

BOISE PARKS AND RECREATION AdVenture



NEWSLETTER

JANUARY & FEBRUARY 2020

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

cityofboise.org/adaptive-recreation



TUBING AND PIZZA!

Enjoy thrills and chills on an exciting trip to the tubing hill at Bogus Basin. Per Bogus Basin's rules, participants will need to ride on the tube on their own but can travel in tandem with another tube beside them (tubes are provided) and participants must be able to stand on the moving conveyer belt that brings us up the hill. After tubing, we will head back to Fort Boise Community Center for a late pizza lunch. Participants must be willing and able to follow instructions and stay with the group. This activity is for participants age 16 and older unless accompanied by an enrolled adult.

Cost: \$34

Location: Fort Boise Community Center

Date:	Time:	Activity #:
Saturday, January 11	9 a.m.-2 p.m.	200717-01

SNOWSHOEING AND HOT SPRING ADVENTURE

Experience the beauty of snow-covered hills and fresh mountain air on a snowshoe trip near Idaho City. We will wear special snowshoes that prevent us from sinking in the snow during our approximately 1.5 hour hike over mostly flat terrain. People of all fitness levels are welcome, we tailor the hike to the group. After snowshoeing, we will eat lunch in Idaho City then soak in the beautiful hot springs. There is not a life guard on duty at the hot springs so participants must know their swimming limits. The cost includes transportation from Fort Boise Community Center, snowshoes, lunch and hot springs entrance. This activity is for participants age 18 and older unless accompanied by an enrolled adult.

Cost: \$49

Location: Fort Boise Community Center

Date:	Time:	Activity #:
Saturday, February 22	9 a.m.-5:30 p.m.	200714-01

REGISTER NOW FOR WINTER AND SPRING!

Registration is now open for Boise Parks and Recreation and AdVenture programs that are held from January-May 2020. This Newsletter just highlights programs during January and February but view the Boise Parks and Recreation Activity Guide for the full winter/spring season. Pick up your copy at Fort Boise Community Center or call 208-608-7680 if you'd like one mailed to you. You can also view all the programs online at cityofboise.org/Adaptive-Recreation. Programs fill up quickly, so we recommend registering early to avoid disappointment.



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 #:
January 27-March 16 (no class 2/17)	4:15-5:15 p.m.	\$36	200753-01
January 27-March 16 (no class 2/17)	5:30-6:30 p.m.	\$36	200753-02
March 30-May 11	4:15-5:15 p.m.	\$36	300753-01
March 30-May 11	5:30-6:30 p.m.	\$36	300753-02

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, January 27-March 16 (no class 2/17)	4:15-5:30 p.m.	\$46.50	200539-01
Saturday, January 25-March 14 (no class 2/15)	10-11:15 a.m.	\$46.50	200539-02
Mondays, March 30-May 11	4:15-5:30 p.m.	\$46.50	300539-01
Saturdays, April 4-May 16	10-11:15 a.m.	\$46.50	300539-02

ADAPTIVE FITNESS

Join our fitness class and work on stretching, weight lifting and aerobic activity. This is a great opportunity to get fit in a supportive and fun environment. Classes are structured for different levels of ability. The 4 p.m. class will focus on more advanced techniques; students will need to follow two-step directions. This program is for participants age 15 and older.

Location: Fort Boise Community Center

Date (Tuesdays & Thursdays):	Time:	Cost:	Activity #:
January 21-March 12	3-4 p.m.	\$56	200728-01
January 21-March 12	4-5 p.m.	\$56	200728-02
March 31-May 14	3-4 p.m.	\$49	300728-01
March 31-May 14	4-5 p.m.	\$49	300728-02

COOKING CLASS

Help prepare meals that we will eat together as a group! We will improve our cooking skills, socialize with friends and take part in clean-up duties. Participants will be able to practice following directions, learning about healthy food options, safe food preparations and table manners. Due to the nature of this class, special diets cannot be accommodated; call 208-608-7680 if you have any questions. This program is for participants age 15 and older.

Location: Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Tuesdays, January 21-March 10	5-7 p.m.	\$83.50	200729-01
Wednesdays, January 22-March 11	5-7 p.m.	\$83.50	200729-02
Tuesdays, March 31-May 12	5-7 p.m.	\$73.25	300729-01
Wednesdays, April 1-May 13	5-7 p.m.	\$73.25	300729-02

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. The Spring classes will have the opportunity to perform at the Boise Parks and Recreation Dance Recital tentatively scheduled for Saturday, May 9.

