Happy New Year from AdVenture! Boise Parks and Recreation’s winter and spring registration opened on December 6 and we were thrilled to see such a large interest in AdVenture programs. There is still room in many programs, but if an activity you are interested in is full, please ask to be added to the waiting list as sometimes spots open (this also helps us gauge interest in programs so we can plan for future seasons). View Boise Parks and Recreation’s Winter and Spring Activity Guide at cityofboise.org/Adaptive-Recreation to see all the programs that are offered. Adaptive Recreation programs start on page 44 (this newsletter will highlight programs that are offered in January and February).

Advanced registration is required for all activities, please call 208-608-7680 or visit cityofboise.org to enroll (scholarships cannot be applied to online registrations). We hope to see you this winter and spring!
CERAMICA AND LUNCH
Get creative painting a piece of pottery from Ceramica and then eat takeout lunch. We will stay at the Senior Center for this activity. This activity is for participants age 16 and older.

Location: Dick Eardley Senior Center

Date (Saturdays): Time: Cost: Activity #:
January 22 10 a.m.-12:30 p.m. $31 200744-01
February 26 200744-02

DINE AND DECORATE
Get creative with AdVenture! We will eat dinner at the Community 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

Date (Tuesdays): Time: Cost: Activity #:
January 11 (Snow) 5:30-8 p.m. $31 200545-01
February 8 (Valentine’s Day) 200545-02

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 Community Center. During dinner, we will decide as a group which move (rated G to PG-13) to watch. This activity is for participants age 18 and older. Please see the Activity Guide for additional spring dates.

Location: Dick Eardley Senior Center

Date (Fridays): Time: Cost: Activity #:
January 14 5:30-8:30 p.m. $23.50 200203-01
January 21 200203-02
January 28 200203-03
February 11 200203-04
February 18 200203-05
February 25 200203-06
March 4 300203-01

GAME NIGHT AND DINNER
We will play a variety of board games, BINGO, beanbag toss, curling and much more. We will also eat pizza and make ice cream sundaes! This activity is for participants age 16 and up.

Location: Dick Eardley Senior Center

Date (Saturdays): Time: Cost: Activity #:
February 12 5-7:30 p.m. $20 200510-01
March 12 200510-02

GUYS’ NIGHT
Gentlemen, we have a fun evening planned just for the guys! We will play games, listen to music, and socialize over a pizza dinner. This activity is for participants age 18 and up.

Location: Dick Eardley Senior Center

Date: Time: Cost: Activity #:
Tuesday, March 1 5:30-8 p.m. $20 300229-01

LADIES’ NIGHT
Ladies, we have some fun evenings planned just for the gals! We will play games, listen to music, and socialize over a pizza dinner. This activity is for participants age 18 and up.

Location: Dick Eardley Senior Center

Date: Time: Cost: Activity #:
Tuesday, March 8 5:30-8 p.m. $20 300228-01

MUSIC NIGHT AND DINNER
We have a super fun music night planned! We will make our own instruments, play drums and other percussion instruments, sing along to music videos and socialize over takeout dinner. This activity is for participants age 18 and older.

Location: Dick Eardley Senior Center

Date: Time: Cost: Activity #:
Tuesday, January 25 5:30-8 p.m.  $31 200546-01

SCIENCE NIGHT AND DINNER
We have a super fun STEM night planned! We will create some cool science projects and socialize over takeout dinner. This activity is for participants age 16 and older.

Location: Dick Eardley Senior Center

Date: Time: Cost: Activity #:
Friday, February 4 5:30-8 p.m. $31 200206-01
DONATIONS WELCOME!

Scholarship monies are raised from fundraising events and individual donors. If you would like to donate to this wonderful program, we could use your assistance. All donations to this program are tax deductible. Please send your donations to the AdVenture Heritage Fund, Boise Parks and Recreation, 700 Robbins Road, Boise, Idaho 83702, or donate with a credit card by calling 208-608-7680. Your support in providing recreation opportunities for others is greatly appreciated!

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 208-608-7687.

