for participants age 15 and older.

**Location:** Fort Boise Community Center

Date (Tuesdays & Thursdays):	Time:	Cost:	Activity #:
November 2-December 16*	3-4 p.m.	\$40.50	100728-03
November 2-December 16*	4-5 p.m.	\$40.50	100728-04

\*No class November 11, 23 and 25



## 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 3-December 15*	3-4 p.m.	\$28.60	100538-03
November 3-December 15*	4:15-5:15 p.m.	\$28.60	100538-04

\*No class November 24

## 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 #:
November 5	5:30-8:30 p.m.	\$23.50	100203-06
November 12	5:30-8:30 p.m.	\$23.50	100203-07
November 19	5:30-8:30 p.m.	\$23.50	100203-08
December 10	5:30-8:30 p.m.	\$23.50	100203-09
December 17	5:30-8:30 p.m.	\$23.50	100203-10



## ADVANCED REGISTRATION IS REQUIRED FOR ALL ACTIVITIES

To learn more or to enroll, please call 208-608-7680 or visit [cityofboise.org/parks](http://cityofboise.org/parks) (please note, scholarships cannot be applied to online registrations). We hope to see you soon!

## LADIES' NIGHT

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

**Location:** Dick Eardley Senior Center

Date (Tuesday):	Time:	Cost:	Activity #:
November 16	5:30-8 p.m.	\$20	100228-01

## VOLUNTEER SPOTLIGHT – September & October 2021



### THANK YOU FOR VOLUNTEERING WITH ADVENTURE!

Baylee Sanderson  
Christina Kinchen  
Jeff Jack

Jeff Sparks  
Josh Reynolds  
Kyme Graziano

Leanne Thurston  
Nick Clark  
Sonia Galaviz

Steve Doud  
Tayla Taylor

# NOVEMBER 2021

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

## ABBREVIATION KEY & ADDRESSES

BSU – Boise State University Student Union Building, 1910 University Dr.  
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 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](mailto:AdVentureProgram@cityofboise.org)  
[Cityofboise.org/adaptive-recreation](http://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](http://cityofboise.org/adaptive-recreation)



**PARKS AND RECREATION**

# DECEMBER 2021

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SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p><b>Wheelchair Rugby</b> 12-2:30 p.m. FBCC</p> <p><b>Dance Ability</b> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC</p> <p><b>Holiday Lights &amp; Dinner</b> 5:30-8:30 p.m. DESC</p> <p><b>Wednesday Social Club</b> 6-8:30 p.m. MNCC</p>	<p>2</p> <p><b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC</p> <p><b>Adaptive Music</b> 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC</p> <p><b>Thursday Social Club</b> 6-8:30 p.m. WCC</p>	<p>3</p> <p><b>AdVenture Holiday Party</b> Advance registration required, <b>NO DROP IN</b> 6-9 p.m. DESC</p> <p><b>Friday Social Club</b> 6:30-9 p.m. DESC</p>	<p>4</p> <p><b>Adaptive Art</b> 10-11:15 a.m. FBCC</p> <p><b>Ceramics &amp; Lunch</b> 10 a.m.-12:30 p.m. DESC</p> <p><b>Wheelchair Rugby</b> 1:15-3:45 p.m. FBCC</p> <p><b>Wheelchair Basketball Skills &amp; Drills</b> 4:15-5:15 p.m. FBCC</p> <p><b>Wheelchair Basketball</b> 5:30-7:30 p.m. FBCC</p>
5	<p>6</p> <p>WINTER &amp; SPRING REGISTRATION OPENS FOR BOISE CITY RESIDENTS</p> <p><b>Adaptive Art</b> 4:15-5:30 p.m. FBCC</p> <p><b>Adaptive Yoga</b> 5:30-6:30 p.m. DESC</p>	<p>7</p> <p><b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC</p> <p><b>Holiday Fun</b> 6-8:30 p.m. DESC</p>	<p>8</p> <p>WINTER &amp; SPRING REGISTRATION OPENS FOR EVERYONE</p> <p><b>Wheelchair Rugby</b> 12-2:30 p.m. FBCC</p> <p><b>Dance Ability</b> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC</p> <p><b>Wednesday Social Club</b> 6-8:30 p.m. MNCC</p>	<p>9</p> <p><b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC</p> <p><b>Adaptive Music</b> 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC</p> <p><b>Holiday Lights &amp; Dinner</b> 5:30-8:30 p.m. DESC</p> <p><b>Thursday Social Club</b> 6-8:30 p.m. WCC</p>	<p>10</p> <p><b>Dinner &amp; a Movie</b> 5:30-8:30 p.m. DESC</p> <p><b>Friday Social Club</b> 6:30-9 p.m. DESC</p>	<p>11</p> <p><b>Adaptive Art</b> 10-11:15 a.m. FBCC</p> <p><b>Holiday Crafts</b> 11:30 a.m.-2:30 p.m. DESC</p> <p><b>Wheelchair Rugby</b> 1:15-3:45 p.m. FBCC</p> <p><b>Wheelchair Basketball Skills &amp; Drills</b> 4:15-5:15 p.m. FBCC</p> <p><b>Wheelchair Basketball</b> 5:30-7:30 p.m. FBCC</p>
12	<p>13</p> <p><b>Adaptive Art</b> 4:15-5:30 p.m. FBCC</p> <p><b>Adaptive Yoga</b> 5:30-6:30 p.m. DESC</p>	<p>14</p> <p><b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC</p> <p><b>Dine &amp; Decorate</b> 5:30-8 p.m. DESC</p>	<p>15</p> <p><b>Wheelchair Rugby</b> 12-2:30 p.m. FBCC</p> <p><b>Dance Ability</b> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC</p> <p><b>Holiday Lights &amp; Dinner</b> 5:30-8:30 p.m. DESC</p> <p><b>Wednesday Social Club</b> 6-8:30 p.m. MNCC</p>	<p>16</p> <p><b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC</p> <p><b>Adaptive Music</b> 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC</p> <p><b>Thursday Social Club</b> 6-8:30 p.m. WCC</p>	<p>17</p> <p><b>Dinner &amp; a Movie</b> 5:30-8:30 p.m. DESC</p> <p><b>Friday Social Club</b> 6:30-9 p.m. DESC</p>	<p>18</p> <p><b>Adaptive Art</b> 10-11:15 a.m. FBCC</p> <p><b>Wheelchair Rugby</b> 1:15-3:45 p.m. FBCC</p> <p><b>Wheelchair Basketball Skills &amp; Drills</b> 4:15-5:15 p.m. FBCC</p> <p><b>Wheelchair Basketball</b> 5:30-7:30 p.m. FBCC</p>
19	20	21	22	23	24	25
26	27	28	29	30	31	

