

 [Facebook.com/BPRAdVentureProgram](https://www.facebook.com/BPRAdVentureProgram)

[cityofboise.org/adaptive-recreation](https://www.cityofboise.org/adaptive-recreation)



ADVENTURE SURVEY

Help us improve the AdVenture Program by filling out our very short survey at:

[surveymonkey.com/r/
adventure_feedback](https://www.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.



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](https://www.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 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](https://www.cityofboise.org/Adaptive-Recreation), one week prior to registration opening.



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 #:
Tuesdays, Nov 1-Dec 13*	5-6 p.m.	\$43	100539-05
Saturdays, Nov 5-Dec 17*	10-11 a.m.		100539-06

*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 (Mondays):	Time:	Cost:	Activity #:
Oct 31-Dec 12*	6:30-7:30 p.m.	\$41.50	100753-03

*No class November 21.

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-\$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. Please note, the Wednesday, Thursday and Friday clubs have already filled, but the Tuesday night club does the same fun activities!



TUESDAY SOCIAL CLUB (AGES 18+)

Location: Dick Eardley Senior Center

Date (Tuesdays):	Time:	Cost:	Activity #:
Oct 25-Dec 13*	6-8:30 p.m.	\$80.50	100330-02

*No club on Nov 22.

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 (Fridays):	Time:	Cost:	Activity #:
Nov 4	5:30-8:30 p.m.	\$25	100203-05
Nov 18			100203-06
Dec 9			100203-07
Dec 16			100203-08



GAME NIGHT & DINNER

It's game night with AdVenture! 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.	\$21	100510-01

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	5:30-8 p.m.	\$32	400546-01

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	5:30-8 p.m.	\$25	100228-01

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	5:30-8:30 p.m.	\$25	100229-01

OH NO, THE ACTIVITY IS FULL! The AdVenture 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. 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 & December that are full:

- Adaptive Art- Monday
- Ceramics & Lunch
- Dancing & Dessert
- Music Class
- Adaptive Fitness
- Dance Ability
- Holiday Crafts
- Social Club (Wednesday, Thursday and Friday)

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 (Wednesdays):	Time:	Cost:	Activity #:
Nov 30	5:30-8:30 p.m.	\$29	100535-01
Dec 7			100535-02
Dec 14			100535-03



HOLIDAY PARTY

Celebrate the season with AdVenture 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 #:
Friday, Dec 2	6-9 p.m.	\$6.50	100526-01

DINE AND DECORATE

Get creative with AdVenture! 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 12	5:30-8 p.m.	\$32	100545-03

NOVEMBER 2022

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SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive Art 5-6 p.m. FBCC Tuesday Social Club 6-8:30 p.m. DESC	2 Dance Ability 3-4 p.m. FBCC 4-5 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	3 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	4 Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	5 Adaptive Art 10-11 a.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Wheelchair Basketball Skills & Drills 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC Game Night & Dinner 5-7:30 p.m. DESC
6	7 Adaptive Art 4:15-5:15 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC 6:30-7:30 p.m. DESC Music Night & Dinner 5:30-8 p.m. DESC	8 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive Art 5-6 p.m. FBCC Tuesday Social Club 6-8:30 p.m. DESC	9 Dance Ability 3-4 p.m. FBCC 4-5 p.m. FBCC Dine & Decorate 5:30-8 p.m. DESC Wednesday Social Club 6-8:30 p.m. MNCC	10 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	11 Veteran's Day (No programs)	12 Adaptive Art 10-11 a.m. FBCC Ceramica & Lunch 10 a.m.-12:30 p.m. DESC Wheelchair Rugby 1:15-3:45 p.m. FBCC Wheelchair Basketball Skills & Drills 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC
13	14 Adaptive Art 4:15-5:15 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC 6:30-7:30 p.m. DESC Ladies Night 5:30-8:30 p.m. DESC	15 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive Art 5-6 p.m. FBCC Tuesday Social Club 6-8:30 p.m. DESC	16 Dance Ability 3-4 p.m. FBCC 4-5 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	17 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	18 Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	19 Adaptive Art 10-11 a.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Wheelchair Basketball Skills & Drills 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC
20	21	22	23	24 Thanksgiving	25	26
NO PROGRAMS THIS WEEK						
27	28 Adaptive Art 4:15-5:15 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC 6:30-7:30 p.m. DESC	29 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive Art 5-6 p.m. FBCC Tuesday Social Club 6-8:30 p.m. DESC	30 Dance Ability 3-4 p.m. FBCC 4-5 p.m. FBCC Holiday Lights & Dinner 5:30-8:30 p.m. DESC Wednesday Social Club 6-8:30 p.m. MNCC			

