

# BOISE PARKS AND RECREATION AdVenture



NEWSLETTER

SEPTEMBER & OCTOBER 2019

Facebook.com/BPRAdVentureProgram

cityofboise.org/adaptive-recreation



## ADAPTIVE CYCLING WITH ADVENTURE

Join us for a group bike ride along the beautiful Greenbelt. Bring your own bike or use one of our adaptive handcycles, adult tricycles, recumbent tricycles, or tandem bikes (before registering, call Sonya at 208-608-7681 for bike availability and reservations). These rides are designed as supervised group rides and are not a bike riding lessons; 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. These rides are for participants age 16 and older unless accompanied by an adult.

### ADAPTIVE BIKE RIDES

An hour-long group ride along the Greenbelt.

**Cost:** \$6.25

**Location:** Kristin Armstrong Municipal Park

Date:	Time:	Activity #:
Thursday, Sept 19	5:30-7 p.m.	100737-01
Thursday, Sept 26	5:30-7 p.m.	100737-02
Wednesday, Oct 2	5:30-7 p.m.	100737-03
Wednesday, Oct 9	5:30-7 p.m.	100737-04
Wednesday, Oct 16	5:30-7 p.m.	100737-05

### ADAPTIVE BIKE RIDE & PICNIC

After our hour long ride we will have a picnic meal in the park.

**Cost:** \$14

**Location:** Julia Davis Park

Date:	Time:	Activity #:
Saturday, Sept 21	10:30 a.m.-1p.m.	100738-01

**Location:** Kristin Armstrong Municipal Park

Date:	Time:	Activity #:
Saturday, Oct 5	3:30-6 p.m.	100738-02

### EXTENDED BIKE RIDE & PICNIC

After a 2.5 hour long ride we will have a picnic lunch in the park.

**Cost:** \$16.50

**Location:** Marianne Williams Park

Date:	Time:	Activity #:
Saturday, Oct 12	9:30 a.m.-1:30 p.m.	100743-01



## CURT RECLA MOONLIGHT GOLF TOURNAMENT – ADVENTURE FUNDRAISER

This popular tournament will take place Friday, September 13 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, drink token 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 the Boise Parks and Recreation's AdVenture program. Businesses and individuals may sponsor a hole at this tournament for \$100. For more information or to register, please call 208-608-7687.



### PLAN YOUR ENTIRE FALL!

You can see ALL of the fall activities offered by AdVenture and Boise Parks and Recreation in the Activity Guide (this Newsletter only highlights AdVenture activities for September and October). Pick up a copy at Fort Boise Community Center, see it online at [cityofboise.org/Adaptive-Recreation](http://cityofboise.org/Adaptive-Recreation) or call 208-608-7680 to have one mailed to you.



## ADVENTURE WALKING CLUB

Spend an hour exploring a different park each week while getting a good workout. This activity is for participants age 15 and older. Transportation from Fort Boise Community Center to the trails and back is provided and the club will be held rain or shine.

**Cost:** \$26

**Location:** Fort Boise Community Center

Date (Mondays):	Time:	Activity #:
Sept 9-30	4-6 p.m.	100800-01

## ADAPTIVE YOGA

Yoga helps to improve flexibility, strength, balance and provides an opportunity to work on body awareness and the ability to relax. Our instructor is great at adapting yoga poses for people of all abilities. This class is for participants age 15 and older.

**Cost:** \$31

**Location:** Dick Eardley Senior Center

Date (Mondays):	Time:	Activity #:
Sept 16-Oct 21	4:15-5:15 p.m.	100753-01
Sept 16-Oct 21	5:30-6:30 p.m.	100753-02
Oct 28-Dec 16*	4:15-5:15 p.m.	100753-03
Oct 28-Dec 16*	5:30-6:30 p.m.	100753-04

\*No class Nov 11 & 25

## 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, fun and social environment. This activity is for participants age 15 and older and individuals of all fitness levels are encouraged to sign up.

