THIS NEWSLETTER HIGHLIGHTS THE ADVENTURE CLASSES AND ACTIVITIES OFFERED IN NOVEMBER AND DECEMBER. View the entire list of fall programs in the Fall Activity Guide at cityofboise.org/Adaptive-Recreation. Advance registration is needed for all programs, please call 208-608-7680 to learn more or to enroll. Many of our programs welcome people under the specified age range. However, an adult may need to sign up with them.

Please call 208-608-7680 to learn more and to sign up. We hope to see you this fall!

SAVE THE DATE FOR WINTER & SPRING REGISTRATION!

Registration for our winter and spring programs will start on Monday, December 5 for Boise City Residents and Wednesday, December 7 for Non-Residents. The Activity Guide will be posted online at cityofboise.org/Adaptive-Recreation, one week prior to registration opening.

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ADVENTURE SURVEY

Help us improve the AdVenture Program by filling out our very short survey at: surveymonkey.com/r/adventure_feedback
Don’t have internet access? Call us at 208-608-7687 to fill out the survey over the phone with Emily.
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: Nov 4
Time: 5-8 p.m.
Cost: $25
Activity #: 100030-01
Date: Nov 18
Time: 5-8 p.m.
Cost: $25
Activity #: 100030-02
Date: Dec 14
Time: 5-8 p.m.
Cost: $25
Activity #: 100030-03
Date: Dec 28
Time: 5-8 p.m.
Cost: $25
Activity #: 100030-04

Social Clubs
These clubs are ideal social opportunities for adults with disabilities. Activities may include games, art, pizza and a movie and more! Members of the club will have the opportunity to work on money management and may need to bring $2-3 for each day to cover activity costs. Prior to the start of the club, a detailed schedule and fee break down will be available. Please note, the Wednesday, Thursday and Friday clubs have already filled, but the Tuesday night club does the same fun activities!

Location: Dick Eardley Senior Center

Date: Time: Cost: Activity #:
Oct 31-Dec 12* 6-9 p.m. $41.50 100130-01

LADIES NIGHT
Ladies, we have a fun pizza and movie night planned just for the gals! This program is for participants age 18 and older.
Location: Dick Eardley Senior Center
Date: Time: Cost: Activity #:
Monday, Nov 14 5-8 p.m. $25 100022-01

GUYs NIGHT
Gentlemen, we have a fun pizza and movie night planned just for the guys! This program is for participants age 18 and older.
Location: Dick Eardley Senior Center
Date: Time: Cost: Activity #:
Monday, Dec 5 5-8-30 p.m. $25 100022-01

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. Please see the Activity Guide for additional fall dates.
Location: Dick Eardley Senior Center
Date: Time: Cost: Activity #:
Oct 31-Dec 12* 6-9 p.m. $41.50 100030-03

New Class Added!
Adventures Programs in November & December that are full:
- Adaptive Art
- Ceramics & Lunch
- Adaptive Fitness
- Dance Ability
- Dancing & Dessert
- Holiday Crafts
- Music Class
- Social Club (Wednesday, Thursday and Friday)

Social Club (Ages 18+)
Location: Dick Eardley Senior Center
Date (Tuesdays): Time: Cost: Activity #:
Oct 25-Dec 13* 5-8 p.m. $80.50 100030-02

No club on Nov 22.

Music Night & 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 program is for participants age 18 and older.
Location: Dick Eardley Senior Center
Date: Time: Cost: Activity #:
Tuesday, Nov 7 5-8 p.m. $25 100030-03

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: Time: Cost: Activity #:
Oct 1-Dec 23* 5:30-8 p.m. $80 100030-03

No class November 22 and 26.

ADAPTIVE YOGA CLASS
NEW CLASS ADDED!
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 (Tuesdays): Time: Cost: Activity #:
Oct 25-Dec 13* 5-8 p.m. $80.50 100030-02

GAME NIGHT & DINNER
It’s game night with Advent! We will play board games, BINGO, shuffleboard, and much more. We will also eat pizza and make ice cream sundaes. Please be sure to register in advance, this is not a drop-in program. This program is for participants age 16 and older.
Location: Dick Eardley Senior Center
Date: Time: Cost: Activity #:
Saturday, Nov 5 5-7:30 p.m. $25 100030-01

HOLIDAY LIGHTS AND DINNER
Join us for dinner and a trip to the beautiful Winter Garden Glow at the Idaho Botanical Garden. This dazzling, festive display has almost 250,000 lights arranged throughout the garden and is sure to amaze you. This program is for participants age 16 and older.
Location: Dick Eardley Senior Center
Date: Time: Cost: Activity #:
Nov 30 5:30-8:30 p.m. $25 100030-01
Dec 7 5:30-8:30 p.m. $25 100030-02
Dec 14 5:30-8:30 p.m. $25 100030-03

HOLIDAY PARTY
Celebrate the season with Advent! at the annual Holiday Party. We will celebrate the holidays by offering entertainment featuring games, crafts, dancing, cookie decorating and more! This party is fun for the whole family and there will be great prizes as well as dinner. This year advanced registration is required. This program is for participants of all ages, however youth under 18 must be accompanied by an adult who also enrolls.
Location: Dick Eardley Senior Center
Date: Time: Cost: Activity #:
Thursday, Dec 21 5:30-8 p.m. $25 100030-03

DINE AND DECORATE
Get creative with Advent! We will eat dinner at the Community Center and then create Gingerbread style houses. This activity is for participants age 16 and older.
Location: Dick Eardley Senior Center
Date: Time: Cost: Activity #:
Monday, Dec 5 5-8-30 p.m. $25 100030-03

*No class November 22.