Location: Fort Boise Community Center

Date (Wednesdays):	Time:	Cost:	Activity #:
January 22-March 11	3-4 p.m.	\$35	200538-01
January 22-March 11	4:15-5:15 p.m.	\$35	200538-02
April 1-May 13	3-4 p.m.	\$35	300538-01
April 1-May 13	4:15-5:15 p.m.	\$35	300538-02



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 no music experience is needed.

Location: Dick Eardley Senior Center

Date (Thursdays):	Time:	Cost:	Activity #:
January 23-March 12	4:30-5:30 p.m.	\$35	200764-01
January 23-March 12	5:45-6:45 p.m.	\$35	200764-02
April 2-May 14	4:30-5:30 p.m.	\$30.75	300764-01
April 2-May 14	5:45-6:45 p.m.	\$30.75	300764-02

BOWLING CLUB

This Club is a fun, noncompetitive group offering socialization opportunities for individuals with disabilities. The fee covers 2-3 games of bowling, shoe rental and staff supervision. This activity meets at the BSU SUB Bowling Alley. The program is for participants age 14 and older unless accompanied by an adult.

Location: BSU Student Union Building Bowling Alley

Date (Tuesdays):	Time:	Cost:	Activity #:
January 7 & 21, February 4 & 18, March 3	7-8:30 p.m.	\$36.50	200730-01
January 14 & 28, February 11 & 25, March 10	7-8:30 p.m.	\$36.50	200730-02
March 17 & 31, April 14 & 28, May 12	7-8:30 p.m.	\$36.50	300730-01
March 24, April 7 & 21, May 5 & 19	7-8:30 p.m.	\$36.50	300730-02

ADVENTURE SPRING BREAK CAMP

This fun day-camp is for participants age 13-20 with disabilities. Activities include field trips, art classes and more! The staff to participant ratio is 1:5. Participants will work on money management and will need to bring approximately \$10 for field trips for the week. A detailed schedule with daily activity costs will be sent to participants. Camp meets at Whitney Community Center located at 1609 S Owyhee St. in Boise and participants can be dropped off starting at 8:30 a.m.

Location: Whitney Community Center

Date (Monday-Friday):	Time:	Cost:	Activity #:
March 23-27	9 a.m.-3 p.m.	\$77	300905-01

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 208-608-7680.

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.)

DINNER AND A MOVIE

Catch dinner and a movie on these fun Friday evening outings! During dinner, we will decide as a group which movie (rated G to PG-13) to see. Price includes transportation from Fort Boise Community Center, dinner and the movie. Participants may wish to bring spending money for snacks at the movie. This activity is for participants age 18 and older. See the Activity Guide for Spring dates.

Location: Fort Boise Community Center

Date (Fridays):	Time:	Activity #:
January 3	Mongolian BBQ	200203-01
January 17	Idaho Pizza Co.	200203-02
January 24	Noodles and Co.	200203-03
February 7	Rockies Diner	200203-04
February 21	Golden Star	200203-05
February 28	Chapala	200203-06

SOCIAL CLUBS

These clubs are ideal social opportunities for adults with disabilities. Outings include bowling, dinner and a movie, sporting events and more! The staff to participant ratio is 1:6. Members of the club will have the opportunity to work on money management and will need to bring \$2-\$7 for each outing 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!

Tuesday Social Club (ages 18+)

Location: Fort Boise Community Center

Date (Tuesdays):	Time:	Cost:	Activity #:
January 7-February 11	6-8:30 p.m.	\$62	200330-01
February 18-March 31 (No Club 3/24)	6-8:30 p.m.	\$62	200330-02
April 7-May 12	6-8:30 p.m.	\$62	300330-01

Wednesday Social Club (ages 18+)

Location: Morley Nelson Community Center

Date (Wednesdays):	Time:	Cost:	Activity #:
January 8-February 12	6-8:30 p.m.	\$62	200320-01
February 19-April 1 (No Club 3/25)	6-8:30 p.m.	\$62	200320-02
April 8-May 13	6-8:30 p.m.	\$62	300320-01