**Cost:** \$42.25

**Location:** Fort Boise Community Center

Date (Tues/Thur):	Time:	Activity #:
Sept 17-Oct 24	3-4 p.m.	100728-01
Sept 17-Oct 24	4-5 p.m.	100728-02
Oct 29-Dec 12	3-4 p.m.	100728-03
Oct 29-Dec 12	4-5 p.m.	100728-04

\*No class Nov 26 & 28

## 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 or Sonya at 208-608-7680.

Activities Can Include:

- Pottery Classes on Fridays (Access to the Arts)
- Dance Classes
- Adaptive Bike Fair
- Outdoor Adventures (Hiking, Snowshoeing, Cycling, etc.)
- And More!

## ADAPTIVE ART

This is the perfect class for participants with disabilities to explore several different forms of art ranging from pottery, drawing, painting and much more! The fee includes instruction and supplies. This activity is for participants age 15 and older.

**Location:** Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Mondays, Oct 7-Dec 9*	4:15-5:30 p.m.	\$53	100539-01
Saturdays, Sept 21-Oct 26	10-11:15 a.m.	\$40	100539-02
Saturdays, Nov 2-Dec 14*	10-11:15 a.m.	\$40	100539-03

\*No class Nov 11, 25 & 30

## DANCE ABILITY

During this fun class we will explore various styles of dancing, rhythm and music. Students will learn to increase their strength, flexibility and coordination through dance. This class is for participants age 12 and older.

**Cost:** \$26.50

### TUESDAYS

**Location:** Dick Eardley Senior Center

Date:	Time:	Activity #:
Sept 17-Oct 22	4:30-5:30 p.m.	100538-01
Oct 29-Dec 10*	4:30-5:30 p.m.	100538-04

\*No class Nov 26

### WEDNESDAYS

**Location:** Fort Boise Community Center

Date:	Time:	Activity #:
Sept 18-Oct 23	3-4 p.m.	100538-02
Sept 18-Oct 23	4:15-5:15 p.m.	100538-03
Oct 30-Dec 11*	3-4 p.m.	100538-05
Oct 30-Dec 11*	4:15-5:15 p.m.	100538-06

\*No class Nov 27

## 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 practice following directions, learning about healthy food options, safe food preparation and table manners. Due to the nature of this class, we are unable to accommodate special diets. This activity is for participants age 15 and older.

**Cost:** \$63

**Location:** Fort Boise Community Center

Date (Wednesdays):	Time:	Activity #:
Sept 18-Oct 23	5-7 p.m.	100729-01
Oct 30-Dec 11*	5-7 p.m.	100729-02

\*No class Nov 27



## ADAPTIVE MUSIC

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 activity is for participants age 12 and older and no music experience is needed.

**Cost:** \$26.50

**Location:** Dick Eardley Senior Center

Date (Thursdays):	Time:	Activity #:
Sept 19-Oct 24	4:30-5:30 p.m.	100764-01
Sept 19-Oct 24	5:45-6:45 p.m.	100764-02
Oct 31-Dec 12*	4:30-5:30 p.m.	100764-03
Oct 31-Dec 12*	5:45-6:45 p.m.	100764-04

\*No class Nov 28

## 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 is for participants age 15 and older, unless accompanied by an adult.

**Cost:** \$29.50

**Location:** Bowling Alley at the BSU SUB

Date (Tuesdays):	Time:	Activity #:
Sept 3 & 17, Oct. 1 & 15	7-8:30 p.m.	100730-01
Sept 10 & 24, Oct 8 & 22	7-8:30 p.m.	100730-02
Oct 29, Nov 12 & 26, Dec 10	7-8:30 p.m.	100730-03
Nov 5 & 19, Dec 3 & 17	7-8:30 p.m.	100730-04

## DINNER & A MOVIE

Catch a dinner and 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. This program is for participants age 18 and older. Please see the Activity Guide for more dates in November and December.

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

**Cost:** \$22

**Location:** Fort Boise Community Center

Date (Fridays):	Restaurant:	Activity #:
Sept 13	Mongolian BBQ	100203-01
Sept 27	Idaho Pizza Co.	100203-02
Oct 11	Chapala	100203-03
Oct 18	Big Jud's	100203-04
Nov 1	Golden Star	100203-05

## ZOO & DINNER

Check out the cool animals at Zoo Boise! After our trip to the Zoo, we will socialize over dinner. This activity is for participants ages 16 and older who are able to stay with the group.