*No class November 21.

OH NO, THE ACTIVITY IS FULL! The Advent Program offers a large variety of programs year-round, and registration for fall activities began 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. Please note, the Boise Parks and Recreation Activity Guide available at cityofboise.org/Adaptive-Recreation or pick up a copy at Fort Boise Community Center.

Adventures Programs in November & December that are full:

- Adaptive Art
- Adaptive Fitness
- Ceramic & Lunch
- Dance Ability
- Dancing & Dessert
- Holiday Crafts
- Music Class
- Social Club (Wednesday, Thursday and Friday)
**NOVEMBER 2022**

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<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&lt;br&gt;3:45 p.m. FBCC&lt;br&gt;5:45 p.m. FBCC&lt;br&gt;Adaptive Art&lt;br&gt;5:45 p.m. FBCC</td>
<td>Dance Ability&lt;br&gt;3:45 p.m. FBCC&lt;br&gt;4:45 p.m. FBCC</td>
<td>Adaptive Fitness&lt;br&gt;3:45 p.m. FBCC&lt;br&gt;4:45 p.m. FBCC</td>
<td>Dinner &amp; a Movie&lt;br&gt;5:30-8:30 p.m. DESC&lt;br&gt;Friday Social Club&lt;br&gt;6:30-9:00 p.m. DESC</td>
<td>Adaptive Art&lt;br&gt;10-11 a.m. FBCC</td>
<td>Wheelchair Rugby&lt;br&gt;10-11 a.m. FBCC</td>
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**DECEMBER 2022**

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<th>SU</th>
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<td>Wheelchair Rugby&lt;br&gt;10-11 a.m. FBCC</td>
<td>Wheelchair Basketball Skills &amp; Drills&lt;br&gt;4:15-15:15 p.m. FBCC</td>
<td>Wheelchair Basketball&lt;br&gt;5:30-7:30 p.m. WCC</td>
<td>Dinner &amp; a Movie&lt;br&gt;5:30-8:30 p.m. DESC&lt;br&gt;Friday Social Club&lt;br&gt;6:30-9:00 p.m. DESC</td>
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**NO PROGRAMS THIS WEEK**

**NOVEMBER 2022**

**DECEMBER 2022**

**HOLIDAY SCHEDULE**

**NO PROGRAMS THIS WEEK**

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**ABBREVIATION KEY & ADDRESSES**

- JDP – Julia Davis Park, 355 Julia Davis Dr
- FBCC – Fort Boise Community Center, 700 Robbins Rd.
- ABBREVIATION KEY & ADDRESSES
- 4 5
- 27 28
- 20 21 22 23 24
- Thanksgiving
- 25 26

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**ADAPTIVE RECREATION/ADVENTURE**

Emily Kovarik & Sonya Buchholz<br>AdVentureProgram@cityofboise.org

Cityofboise.org/adaptive-recreation

Facebook.com/bpradventureprogram | Cityofboise.org/adaptive-recreation

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**PARKS AND RECREATION**

Cityofboise.org/adaptive-recreation

Facebook.com/bpradventureprogram | Cityofboise.org/adaptive-recreation

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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. Regular online at cityofboise.org/adaptive-recreation
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 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. This class is for participants age 7 and older.

**Location:** Fort Boise Community Center

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<thead>
<tr>
<th>Date (Saturdays)</th>
<th>Time:</th>
<th>Cost:</th>
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<tbody>
<tr>
<td>Nov 5-Dec 17</td>
<td>4:15-5:15 p.m.</td>
<td>$20.50</td>
<td>100780-02</td>
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*No class November 26.

### WHEELCHAIR BASKETBALL
Come play pick-up 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. Drop-in fee is $5 or enroll in the session at a discounted rate.

**Location:** Fort Boise Community Center

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<td>5:30-7:30 p.m.</td>
<td>$20.50</td>
<td>100708-02</td>
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*No Basketball November 26.

### 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. Drop-in fee is $5 or enroll for the season at a discounted rate.

**Location:** Fort Boise Community Center

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<tr>
<td>Nov 5-Dec 17</td>
<td>1:15-3:45 p.m.</td>
<td>$23.65</td>
<td>100706-02</td>
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*No Rugby November 26.

### 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 need 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)
- Adaptive Yoga
- Outdoor Adventures (Hiking, Disc Golf, Bike Fair, etc.)
- And more!

### DONATIONS WELCOME
We rely on donations so that we can offer scholarships to adults with disabilities who have financial difficulties. Please send tax-deductible donations to the AdVenture Heritage Fund, Boise Parks and Recreation, 700 Robbins Road, Boise, Idaho 83702. Thank you, your support is greatly appreciated!

### SEPTEMBER & OCTOBER 2022 VOLUNTEER SPOTLIGHT

Thank you for volunteering with the AdVenture Program!

Chloe Cornwell  
Deb Alu  
Jeff Sparks  
Kari Sandstrom  
Paul Consalvo  
Steven Lacombe  
Taylor Alu
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 accommodations may be needed (at least three 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.