Thursday Social Club (ages 18+)

Location: Whitney Community Center

Date (Thursdays):	Time:	Cost:	Activity #:
January 9-February 13	6-8:30 p.m.	\$62	200300-01
February 20-April 2 (No Club 3/26)	6-8:30 p.m.	\$62	200300-02
April 9-May 14	6-8:30 p.m.	\$62	300300-01

Friday Social Club (ages 18-32)

Location: Fort Boise Community Center

Date (Fridays):	Time:	Cost:	Activity #:
January 10-February 14	7-9:30 p.m.	\$62	200310-01
February 21-April 3 (No Club 3/27)	7-9:30 p.m.	\$62	200310-02
April 10-May 15	7-9:30 p.m.	\$62	300310-01

DINE AND DECORATE

Get creative with AdVenture! We will go out to dinner and then create a seasonally themed arts and crafts project. These programs are for participants age 16 and older.

Cost: \$29

Location: Dick Eardley Senior Center

Date:	Time:	Theme:	Activity #:
Thursday, January 16	5-9 p.m.	Cookies & Cupcakes	200545-01
Thursday, February 13	5-9 p.m.	Valentine's Day	200545-02

AQUARIUM AND DINNER

Explore the Aquarium of Boise with AdVenture. At the aquarium we will discover and learn about the animals and marine life that live there. After the aquarium we will go out to dinner. This activity is for participants age 16 and older unless accompanied by an enrolled adult.

Location: Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Friday, January 10	3-7 p.m.	\$31	200721-01

ARCADE AND LUNCH

During this fun day we will go to the Wahooz Arcade where each participant will get a \$5 game card. After playing at the arcade we will socialize over lunch. This activity is for participants age 16 and older unless accompanied by an adult.

Location: Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Saturday, January 18	10 a.m.-1 p.m.	\$27	200536-01

CERAMICA AND LUNCH

Get creative at Ceramica painting a piece of pottery and then go out to lunch. This activity is for participants age 16 and older, unless accompanied by an enrolled adult.

Location: Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Saturday, February 15	9:30 a.m.-1:30p.m.	\$29	200744-01

BSU BASKETBALL GAME

Cheer on Boise State University's Women's Basketball team as they take on the competition. Before the game we will go out to eat. The fee includes transportation from Fort Boise Community Center, meal and game ticket. Participants may wish to bring additional spending money for souvenirs or concessions at the game. This activity is for participants age 16 and older unless accompanied by an enrolled adult.

Location: Fort Boise Community Center

Date (Saturdays):	Time:	Cost:	Activity #:
January 25	11 a.m.-3:45 p.m.	\$26	200718-01
February 8	12-4:45 p.m.	\$26	200718-02

DONATIONS WELCOME!

Scholarship monies are raised from fundraising events like the ChairHoops Wheelchair Basketball Tournament 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!

JANUARY 2020

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SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	30 Winter Break Camp 9 a.m.-3 p.m. WCC	31 Winter Break Camp 9 a.m.-3 p.m. WCC	1 New Year's Day	2 Winter Break Camp 9 a.m.-3 p.m. WCC	3 Winter Break Camp 9 a.m.-3 p.m. WCC Dinner & Movie 5-9:30 p.m. FBCC	4 Wheelchair Rugby 1:15-3:45 p.m. FBCC
5	6	7 Tuesday Social Club 6-8:30 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	8 Wheelchair Rugby 12-2:30 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	9 Thursday Social Club 6-8:30 p.m. WCC	10 Aquarium & Dinner 3-7 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	11 Tubing & Pizza 9 a.m.-2 p.m. FBCC Saturday BEST 10 a.m.-12 p.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Wheelchair Basketball 4:15-6:15 p.m. FBCC Goalball 6:30-8:30 p.m. FBCC
12	13	14 Tuesday Social Club 6-8:30 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	15 Wheelchair Rugby 12-2:30 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	16 Dine & Decorate 5-9 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	17 Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	18 Arcade & Lunch 10 a.m.-1 p.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Wheelchair Basketball 4:15-6:15 p.m. FBCC Goalball 6:30-8:30 p.m. FBCC
19	20 Martin Luther King Jr Holiday	21 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Cooking Class 5-7 p.m. FBCC Tuesday Social Club 6-8:30 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	22 Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Cooking Class 5-7 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	23 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive 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	24 Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	25 Adaptive Art 10-11:15 a.m. FBCC Youth Sports Clinic 10:30 a.m.-3:30 p.m. FBCC BSU Basketball & Lunch 11 a.m.-3:45 p.m. FBCC Wheelchair Basketball 4:15-6:15 p.m. FBCC Wheelchair Rugby 6:30-9 p.m. FBCC
26	27 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC	28 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Cooking Class 5-7 p.m. FBCC Tuesday Social Club 6-8:30 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	29 Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Cooking Class 5-7 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	30 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive 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	31 Hockey Game & Dinner 5-10 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	