**Cost:** \$25

**Location:** Fort Boise Community Center

Date:	Time:	Activity #:
Friday, Sept 20	3-7 p.m.	100757-01

## THEATER & LUNCH

Spend your Saturday with us going out to lunch and then watching a play at the Boise Little Theater. Participants must have the ability to sit quietly through a two-hour play. In September we will see the comedy/mystery *Clue*, in November the comedy *Casserole* and in December the musical *Annie*. The December play is for all audiences and the other two are rated PG-13. This program is for participants age 18 and older.

**Cost:** \$37

**Location:** Fort Boise Community Center

Date (Saturdays):	Time:	Activity #:
Sept 21	12-4:45 p.m.	100303-01
Nov 2	12-4:45 p.m.	100303-02
Dec 14	12-4:45 p.m.	100303-03

## GUYS NIGHT / LADIES NIGHT BOWLING & DINNER

**NEW**

Ladies and Gentlemen we have a fun night planned for you! We will go out to dinner and then on to the bowling alley to play a few games, hang out and make new friends.

**Cost:** \$27

**Location:** Fort Boise Community Center

Ladies Night Date:	Time:	Activity #:
Thursday, Sept 5	5-9 p.m.	100229-01

Guys Night Date:	Time:	Activity #:
Thursday, Sept 12	5-9 p.m.	100229-02

## FARMERS MARKET & LUNCH

Check out your local Farmer's Market! After visiting the local farm and art stands we will go out to lunch. This activity is for participants age 18 and older who can stay with the group. Participants are welcome to bring spending money to purchase items at the market.

**Cost:** \$27

**Location:** Fort Boise Community Center

Date:	Time:	Activity #:
Saturday, Oct 5	9 a.m.-1:30 p.m.	100562-01

## POTTERY, LUNCH & ZOO

Create a unique pottery piece, go out to lunch and then take a trip to the Zoo. This activity is for participants age 16 and older, unless accompanied by an adult who enrolls.

**Cost:** \$30

**Location:** Fort Boise Community Center

Date:	Time:	Activity #:
Friday, Oct 25	9 a.m.-3 p.m.	100561-01

## THREE ISLAND CROSSING TRIP

Visit the beautiful Three Island Crossing State Park and learn about the history of the area and the Oregon Trail. Tour the History Center, eat a picnic lunch, play disc golf and check out the birds. Please be ready for an active day of exploring. This program is for participants age 16 and older, unless accompanied by an adult who enrolls.

**Cost:** \$30

**Location:** Fort Boise Community Center

Date:	Time:	Activity #:
Saturday, Sept 14	9 a.m.-4 p.m.	100750-01

## CLEO'S NATURE TRAIL & LUNCH

Visit the unique and beautiful 'Cleo's Nature Trail' near Melba, Idaho. This whimsical garden has mostly paved trails which wind through the variety of outdoor art exhibits, ponds, and unique gardens. After exploring, we will go out to lunch. This activity is for participants ages 16 and older, unless accompanied by an adult who enrolls.

**Cost:** \$31

**Location:** Fort Boise Community Center

Date:	Time:	Activity #:
Saturday, Sept 28	12-5 p.m.	100564-01

## BIRDS OF PREY TRIP

Learn about the local birds of prey and if the weather allows, watch the flight show at the World Center for Birds of Prey. Before checking out the birds we will socialize over lunch. This activity is for participants ages 16 and older, unless accompanied by an adult who enrolls.

**Cost:** \$31

**Location:** Fort Boise Community Center

Date:	Time:	Activity #:
Friday, Oct 11	11:45 a.m.-5:15 p.m.	100530-01



## SOCIAL CLUBS

These clubs are ideal social opportunities for adults with cognitive disabilities. Outings may include bowling, dinner and a movie, sporting events and more! The staff to participant ratio is 1:5. 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!