ACTIVITIES CAN INCLUDE:

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

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

<table>
<thead>
<tr>
<th>Date (Wednesdays):</th>
<th>Time:</th>
<th>Cost:</th>
<th>Activity #:</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 19-March 9</td>
<td>3-4 p.m.</td>
<td>$37.80</td>
<td>200538-01</td>
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<tr>
<td>January 19-March 9</td>
<td>4:15-5:15 p.m.</td>
<td>$49</td>
<td>300538-01</td>
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<tr>
<td>March 30-May 18</td>
<td>3-4 p.m.</td>
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<td>200538-02</td>
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<tr>
<td>March 30-May 18</td>
<td>4:15-5:15 p.m.</td>
<td></td>
<td>300538-02</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Date:</th>
<th>Time:</th>
<th>Cost:</th>
<th>Activity #:</th>
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</thead>
<tbody>
<tr>
<td>Mondays, January 24-March 14*</td>
<td>4:15-5:30 p.m.</td>
<td>$48.47</td>
<td>200539-01</td>
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<td>Saturdays, January 22-March 12*</td>
<td>10-11:15 a.m.</td>
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<td>200539-02</td>
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<tr>
<td>Mondays, March 28-May 16</td>
<td>4:15-5:30 p.m.</td>
<td>$55.25</td>
<td>300539-01</td>
</tr>
<tr>
<td>Saturdays, April 2-May 21</td>
<td>10-11:15 a.m.</td>
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<td>300539-02</td>
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</tbody>
</table>

*No class February 19 and 21

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 program is for participants age 15 and older.

Location: Dick Eardley Senior Center

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<tr>
<th>Date (Mondays):</th>
<th>Time:</th>
<th>Cost:</th>
<th>Activity #:</th>
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<tbody>
<tr>
<td>January 24-March 14*</td>
<td>5:30-6:30 p.m.</td>
<td>$43</td>
<td>200753-01</td>
</tr>
<tr>
<td>March 28-May 16</td>
<td>5:30-6:30 p.m.</td>
<td>$49</td>
<td>300753-01</td>
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</tbody>
</table>

*No class February 21

ADAPTIVE FITNESS

Join our fitness class and work on stretching, band workouts and aerobic activity. Class is structured for different levels of ability. The 4 p.m. class will focus on more advanced techniques and students must be able to follow two-step directions. This activity is for participants age 15 and older.

Location: Fort Boise Community Center

<table>
<thead>
<tr>
<th>Date (Tuesdays &amp; Thursdays):</th>
<th>Time:</th>
<th>Cost:</th>
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<td>300728-01</td>
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<tr>
<td>March 29-May 19</td>
<td>4-5 p.m.</td>
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<td><strong>Wheelchair Rugby</strong> 12-2:30 p.m. FBCC</td>
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<td><strong>Wheelchair Rugby</strong> 12-2:30 p.m. FBCC</td>
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<td><strong>Dine &amp; Decorate</strong> 5:30-8 p.m. DESC</td>
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<td><strong>Wheelchair Rugby</strong> 12-2:30 p.m. FBCC</td>
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<td><strong>Wheelchair Rugby</strong> 12-2:30 p.m. FBCC</td>
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<td>14</td>
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<td><strong>Dinner &amp; a Movie</strong> 5:30-8:30 p.m. DESC</td>
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<td>15</td>
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<td>16</td>
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<td><strong>Adaptive Fitness</strong> 3-4 p.m. FBCC 4-5 p.m. FBCC</td>
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<td>17</td>
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<td><strong>Wheelchair Rugby</strong> 12-2:30 p.m. FBCC</td>
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<td>18</td>
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<td><strong>Wheelchair Rugby</strong> 12:30-2:30 p.m. FBCC <strong>Dance Ability</strong> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC <strong>Wednesday Social Club</strong> 6-8:30 p.m. MNCC</td>
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<td><strong>Wheelchair Rugby</strong> 12:30-2:30 p.m. FBCC <strong>Dance Ability</strong> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC <strong>Wednesday Social Club</strong> 6-8:30 p.m. MNCC</td>
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<td><strong>Fitness Class</strong> 3-4 p.m. FBCC 4-5 p.m. FBCC <strong>Music Class</strong> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC <strong>Wednesday Social Club</strong> 6-8:30 p.m. MNCC</td>
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<td>21</td>
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<td><strong>Dinner &amp; a Movie</strong> 5:30-8:30 p.m. DESC <strong>Friday Social Club</strong> 6:30-9 p.m. DESC</td>
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<td><strong>Adaptive Art</strong> 4:15-5:30 p.m. FBCC <strong>Adaptive Yoga</strong> 5:30-6:30 p.m. DESC</td>
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<td>24</td>
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<td><strong>Adaptive Fitness</strong> 3-4 p.m. FBCC 4-5 p.m. FBCC <strong>Music Night</strong> 5:30-8 p.m. DESC</td>
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<td><strong>Wheelchair Rugby</strong> 12-2:30 p.m. FBCC <strong>Dance Ability</strong> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC <strong>Wednesday Social Club</strong> 6-8:30 p.m. MNCC</td>
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<td><strong>Wheelchair Rugby</strong> 12-2:30 p.m. FBCC <strong>Dance Ability</strong> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC <strong>Wednesday Social Club</strong> 6-8:30 p.m. MNCC</td>
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<td><strong>Fitness Class</strong> 3-4 p.m. FBCC 4-5 p.m. FBCC <strong>Music Class</strong> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC <strong>Wednesday Social Club</strong> 6-8:30 p.m. MNCC</td>
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<td>28</td>
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<td><strong>Dinner &amp; a Movie</strong> 5:30-8:30 p.m. DESC <strong>Friday Social Club</strong> 6:30-9 p.m. DESC</td>
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<td><strong>Adaptive Art</strong> 4:15-5:30 p.m. FBCC <strong>Adaptive Yoga</strong> 5:30-6:30 p.m. DESC</td>
</tr>
</tbody>
</table>