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, 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

FEBRUARY 2020

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BU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Adaptive Art 10-11:15 a.m. FBCC Theater & Lunch 12-4:30 p.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Wheelchair Basketball 4:15-6:15 p.m. FBCC Goalball 6:30-8:30 p.m. FBCC
2	3 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC	4 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Cooking Class 5-7 p.m. FBCC Tuesday Social Club 6-8:30 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	5 Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Cooking Class 5-7 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	6 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive 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	7 Warhawk & Lunch 10 a.m.-2:30 p.m. Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	8 Adaptive Art 10-11:15 a.m. FBCC Saturday BEST 10 a.m.-12 p.m. FBCC BSU Basketball & Lunch 12-4:45 p.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Wheelchair Basketball 4:15-6:15 p.m. FBCC Goalball 6:30-8:30 p.m. FBCC
9	10 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC	11 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Cooking Class 5-7 p.m. FBCC Tuesday Social Club 6-8:30 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	12 Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Cooking Class 5-7 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	13 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive Music Class 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC Dine & Decorate 5-9 p.m. DESC Thursday Social Club 6-8:30 p.m. WCC	14 Dancing & Dessert 5:30-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	15 Ceramica & Lunch 9:30 a.m.-1:30 p.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Wheelchair Basketball 4:15-6:15 p.m. FBCC Goalball 6:30-8:30 p.m. FBCC
16	17 President's Day	18 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Cooking Class 5-7 p.m. FBCC Tuesday Social Club 6-8:30 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	19 Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Cooking Class 5-7 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	20 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive 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	21 Elk Herd Sleigh Ride 9 a.m.-5:30 p.m. FBCC Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	22 Snowshoe & Hot Springs 9 a.m.-5:30 p.m. FBCC Adaptive Art 10-11:15 a.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Wheelchair Basketball 4:15-6:15 p.m. FBCC Goalball 6:30-8:30 p.m. FBCC
23	24 Adaptive Art 4:15-5:30 p.m. FBCC Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC	25 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Cooking Class 5-7 p.m. FBCC Tuesday Social Club 6-8:30 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	26 Wheelchair Rugby 12-2:30 p.m. FBCC Dance Ability 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC Cooking Class 5-7 p.m. FBCC Wednesday Social Club 6-8:30 p.m. MNCC	27 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Adaptive 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	28 Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	29 Elk Herd Sleigh Ride 9 a.m.-5:30 p.m. FBCC Adaptive Art 10-11:15 a.m. FBCC Wheelchair Basketball 4:15-6:15 p.m. FBCC Goalball 6:30-8:30 p.m. FBCC

MORE 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.

- Sled Hockey Clinic on February 8 sign up 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.

Thank you for volunteering!

VOLUNTEER SPOTLIGHT NOVEMBER & DECEMBER

Alex Davis	Kim Russell
Amani Pereira	Kylie Brasier
Amber Dropp	Larissa Golightly
Camille Winterton	Lilianna Nolan
Celeste Kenaston	Megan Adams
Elizabeth Peterson	Patti Payne
Halie Martell	Peighton Beach
Izabella Zucchetto	Samantha McMurtrey
Jeff Sparks	Scott Matlock
Jimmie Lane	Tanisha Specioza
John Payne	



HOCKEY GAME AND DINNER

Watch some fast-paced hockey as the Idaho Steelheads take on the competition. Before the game we will socialize over dinner. Fee includes transportation from Fort Boise Community Center, dinner and game ticket. Participants may wish to bring additional spending money for souvenirs or concessions at the game. This activity is for participants age 16 and older, unless accompanied by an enrolled adult.

