

BOISE PARKS AND RECREATION AdVenture



NEWSLETTER

JULY & AUGUST 2020



Facebook.com/BPRAdVentureProgram

cityofboise.org/adaptive-recreation



We have missed you and we are excited to announce the return of some outdoor AdVenture programs this summer. We hope you will join us for some classes and activities! Advanced registration is required for all activities, please call 208-608-7680 or visit cityofboise.org to enroll. As the summer progresses we may be able to add more programs based on safety protocols. Please follow us on Facebook and check cityofboise.org/Adaptive-Recreation.org for updates.

The safety of our participants, volunteers and staff are our top priority. AdVenture programs will look a little bit different as we adhere to the Central District Health and the City of Boise's guidelines regarding COVID-19. We will do the utmost to provide a safe environment for activities, however it is up to you to decide if in-person programs are the right choice for you at this time.

[Click here to view details of AdVenture's plan to help minimize the spread of COVID-19 at AdVenture programs.](#)

Additionally at this time everyone in attendance will be asked to wear a mask to comply with the public health emergency order. Please remember to bring a face covering to programs, if you do not have one, we will provide a disposable face covering for you. If you have any questions or would like to register for an activity, please give us a call at 208-608-7680. We hope to see you this summer!

ADAPTIVE OUTDOOR YOGA CLASS

Join us for outdoor yoga on the Dick Eardley Senior Center lawn! 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 activity is for participants age 15 and older unless accompanied by an adult.

Location: Fort Boise Community Center Courtyard

Date:	Time:	Cost:	Activity #:
Mondays, July 13-August 10	9-10 a.m.	\$26	400753-03



ADAPTIVE OUTDOOR ART

Explore several different forms of art ranging from drawing, painting and much more! This summer classes will be held outdoors at the Fort Boise Community Center Courtyard. The fee includes instruction and supplies. This activity is for participants age 15 and older unless accompanied by an adult.

Location: Fort Boise Community Center Courtyard

Date:	Time:	Cost:	Activity #:
Tuesdays, July 14-August 11	9-10:15 a.m.	\$33.50	400539-02

ADAPTIVE OUTDOOR FITNESS

Join our outdoor fitness class and work on stretching, band workouts and aerobic activity. This is a great opportunity to get fit in a supportive and fun environment. Please note, we will not use the Fort Boise workout machines. Class is structured for different levels of ability and students will need to be able to stay with the group in an outdoor setting. This activity is for participants age 15 and older unless accompanied by an adult.

Location: Fort Boise Community Center Courtyard

Date:	Time:	Cost:	Activity #:
Wednesdays, July 15-August 12	9-10 a.m.	\$18.15	400728-01



ADVENTURE WALKING CLUB

Join us for a leisurely walk in the park! We will meet at the park and walk for just over an hour in a different direction each week. The club is designed for individuals age 15 and older who enjoy being outdoors, getting exercise and who can stay with the group. The club will be held rain or shine.

Location: Kathryn Albertson Park

Date:	Time:	Cost:	Activity #:
Wednesdays, July 15-August 12	4:30-6 p.m.	\$23.50	400800-01

DINE & DECORATE

Get creative with AdVenture! We will eat a pizza dinner in the park and then create a summer themed art project. This activity is for participants age 16 and older unless accompanied by an adult.

Location: Kristin Armstrong Municipal Park

Time: 5:30-8:30 p.m.

Theme:	Date:	Cost:	Activity #:
Painting, Beach Theme	Thursday, July 16	\$27	400545-01
Tie Dye & Game Bag	Thursday, July 30	\$27	400545-02
Painting, Flower Theme	Thursday, August 13	\$27	400545-03

BOCCE & DINNER

Try out the fun and relaxed sport of Bocce in the park! We will also eat dinner in the park. Dinner will be made by a local restaurant and prior to the activity participants will be called for their order. This activity is for participants age 16 and older unless accompanied by an adult.

Location: Kristin Armstrong Municipal Park

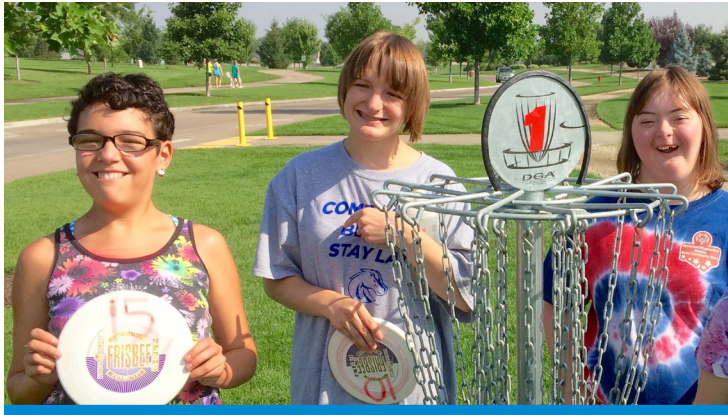
Date:	Time:	Cost:	Activity #:
Friday, July 24	5:30-8 p.m.	\$22	400716-01

ADAPTIVE BIKE RIDE

Join us for an hour-long group bike ride along the beautiful Boise Greenbelt. Bring your own bike or use one of our adaptive handcycles, adult tricycles, recumbent tricycles, or tandem bikes (call Sonya at 208-608-7681 for bike availability and reservations). This ride is designed as supervised group ride and is not a bike riding lesson; however proper trail manners and safety will be addressed. Participants must be able to follow directions and stay with the group or attend with someone who can assist. This activity is for participants age 16 and older unless accompanied by an adult.