**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.
Municipal – Kristin Armstrong Municipal Park, 500 S. Walnut St.
MNCC – Morley Nelson Community Center, 7701 W. Northview St.
WCC – Whitney Community Center, 1809 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
<table>
<thead>
<tr>
<th>SU</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>1</td>
<td>Adaptive Fitness 3-4 p.m. FBCC 4:5 p.m. FBCC</td>
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<td>Wheelchair Rugby 12:2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6:8:30 p.m. MNCC</td>
<td>3</td>
<td>Fitness Class 3-4 p.m. FBCC 4:5 p.m. FBCC Music Class 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC Thursday Social Club 6:8:30 p.m. WCC</td>
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<td>6</td>
<td>Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC</td>
<td>8</td>
<td>Adaptive Fitness 3-4 p.m. FBCC 4:5 p.m. FBCC Dine &amp; Decorate 5:30-6 p.m. FBCC</td>
<td>9</td>
<td>Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6:8:30 p.m. MNCC</td>
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<td>13</td>
<td>Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC</td>
<td>15</td>
<td>Adaptive Fitness 3-4 p.m. FBCC 4:5 p.m. FBCC</td>
<td>16</td>
<td>Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6:8:30 p.m. MNCC</td>
<td>17</td>
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<tr>
<td>20</td>
<td>No Art or Yoga Class</td>
<td>22</td>
<td>Adaptive Fitness 3-4 p.m. FBCC 4:5 p.m. FBCC</td>
<td>23</td>
<td>Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Wednesday Social Club 6:8:30 p.m. MNCC</td>
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<td>27</td>
<td>Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC</td>
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ADAPTIVE RECREATION
IN THE TREASURE VALLEY

ADAPTIVE SKIING & SNOWBOARDING
Boise Adaptive Snowsport Education (previously named Recreation Unlimited) offers adaptive alpine snow skiing and snowboarding opportunities at Bogus Basin for people with disabilities. Learn more at baseidaho.org.

AQUABILITY
AquAbility offers swimming clinics for individuals with disabilities. Visit aquability.org to learn more.

CHALLENGED ATHLETES FOUNDATION IDAHO
Offers adaptive sports clinics and equipment grants. Learn more at challengedathletes.org/idaho.

GAME CHANGERS IDAHO
Adaptive flag football, soccer and clinics for youth (grades K-12). Visit gamechangersidaho.com to learn more.

SPECIAL OLYMPICS IDAHO
Training and athletic competitions for people with intellectual disabilities. Learn more at idso.org/idaho.

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 age 12 and older and no music experience is needed.