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**PARKS AND RECREATION**

## OH NO, THE ACTIVITY IS FULL!

The AdVenture Program offers a large variety of programs during 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. View the activity descriptions and dates for these programs in the Boise Parks and Recreation Activity Guide available at [cityofboise.org/Adaptive-Recreation](http://cityofboise.org/Adaptive-Recreation) or pick up a copy at Fort Boise Community Center.

### AdVenture Programs in November and December that are full:

- Adaptive Art Classes  
(Monday and Saturday)
- Adaptive Music Classes
- Ceramics & Lunch
- Dine & Decorate  
(November and December)
- Game Night & Dinner
- Guys' Night
- Holiday Crafts
- Holiday Fun
- Holiday Lights & Dinner
- Holiday Party
- Social Clubs (Wednesday, Thursday and Friday)



## CUSTOMIZED ACTIVITIES FOR GROUPS

AdVenture offers a variety of adaptive recreation opportunities for groups. We use the expertise and resources of the AdVenture program to customize recreation programs that meet your group's specific needs and goals. For more information, please contact Emily at 208-608-7680.

### Activities Can Include:

- Pottery and Art Classes on Fridays  
(Access to the Arts)
- Dance Classes
- Adaptive Yoga
- Drumming and Poi Spinning
- Outdoor Adventures (Hiking, Snowshoeing, Cycling, etc.)
- Disc Golf

## PROGRAMMING NOTE



As COVID-19 restrictions change, new classes may be offered. Visit [cityofboise.org/parks](http://cityofboise.org/parks) for most up to date class offerings.

Listed activities could be altered or cancelled due to COVID-19 restrictions and safety precautions. Masks are required for ages 2 and up. Please visit [cityofboise.org/parks](http://cityofboise.org/parks) or call 208-608-7680 for more information.

## SAVE THE DATE WINTER & SPRING REGISTRATION

- Monday, December 6 for City of Boise Residents
- Wednesday, December 8 for Non-Residents

The Winter and Spring Activity Guide will be posted online at [cityofboise.org/Adaptive-Recreation](http://cityofboise.org/Adaptive-Recreation) approximately one week before registration opens.

# BOISE PARKS AND RECREATION AdVenture SEEKER PROGRAMS

Individuals with physical disabilities are welcome to sign up for any programs mentioned in this Newsletter. However, the following 'AdVenture Seeker' programs are designed specifically for people with physical disabilities and their friends and family.



## WHEELCHAIR RUGBY

This Paralympic Sport is a fast-paced and high contact team sport that is a lot of fun! Typically played by people with physical disabilities, the wheelchair rugby team loves when people without disabilities join as well! During practice you will learn the rules, develop your skills and scrimmage during this competitive practice time. Rugby wheelchairs are provided for your use. This program is for individuals age 18 and older however teens may enroll if accompanied by an adult.

**Location:** Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Wednesdays, November 3-December 15*	12-2:30 p.m.	\$23.15	100706-03
Saturdays, November 6-December 18*	1:15-3:45 p.m.	\$23.15	100706-04

\*No Rugby November 24 and 27



## WHEELCHAIR BASKETBALL – SKILLS AND DRILLS

Learn how to play wheelchair basketball. Beginners and experts ages eight and older are welcome at this wheelchair basketball skills development class. You do not have to have a disability to play, basketball wheelchairs are provided. Please register for the session, drop-in is not available.

**Location:** Fort Boise Community Center

Date (Saturdays):	Time:	Cost:	Activity #:
November 6-December 18*	4:15-5:15 p.m.	\$19.75	100780-02

\*No class November 27



## WHEELCHAIR BASKETBALL

Come play pick-up wheelchair basketball. The first hour is designed for beginning and intermediate scrimmaging and the second hour will be more competitive. You do not have to have a disability to play, wheelchairs are provided. Youth under 18 are welcome but must be accompanied by an adult. Please register for this session, drop-in is not available this fall.

**Location:** Fort Boise Community Center

Date (Saturdays):	Time:	Cost:	Activity #:
November 6-December 18	5:30-7:30 p.m.	\$19.75	100708-02

\*No Basketball on November 27



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

ADDRESS SERVICE REQUESTED

PRSRT 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.

## SAVE THE DATE WINTER & SPRING REGISTRATION

- Monday, December 6 for City of Boise Residents
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The Winter and Spring Activity Guide will be posted online at [cityofboise.org/Adaptive-Recreation](http://cityofboise.org/Adaptive-Recreation) approximately one week before registration opens.

### 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](mailto: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](http://valleyregionaltransit.org) to learn more.