ABBREVIATION KEY & ADDRESSES

KALB – Kathryn Albertson Park, 1001 S. Americana Blvd.
 DESC – Dick Eardley Senior Center, 690 Robbins Rd.
 FBCC – Fort Boise Community Center, 700 Robbins Rd.
 JDP – Julia Davis Park, 355 Julia Davis Dr
 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.
 ZOO – Zoo Boise, 355 Julia Davis Dr.

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 2022

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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 Holiday Party 6-9 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	3 Adaptive Art 10-11 a.m. FBCC Ceramica & Lunch 10 a.m.-12:30 p.m. DESC Wheelchair Rugby 1:15-3:45 p.m. FBCC Wheelchair Basketball Skills & Drills 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC
4	5 Winter & Spring Registration Opens For Boise City Residents Adaptive Art 4:15-5:15 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC 6:30-7:30 p.m. DESC Guys' Night 5:30-8:30 p.m. DESC	6 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive Art 5-6 p.m. FBCC Tuesday Social Club 6-8:30 p.m. DESC	7 Winter & Spring Registration Opens for Everyone Dance Ability 3-4 p.m. FBCC 4-5 p.m. FBCC Holiday Lights & Dinner 5:30-8:30 p.m. DESC 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 Dancing & Dessert 5:30-9:30 p.m. FBCC Friday Social Club 6:30-9 p.m. DESC	10 Adaptive Art 10-11 a.m. FBCC Holiday Crafts & Lunch 10 a.m.-12:30 p.m. DESC Wheelchair Rugby 1:15-3:45 p.m. FBCC Wheelchair Basketball Skills & Drills 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC
11	12 Adaptive Art 4:15-5:15 p.m. FBCC Adaptive Yoga 5:30-6:30 p.m. DESC 6:30-7:30 p.m. DESC Dine & Decorate 5:30-8 p.m. DESC	13 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive Art 5-6 p.m. FBCC Tuesday Social Club 6-8:30 p.m. DESC	14 Dance Ability 3-4 p.m. FBCC 4-5 p.m. FBCC Holiday Lights & Dinner 5:30-8:30 p.m. DESC 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 Dinner & a Movie 5:30-8:30 p.m. DESC Friday Social Club 6:30-9 p.m. DESC	17 Adaptive Art 10-11 a.m. FBCC Dine & Decorate 10 a.m.-12:30 p.m. DESC Wheelchair Rugby 1:15-3:45 p.m. FBCC Wheelchair Basketball Skills & Drills 4:15-5:15 p.m. FBCC Wheelchair Basketball 5:30-7:30 p.m. FBCC
18	19	20	21	22	23	24
NO PROGRAMS THIS WEEK						
25	26	27	28	29	30	31
NO PROGRAMS THIS WEEK						

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

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!



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 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

Date (Saturdays)	Time:	Cost:	Activity #:
Nov 5-Dec 17*	4:15-5:15 p.m.	\$20.50	100780-02

*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

Date (Saturdays)	Time:	Cost:	Activity #:
Nov 5-Dec 17*	5:30-7:30 p.m.	\$20.50	100708-02

*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

Date (Saturdays)	Time:	Cost:	Activity #:
Nov 5-Dec 17*	1:15-3:45 p.m.	\$23.65	100706-02

*No Rugby November 26.



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

ADDRESS SERVICE REQUESTED

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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 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.