**Cost:** \$72

### Tuesday Social Club (ages 18+)

**NEW**

**Location:** Fort Boise Community Center

**Time:** 6-8:30 p.m.

Date (Tuesdays):	Activity #:
Sept 3-Oct 15	100330-01
Oct 22-Dec 10*	100330-02

\*No club Nov 26

### Wednesday Social Club (ages 18+)

**Location:** Morley Nelson Community Center

**Time:** 6-8:30 p.m.

Date (Wednesdays):	Activity #:
Sept 4-Oct 16	100320-01
Oct 23-Dec 11*	100320-02

\*No club Nov 27

### Thursday Social Club (ages 18+)

**Location:** Whitney Community Center

**Time:** 6-8:30 p.m.

Date (Thursdays):	Activity #:
Sept 5-Oct 17*	100300-01
Oct 24-Dec 12*	100300-02

\*No club Nov 28

### Friday Social Club (ages 18-32)

**Location:** Fort Boise Community Center

**Time:** 7-9:30 p.m.

Date (Fridays):	Activity #:
Sept 6-Oct 18	100310-01
Oct 25-Dec 13*	100310-02

\*No club Nov 29

# SEPTEMBER 2019

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SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	<b>3</b> <b>Tuesday Social Club</b> 6-8:30 p.m. FBCC  <b>Bowling Club</b> 7-8:30 p.m. BSU	<b>4</b> <b>Wheelchair Rugby</b> 12-2:30 p.m. FBCC  <b>Adaptive Bike Ride</b> 5:30-7 p.m. Municipal  <b>Wednesday Social Club</b> 6-8:30 p.m. MNCC	<b>5</b> <b>Ladies Night</b> 5-9 p.m. FBCC  <b>Thursday Social Club</b> 6-8:30 p.m. WCC	<b>6</b> <b>Dinner &amp; Movie</b> 5-9:30 p.m. FBCC  <b>Friday Social Club</b> 7-9:30 p.m. FBCC	<b>7</b> <b>Petting Zoo &amp; Lunch</b> 9 a.m.-3 p.m. FBCC  <b>Wheelchair Rugby</b> 1:15-3:45 p.m. FBCC  <b>Goalball</b> 6:30-8:30 p.m. FBCC
8	<b>9</b> <b>Walking Club</b> 4-6 p.m. FBCC	<b>10</b> <b>Adaptive Bike Ride</b> 5:30-7 p.m. Municipal  <b>Tuesday Social Club</b> 6-8:30 p.m. FBCC  <b>Bowling Club</b> 7-8:30 p.m. BSU	<b>11</b> <b>Wheelchair Rugby</b> 12-2:30 p.m. FBCC  <b>Dine &amp; Decorate</b> 5-9 p.m. FBCC  <b>Wednesday Social Club</b> 6-8:30 p.m. MNCC	<b>12</b> <b>Guys Night</b> 5-9 p.m. FBCC  <b>Thursday Social Club</b> 6-8:30 p.m. WCC	<b>13</b>  <b>Moonlight Golf Tournament - AdVenture Fundraiser</b> 6 p.m. Warm Springs GC  <b>Dinner &amp; Movie</b> 5-9:30 p.m. FBCC  <b>Friday Social Club</b> 7-9:30 p.m. FBCC	<b>14</b> <b>Three Island Crossing</b> 9 a.m.- 4 p.m. FBCC  <b>Saturday BEST</b> 10 a.m.-12 p.m. FBCC  <b>Wheelchair Rugby</b> 1:15-3:45 p.m. FBCC  <b>Goalball</b> 6:30-8:30 p.m. FBCC
15	<b>16</b> <b>Walking Club</b> 4-6 p.m. FBCC  <b>Adaptive Yoga</b> 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC	<b>17</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC  <b>Dance Ability</b> 4:30-5:30 p.m. DESC  <b>Tuesday Social Club</b> 6-8:30 p.m. FBCC  <b>Bowling Club</b> 7-8:30 p.m. BSU	<b>18</b> <b>Wheelchair Rugby</b> 12-2:30 p.m. FBCC  <b>Dance Ability</b> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC  <b>Cooking Class</b> 5-7 p.m. FBCC  <b>Wednesday Social Club</b> 6-8:30 p.m. MNCC	<b>19</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC  <b>Adaptive Music Class</b> 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC  <b>Adaptive Bike Ride</b> 5:30-7 p.m. Municipal  <b>Thursday Social Club</b> 6-8:30 p.m. WCC	<b>20</b> <b>Zoo &amp; Dinner</b> 3-7 p.m. FBCC  <b>Friday Social Club</b> 7-9:30 p.m. FBCC	<b>21</b> <b>Adaptive Art</b> 10-11:15 a.m. FBCC  <b>Bike Ride &amp; Picnic</b> 10:30 a.m.- 1 p.m. Municipal  <b>Theater &amp; Lunch</b> 12-4:45 p.m. FBCC  <b>Wheelchair Rugby</b> 1:15-3:45 p.m. FBCC  <b>Goalball</b> 6:30-8:30 p.m. FBCC
22	<b>23</b> <b>Walking Club</b> 4-6 p.m. FBCC  <b>Adaptive Yoga</b> 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC	<b>24</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC  <b>Dance Ability</b> 4:30-5:30 p.m. DESC  <b>Tuesday Social Club</b> 6-8:30 p.m. FBCC  <b>Bowling Club</b> 7-8:30 p.m. BSU	<b>25</b> <b>Wheelchair Rugby</b> 12-2:30 p.m. FBCC  <b>Dance Ability</b> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC  <b>Cooking Class</b> 5-7 p.m. FBCC  <b>Wednesday Social Club</b> 6-8:30 p.m. MNCC	<b>26</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC  <b>Adaptive Music Class</b> 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC  <b>Adaptive Bike Ride</b> 5:30-7 p.m. Municipal  <b>Thursday Social Club</b> 6-8:30 p.m. WCC	<b>27</b> <b>Dinner &amp; Movie</b> 5-9:30 p.m. FBCC  <b>Friday Social Club</b> 7-9:30 p.m. FBCC	<b>28</b> <b>Adaptive Art</b> 10-11:15 a.m. FBCC  <b>Cleo's Nature Trail</b> 12-5 p.m. FBCC  <b>Goalball</b> 6:30-8:30 p.m. FBCC
29	<b>30</b> <b>Walking Club</b> 4-6 p.m. FBCC  <b>Adaptive Yoga</b> 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC					