Cost: \$42

Location: Fort Boise Community Center

Date:	Time:	Activity #:
Friday, January 31	5-10 p.m.	200509-01
Friday, March 6	5-10 p.m.	300509-01

THEATER AND LUNCH

Spend your Saturday with us going out to lunch and then watching a play at the Boise Little Theater. This activity is for participants age 18 and older who are able to sit quietly through a two-hour play. In February we will see the drama "Second Samuel," in March we will see the comedy "Leading Ladies" and in May we will see the drama/comedy "These Shining Lives." All plays are rated PG 13.

Cost: \$35

Location: Fort Boise Community Center

Date:	Time:	Activity #:
Saturday, February 1	12-4:30 p.m.	200303-01
Saturday, March 14	12-4:30 p.m.	300303-01
Saturday, May 2	12-4:30 p.m.	300303-02

WARHAWK AIR MUSEUM AND LUNCH

Tour the Warhawk Air Museum and learn about the history and personal experiences of people who lived through times of war, learn about aviation history, view a large collection of war time memorabilia and see the unique collection of rare airplanes. After the tour we will go out to lunch. This activity is for participants age 16 and older unless accompanied by an enrolled adult.

Cost: \$31

Location: Fort Boise Community Center

Date:	Time:	Activity #:
Friday, February 7	10 a.m.-2:30 p.m.	200205-01

DANCING AND DESSERT

Dance the night away with AdVenture at the Valentine's Dance hosted by the Arc Inc. Before the dance we will socialize over a yummy dessert. Participants may wish to bring extra spending money for photos and snacks at the dance. This activity is for participants age 18 and older.

Cost: \$16

Location: Fort Boise Community Center

Date:	Time:	Activity #:
Friday, February 14	5:30-9:30 p.m.	200710-01



ELK HERD SLEIGH RIDE

Ride on a horse-drawn sleigh into the middle of an elk herd! This trip will also include a delicious lunch in Cascade. Cost includes transportation from Fort Boise Community Center, the sleigh ride and lunch. Return time depends upon winter road conditions. This activity is for all ages, however youth under 18 must be accompanied by an enrolled adult.

Location: Fort Boise Community Center

Time: 9 a.m.-5:30 p.m.

Date: Friday, February 21

Age:	Cost:	Activity #:
2-12	\$31	200733-01
13-17	\$36	200734-01
18 +	\$47	200735-01

Date: Saturday, February 29

Age:	Cost:	Activity #:
2-12	\$31	200736-01
13-17	\$36	200737-01
18 +	\$47	200738-01

SNOWMOBILING AND LUNCH

The West Mountain Snowmobile Club is providing a day of snowmobiling near the town of Cascade for participants with disabilities. Participants will ride behind one of the club members who is driving the snowmobile. We will return around 5 p.m. depending on winter road conditions. By volunteer request, this program is for participants with disabilities age 18 and older who have not previously gone on the trip (after February 1 if there is still room in the program, those who have gone in the past may enroll).

Cost: \$30

Location: Fort Boise Community Center

Date:	Time:	Activity #:
Saturday, March 7	8:30 a.m.-5 p.m.	300715-01

ADAPTIVE ICE SKATING AT IDAHO ICEWORLD



In this adaptive ice skating class, students with disabilities will receive instruction based upon their individual needs and goals. Some adaptive equipment is available for use at no extra cost. Contact Jackie Woodland at Idaho IceWorld at 208-608-7718 for more information.

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.

SATURDAY BEST CLUB – For Youth with Visual Impairments

Boise Parks and Recreation, in partnership with the National Federation of the Blind, is offering the BEST Saturday Club (Braille Enrichment and Skills Training) the second Saturday of the month. Each month will feature braille reading/writing and a different recreation activity or field trip. This program is designed for elementary age youth with visual impairments.

Cost: \$51

Location: Fort Boise Community Center

Date (Saturdays):	Time:	Activity #:
January 11, February 8, March 14, April 11 & May 9	10 a.m.-12 p.m.	200760-01



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. Drop-in for \$5/day or enroll for the session at a discount. Youth under 18 may enroll if accompanied by an adult. *On January 25 rugby will be held from 6:30-9 p.m.