Location: Kristin Armstrong Municipal Park

Date:	Time:	Cost:	Activity #:
Thursday, July 23	8:30-10 a.m.	\$6.25	400737-01



DISC GOLF & PICNIC

Learn how to play the fun and relaxed game of disc golf, where the object is to toss a Frisbee and hit a target in the least amount of tries. Before playing we will eat dinner in the park. Dinner will be made by a local restaurant and prior to the activity participants will be called for their order. This activity is for participants age 16 and older unless accompanied by an adult.

Location: Ann Morrison Park

Date:	Time:	Cost:	Activity #:
Thursday, August 6	5:30-8 p.m.	\$22	400741-01



LADIES NIGHT AND GUYS NIGHT

Hey ladies and gentlemen, we have fun nights planned for you! We will meet at the park to play games, eat pizza and have fun hanging out with new friends. August 20 is ladies night and August 19 is guys night. This activity is for participants age 18 and older.

Location: Kristin Armstrong Municipal Park

Time: 5-8 p.m.

Theme:	Date:	Cost:	Activity #:
Guys Night	Wednesday, August 19	\$22	400229-04
Ladies Night	Thursday, August 20	\$22	400229-03



CURT RECLA MOONLIGHT GOLF TOURNAMENT

A fundraiser to benefit the AdVenture Program

This popular tournament will take place Friday, August 28 at Warm Springs Golf Course. The tournament starts at 6 p.m. and is a four-person scramble, limited to 15 teams. Participants will play nine holes of golf and then break for a delicious dinner. After dinner, everyone may golf 4-5 holes with glow-in-the-dark golf equipment! The cost is \$70 per person, which includes green fees, cart for the first nine holes, night equipment, and dinner. This unique tournament is a fun evening that you won't want to miss. A silent auction will be held during the tournament with proceeds going towards Boise Parks & Recreation's AdVenture program, which provides recreation opportunities for people with disabilities. Businesses and individuals may sponsor a hole at this tournament for \$100. For more information or to register, please call 208-608-7687

SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13 Outdoor Yoga Class 9-10 a.m. DESC lawn	14 Outdoor Adaptive Art 9-10:15 a.m. FBCC courtyard	15 Outdoor Fitness Class 9-10 a.m. FBCC courtyard Walking Club 4:30-6 p.m. Kathryn Albertson Park	16 Dine & Decorate 5:30-8:30 p.m. KAMP	17	18
19	20 Outdoor Yoga Class 9-10 a.m. DESC lawn	21 Outdoor Adaptive Art 9-10:15 a.m. FBCC courtyard	22 Outdoor Fitness Class 9-10 a.m. FBCC courtyard Walking Club 4:30-6 p.m. Kathryn Albertson Park	23 Adaptive Bike Ride 8:30-10 a.m. KAMP	24 Bocce & Dinner 5:30-8 p.m. KAMP	25
26	27 Outdoor Yoga Class 9-10 a.m. DESC lawn	28 Outdoor Adaptive Art 9-10:15 a.m. FBCC courtyard	29 Outdoor Fitness Class 9-10 a.m. FBCC courtyard Walking Club 4:30-6 p.m. Kathryn Albertson Park	30 Dine & Decorate 5:30-8:30 p.m. KAMP	31	1

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.
 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.

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

AUGUST 2020

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SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 Outdoor Yoga Class 9-10 a.m. DESC lawn	4 Outdoor Adaptive Art 9-10:15 a.m. FBCC courtyard	5 Outdoor Fitness Class 9-10 a.m. FBCC courtyard Walking Club 4:30-6 p.m. Kathryn Albertson Park	6 Disc Golf & Picnic 5:30-8 p.m. Ann Morrison Park	7	8
9	10 Outdoor Yoga Class 9-10 a.m. DESC lawn	11 Outdoor Adaptive Art 9-10:15 a.m. FBCC courtyard	12 Outdoor Fitness Class 9-10 a.m. FBCC courtyard Walking Club 4:30-6 p.m. Kathryn Albertson Park	13 Dine & Decorate 5:30-8:30 p.m. KAMP	14	15
16	17	18	19 Guys Night 5-8 p.m. KAMP	20 Ladies Night 5-8 p.m. KAMP	21	22
23	24	25	26	27	28 AdVenture Fundraiser Curt Recla Moonlight Golf Tournament	29
30	31					

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PARKS AND RECREATION



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

ADDRESS SERVICE REQUESTED

PRSR 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.

**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 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.

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.