## 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](http://cityofboise.org/adaptive-recreation)



**PARKS AND RECREATION**

# OCTOBER 2019

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SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC <b>Dance Ability</b> 4:30-5:30 p.m. DESC <b>Tuesday Social Club</b> 6-8:30 p.m. FBCC <b>Bowling Club</b> 7-8:30 p.m. BSU	<b>2</b> <b>Wheelchair Rugby</b> 12-2:30 p.m. FBCC <b>Dance Ability</b> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC <b>Cooking Class</b> 5-7 p.m. FBCC <b>Adaptive Bike Ride</b> 5:30-7 p.m. Municipal <b>Wednesday Social Club</b> 6-8:30 p.m. MNCC	<b>3</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC <b>Adaptive Music Class</b> 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC <b>Dine &amp; Decorate</b> 5-9 p.m. FBCC <b>Thursday Social Club</b> 6-8:30 p.m. WCC	<b>4</b> <b>Mini Golf &amp; Dinner</b> 5-8:30 p.m. FBCC <b>Friday Social Club</b> 7-9:30 p.m. FBCC	<b>5</b> <b>Farmers Market &amp; Lunch</b> 9 a.m.-1:30 p.m. FBCC <b>Adaptive Art</b> 10-11:15 a.m. FBCC <b>Wheelchair Rugby</b> 1:15-3:45 p.m. FBCC <b>Bike Ride &amp; Picnic</b> 3:30-6 p.m. Municipal <b>Goalball</b> 6:30-8:30 p.m. FBCC
6	<b>7</b> <b>Adaptive Yoga</b> 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC <b>Adaptive Art</b> 4:15-5:30 p.m. FBCC	<b>8</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC <b>Dance Ability</b> 4:30-5:30 p.m. DESC <b>Tuesday Social Club</b> 6-8:30 p.m. FBCC <b>Bowling Club</b> 7-8:30 p.m. BSU	<b>9</b> <b>Wheelchair Rugby</b> 12-2:30 p.m. FBCC <b>Dance Ability</b> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC <b>Cooking Class</b> 5-7 p.m. FBCC <b>Adaptive Bike Ride</b> 5:30-7 p.m. Municipal <b>Wednesday Social Club</b> 6-8:30 p.m. MNCC	<b>10</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC <b>Adaptive Music Class</b> 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC <b>Thursday Social Club</b> 6-8:30 p.m. WCC	<b>11</b> <b>Birds of Prey</b> 11:45 a.m.-5:15 p.m. FBCC <b>Dinner &amp; Movie</b> 5-9:30 p.m. FBCC <b>Friday Social Club</b> 7-9:30 p.m. FBCC	<b>12</b> <b>Ext. Bike Ride &amp; Picnic</b> 9:30 a.m.- 1:30 p.m. Municipal <b>Saturday BEST</b> 10 a.m.-12 p.m. FBCC <b>Adaptive Art</b> 10-11:15 a.m. FBCC <b>Wheelchair Rugby</b> 1:15-3:45 p.m. FBCC <b>Goalball</b> 6:30-8:30 p.m. FBCC
13	<b>14</b> <b>Adaptive Yoga</b> 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC <b>Adaptive Art</b> 4:15-5:30 p.m. FBCC	<b>15</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC <b>Dance Ability</b> 4:30-5:30 p.m. DESC <b>Tuesday Social Club</b> 6-8:30 p.m. FBCC <b>Bowling Club</b> 7-8:30 p.m. BSU	<b>16</b> <b>Wheelchair Rugby</b> 12-2:30 p.m. FBCC <b>Dance Ability</b> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC <b>Cooking Class</b> 5-7 p.m. FBCC <b>Wednesday Social Club</b> 6-8:30 p.m. MNCC	<b>17</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC <b>Adaptive Music Class</b> 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC <b>Corn Maze Adventure</b> 5-9 p.m. FBCC <b>Thursday Social Club</b> 6-8:30 p.m. WCC	<b>18</b> <b>Dinner &amp; Movie</b> 5-9:30 p.m. FBCC <b>Friday Social Club</b> 7-9:30 p.m. FBCC	<b>19</b> <b>Adaptive Art</b> 10-11:15 a.m. FBCC <b>Corn Maze Adventure</b> 11 a.m.-3 p.m. FBCC <b>Wheelchair Rugby</b> 1:15-3:45 p.m. FBCC <b>Goalball</b> 6:30-8:30 p.m. FBCC
20	<b>21</b> <b>Adaptive Yoga</b> 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC <b>Adaptive Art</b> 4:15-5:30 p.m. FBCC	<b>22</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC <b>Dance Ability</b> 4:30-5:30 p.m. DESC <b>Tuesday Social Club</b> 6-8:30 p.m. FBCC <b>Bowling Club</b> 7-8:30 p.m. BSU	<b>23</b> <b>Wheelchair Rugby</b> 12-2:30 p.m. FBCC <b>Dance Ability</b> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC <b>Cooking Class</b> 5-7 p.m. FBCC <b>Wednesday Social Club</b> 6-8:30 p.m. MNCC	<b>24</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC <b>Adaptive Music Class</b> 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC <b>Thursday Social Club</b> 6-8:30 p.m. WCC	<b>25</b> <b>Pottery, Lunch &amp; Zoo</b> 9 a.m.-3 p.m. FBCC <b>Dancing &amp; Dessert</b> 5:30-9:30 p.m. FBCC <b>Friday Social Club</b> 7-9:30 p.m. FBCC	<b>26</b> <b>Adaptive Art</b> 10-11:15 a.m. FBCC <b>Pumpkin Carving &amp; Lunch</b> 10:30 a.m.-3:30 p.m. FBCC <b>Wheelchair Rugby</b> 1:15-3:45 p.m. FBCC <b>Goalball</b> 6:30-8:30 p.m. FBCC
27	<b>28</b> <b>Adaptive Yoga</b> 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC <b>Adaptive Art</b> 4:15-5:30 p.m. FBCC	<b>29</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC <b>Dance Ability</b> 4:30-5:30 p.m. DESC <b>Tuesday Social Club</b> 6-8:30 p.m. FBCC <b>Bowling Club</b> 7-8:30 p.m. BSU	<b>30</b> <b>Wheelchair Rugby</b> 12-2:30 p.m. FBCC <b>Dance Ability</b> 3-4 p.m. FBCC 4:15-5:15 p.m. FBCC <b>Cooking Class</b> 5-7 p.m. FBCC <b>Wednesday Social Club</b> 6-8:30 p.m. MNCC	<b>31</b> <b>Adaptive Fitness</b> 3-4 p.m. FBCC 4-5 p.m. FBCC <b>Adaptive Music Class</b> 4:30-5:30 p.m. DESC 5:45-6:45 p.m. DESC <b>Thursday Social Club</b> 6-8:30 p.m. WCC <b>Halloween Fun</b> 6:30-9 p.m. DESC		



**PARKS AND RECREATION**

## FINANCIAL SCHOLARSHIPS

### *It's Time To Re-Apply!*

Boise Parks and Recreation offers percentage based financial scholarships to qualified youth, seniors 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](http://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. Donations to the scholarship fund are greatly appreciated! Please call 208-608-7680 for more information.