Location: Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Wednesdays, January 8-February 26	12-2:30 p.m.	\$29	200704-01
Saturdays, January 4-February 22*	1:15-3:45 p.m.*	\$29	200704-02
Wednesdays, March 4-25	12-2:30 p.m.	\$15	300704-01
Saturdays, March 7-21	1:15-3:45 p.m.	\$11.50	300704-02



CHAIRHOOPS WHEELCHAIR BASKETBALL TOURNAMENT FUNDRAISER

MARCH 19-21, 2020

The Chairhoops Wheelchair Basketball Tournament is for people with and without disabilities. Gather your friends and create a team of 10 players to support the AdVenture program, which offers recreation for individuals with disabilities. Wheelchairs provided. All registered players will receive a ChairHoops T-shirt. Games will be played on Thursday evening at Fort Boise Community Center, on Friday evening at Timberline High School and during the day on Saturday at Timberline High School. The team registration fee of \$155 is due by March 2, 2020, register early, the tournament is limited to 20 teams. For more information or to register call 208-608-7681.



YOUTH ADAPTIVE SPORTS CLINIC

Junior athletes don't miss out on this fun, one-day clinic which will include trying adaptive sports such as swimming, wheelchair tennis and wheelchair basketball. Youth (ages 6-19) with physical disabilities who use a wheelchair, AFO braces, walkers or crutches are welcome to attend. Space is limited, please sign up early.

Location: Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Saturday, January 25	10:30 a.m.-3:30 p.m.	\$21	200709-01

WHEELCHAIR BASKETBALL

Come play the fast-paced game of wheelchair basketball! Learn the rules of the game, practice your skills and play a few pick-up games. You do not have to have a disability to play, wheelchairs will be provided for your use. This activity is for people who want a good workout and competitive practice time. Sign up for the session at the discounted rate or drop-in for \$4/day. Youth under 18 may enroll if accompanied by an adult.

Location: Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Saturdays, January 11-March 14	4:15-6:15 p.m.	\$31	200708-01



GOALBALL

Learn to play Goalball, a Paralympic sport which is designed for individuals who have visual impairments. Join us to learn the rules, practice and play a few games. Youth under the age of 18 may enroll if accompanied by an adult.

Location: Fort Boise Community Center

Date (Saturdays):	Time:	Cost:	Activity #:
January 11-March 21 (no practice 1/25)	6:30-8:30pm	\$32.25	200801-01
April 4-May 16	6:30-8:30pm	\$22.85	300801-01

NEW



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

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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!

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

WHEELCHAIR RUGBY FOOD DRIVE & TOY DRIVE!

Thank you to everyone who participated in the eighth annual Wheelchair Rugby Food Drive on November 16. The Food Drive which supported the City Light Home for Women and Children and the Boise Rescue Mission brought in over 220 pounds of food and 3 turkeys. Thank you to everyone who played, volunteered and donated!

Please join us on Saturday, December 14 from 1:30-4:30 p.m. for the 8th annual Toys for Tots Wheelchair Rugby Toy Drive at Fort Boise Community Center.

HOLIDAY PARTY A GREAT SUCCESS!

The annual AdVenture Holiday Party held on December 6 was a great success! Over 190 people came to participate in fun activities, spend time with friends and celebrate the season. The wonderful evening would not be possible without the many volunteers and business who donated to the event. Thank you all for supporting AdVenture!

HOLIDAY PARTY VOLUNTEERS - *Thank you for a fun and memorable evening!*

Aaron Stigile	Ciera Garechana	Keith Lewis	Liz Levitan	Shaun Cook
Adaela Stigile	Connor Kovarik	Kim Russell	Mary Slater	Stacey Gaasch
Aunick Lund	Courtney Cook	Kyle Kovarik	Mia Lund	Toby Lund
Ava Gaasch	Jeff Sparks	Kyme Graziano	Nick Clark	Will Orr
Blake Stigile	Jim Slater	Larry Buttel	Patrick Gaasch	
Christa Patton	Jonah Blackham	Lee Stigile	Randy Geile	

HOLIDAY PARTY SPONSORS - *Thank you for donating to the Holiday Party!*

Blimpie	Ceramica	Jeff Sparks	Wahooz Family Fun Zone
BodyBuilding.com	Domino's Pizza	Lee's Candies	Zurchers
Cactus Petes Casino	Idaho Candy Company	Rockies Diner	