Location: Dick Eardley Senior Center
Date: Time: Cost: Activity #:
January 20-March 10 4:30-5:30 p.m. $37.80 200764-01
January 20-March 10 5:45-6:45 p.m. 200764-02
March 31-May 19 4:30-5:30 p.m. 300764-01
March 31-May 19 5:45-6:45 p.m. 300764-02

ADAPTIVE ICE SKATING
This adaptive recreation program is designed to give individuals with disabilities the opportunity to develop their ice skating skills. Students will receive instruction based upon their individual needs and goals. Some adaptive equipment is available for use at no extra cost. Various days and times available. Call 208-608-7718 to learn more and to register.

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. Register early, these clubs fill up fast!

WEDNESDAY SOCIAL CLUB (ages 18+)
Location: Morley Nelson Community Center
Date (Wednesdays): Time: Cost: Activity #:
January 19-March 9 6-8:30 p.m. $89 200320-01
March 30-May 11 $78 300320-01

THURSDAY SOCIAL CLUB (ages 18+)
Location: Whitney Community Center
Date (Thursdays): Time: Cost: Activity #:
January 20-March 10 6-8:30 p.m. $89 200300-01
March 31-May 12 $78 300300-01

FRIDAY SOCIAL CLUB (ages 18-32)
Location: Dick Eardley Senior Center
Date (Fridays): Time: Cost: Activity #:
January 21-March 11 6-8:30 p.m. $89 200310-01
April 1-May 13 $78 300310-01

Thank you for volunteering!

VOLUNTEER SPOTLIGHT
NOVEMBER & DECEMBER

Addie Kaess Kyle Kovarik
Baylee Sanderson Larry Buttel
Connor Kovarik Nick Clark
Ed Kovarik Randy Geile
Jackie Dierdorff Sonia Galaviz
Jeff Jack Tayla Taylor
Jeff Sparks Toby Lund
YOUTH ADAPTIVE SPORTS CLINIC
Junior athletes don't miss out on a day of camp in January! This fun, one-day clinic for youth (age 6-19) will involve all kinds of sports! We will try curling, fitness, wheelchair tennis, basketball and other sports. Lunch will be provided. Youth with physical disabilities who use a wheelchair, AFO braces, walker or crutches are welcome to attend. Taught by athletes who play adaptive sports, the clinic will involve fun games and instruction by coaches who specialize in the different sports.

**Location:** Fort Boise Community Center

**Date:** Saturday, January 8
**Time:** 10:30 a.m.-3:30 p.m.
**Cost:** $22
**Activity #:** 200709-01

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:**
- Wednesdays, January 5-February 23
- Saturdays, January 8-February 26
- Wednesdays, March 2-April 27
- Saturdays, March 5-April 30
**Time:**
- Wednesdays, January 5-February 23: 12:2-3:30 p.m.
- Saturdays, January 8-February 26: 1:15-3:45 p.m.
- Wednesdays, March 2-April 27: 12:2-3:30 p.m.
- Saturdays, March 5-April 30: 1:15-3:45 p.m.
**Cost:**
- $30.50
**Activity #:**
- 200706-01
- 200706-02
- 300706-01
- 300706-02

*On January 8 rugby will be held from 4-6:30 p.m. No Rugby March 23 and 26

WHEELCHAIR BASKETBALL
Come play wheelchair basketball. The first hour is designed for beginning and intermediate players 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.

**Location:** Fort Boise Community Center

**Date (Saturdays):**
- January 15-February 26: 5:30-7:30 p.m.
- March 5-April 30*: 5:30-7:30 p.m.
**Cost:**
- $23.10
- $26.25
**Activity #:**
- 200708-01
- 300708-01

*No practice March 26

WHEELCHAIR BASKETBALL – SKILLS AND DRILLS CLASS
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):**
- January 15-February 26: 4:15-5:15 p.m.
- March 5-April 30*: 4:15-5:15 p.m.
**Cost:**
- $23.10
- $26.25
**Activity #:**
- 200780-01
- 300780-01

*No class March 26

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.
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.

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).

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.

FINANCIAL SCHOLARSHIPS
Boise Parks and Recreation offers percentage based financial scholarships to qualified youth 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. Call 208-608-7680 for more information.

PROGRAMMING NOTE
As COVID-19 restrictions change, new classes may be offered. Visit 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 or call 208-608-7680 for more information.