## MINI GOLF & DINNER

Join us for a fun evening of mini golf and dinner. The cost of this activity includes the transportation from Fort Boise Community Center to the activities and back, dinner and golf. This activity is for participants ages 16 and older, unless accompanied by an adult who enrolls.

**Cost:** \$26

**Location:** Fort Boise Community Center

Date:	Time:	Activity #:
Friday, Oct 4	5-8:30 p.m.	100720-01



## CORN MAZE

Navigate your way through an elaborate maze cut through a local corn field. Before taking a journey through the maze we will grab a bite to eat. This activity is for participants ages 16 and older, unless accompanied by an adult who enrolls. Participants must be able to stay with the group.

**Cost:** \$32

**Location:** Fort Boise Community Center

Date:	Time:	Activity #:
Thursday, Oct 17	5-9 p.m.	100515-01
Saturday, Oct 19	11 a.m.-3 p.m.	100515-02

## PUMPKIN PATCH, CARVING & LUNCH

Join us for a fall pumpkin day! We will pick out the perfect pumpkin, go out to lunch and then get creative carving our pumpkins. This activity is for participants ages 16 and older.

**Cost:** \$31

**Location:** Fort Boise Community Center

Date:	Time:	Activity #:
Saturday, Oct 26	10:30 a.m.-3:30 p.m.	100525-01

## DINE & DECORATE

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

**Cost:** \$29

**Location:** Dick Eardley Senior Center

Date:	Time:	Theme:	Activity #:
Wednesday, Sept 11	5-9 p.m.	Flower Pot Project	100545-01
Thursday, Oct 3	5-9 p.m.	Halloween Décor	100545-02
Thursday, Nov 14	5-9 p.m.	Harvest Décor	100545-03
Tuesday, Dec 17	5-9 p.m.	Winter Painting	100545-04

## DANCING & DESSERT

Join AdVenture at two separate Arc, Inc. dances. In October, dress up in your best costume for the Halloween Dance and in December, celebrate the holiday season at the Holiday Ball. Before the dance we will have dessert. This activity is for participants ages 18 and older.

**Cost:** \$16

**Location:** Fort Boise Community Center

Date:	Time:	Activity #:
Friday, Oct 25	5:30-9:30 p.m.	100710-01
Saturday, Dec 7	5:30-9:30 p.m.	100710-02

## HOT SPRINGS TRIP

Soak in a beautiful Idaho hot spring resort and then go out for a late lunch. The cost includes transportation from Fort Boise Community Center, lunch and the hot springs entrance fee. The hot spring is accessible and has a lift however there is not a life guard on duty so participants should know their swimming limits. This activity is for participants age 18 and older, unless accompanied by an adult who enrolls.

**Cost:** \$43

**Location:** Fort Boise Community Center

Date:	Time:	Activity #:
Saturday, Nov 9	10 a.m-4:30 p.m.	100713-01
Saturday, Nov 23	10 a.m-4:30 p.m.	100713-02



## HALLOWEEN FUN

Celebrate Halloween by having a pizza dinner, tie-dyeing T-shirts and carving a pumpkin. Fee includes your T-shirt, dinner and a pumpkin. This activity is for participants ages 16 and older. Costumes are encouraged!

**Cost:** \$24

**Location:** Dick Eardley Senior Center

Date:	Time:	Activity #:
Thursday, Oct 31	6:30-9 p.m.	100522-01

## 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 and to enroll.

## ADAPTIVE FLAG FOOTBALL

Friday Night Flag offers adaptive flag football for youth and teens who have disabilities, learn more at [fridaynightflag.com](http://fridaynightflag.com)



*Thank you for volunteering with AdVenture!*

## VOLUNTEER SPOTLIGHT – JULY & AUGUST

Aaron Anstee  
Andy Mehl  
Annie Wayment  
Christa Patton  
Dean Schlomer  
Gary Shoemaker  
Greg Blood  
Hannah Cotner

Janine Jaro  
Jaycee Wilson  
Joe Corlett  
John Cotner  
John Davis  
Jon Fishback  
Justin Zimmerman  
Kim Russell

Larry Buttel  
Lorne Whittles  
Michael McCarthy  
Mike Sieler  
Paden McCormick  
Patti & John Payne  
Prestige Watersports  
Rilee Moorehead

Russ Scheel  
Ryland McDermott  
Tyrell McKibben  
Vic Jaro  
Zyon Cleverley

# 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 individuals ages 5-15 with visual impairments.

**Location:** Fort Boise Community Center

Date (Saturdays):	Time:	Cost:	Activity #:
Sept 14, Oct 12, Nov 9, Dec 14	10 a.m.-12 p.m.	\$41	200760-01



### ADAPTIVE CYCLING

AdVenture offers many adaptive cycling trips. Participants can use one of our adaptive cycles (handcycles, recumbent trikes, tandems etc.) or bring their own. Please see the cover for dates or call 208-608-7680 to learn more.



### 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 this competitive practice time you will learn the rules, develop your skills and scrimmage. Rugby wheelchairs are provided for your use. A drop-in rate of \$5 per day is available or enroll in the session at a discount. This activity is for participants ages 15 and older however youth under 18 must be accompanied by an adult.

**Location:** Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Wednesdays, Sept 4-Oct 23	12-2:30 p.m.	\$29	100706-01
Saturdays, Sept 7- Oct 26*	1:15-3:45 p.m.	\$25.50	100706-02
Wednesdays, Oct 30-Dec 18*	12-2:30 p.m.	\$25.50	100706-03
Saturdays, Nov 2- Dec 21*	1:15-3:45 p.m.	\$18.50	100706-04

\*No Rugby Sept 28, Nov 27 and 30

### 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.

**Cost:** \$44.75

**Location:** Fort Boise Community Center

Date (Saturdays):	Time:	Activity #:
Sept 7-Dec 14*	6:30-8:30 p.m.	100801-01

\*No Goalball Nov 30



### WHEELCHAIR RUGBY EVENTS

The Boise Bombers Wheelchair Rugby Team and the AdVenture Program present the eight annual Wheelchair Rugby Food Drive and Toys for Tots Wheelchair Rugby Bash. Save the date for these fun events!

- Wheelchair Rugby Food Drive: Saturday November 16 from 1:30-4:30 p.m.
- Toys for Tots Wheelchair Rugby Bash: Saturday, December 14 from 1:30-4:30 p.m.

## MORE PROGRAMS IN THE TREASURE VALLEY!

### LIMBITLESS TABLE ROCK CHALLENGE – SATURDAY, OCT 19

Hike or push your wheelchair up the trail from the Old Penitentiary to Table Rock. Teams will support those with physical disabilities to help during the climb. Learn more and register in advance at [limbitless.org](http://limbitless.org).

### AQUABILITY

AquAbility offers swimming clinics for individuals with disabilities. Visit [aquability.org](http://aquability.org) to learn more.

### WHEELCHAIR TENNIS

The Idaho Wheelchair Tennis Association offers wheelchair tennis instruction to all levels of players. Visit their website [idahowheelchairtennis.com](http://idahowheelchairtennis.com) or e-mail [info@idahowheelchairtennis.com](mailto:info@idahowheelchairtennis.com) to learn more.

### ADAPTIVE SKIING & SNOWBOARDING WITH RECREATION UNLIMITED

Recreation Unlimited offers adaptive alpine snow skiing and snowboarding opportunities at Bogus Basin for people with disabilities. Visit [recreation-unlimited.org](http://recreation-unlimited.org) to learn more.



**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](http://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](mailto:activities@cityofboise.org).

## TRANSPORTATION

Participants are responsible for providing their own transportation to and from their home to the community center 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](http://valleyregionaltransit.org) to learn more.

# AdVenture - ADAPTIVE RECREATION FOR ALL ABILITIES

