BOISE PARKS AND RECREATION

Ad Venture

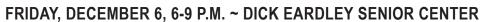


NEWSLETTER

NOVEMBER & DECEMBER 2019



Holiday Party





Celebrate the season with AdVenture at the Annual Holiday Party. This festive night of family entertainment is packed full of fun activities including dinner, dancing, games, crafts, cookie decorating and raffle prizes! Santa may even make a special appearance to help us spread some holiday cheer! Photos with Santa cost \$1. All ages and abilities are welcome (youth under 18 must attend with a paid adult). The cost is \$6 and you can pay in advance (activity number 100526-01) or at the door. If you wish to use your scholarship please register by December 5 at Fort Boise Community Center or call 208-608-7680.













ADVENTURE WINTER BREAK CAMP

This fun day-camp is for participants with disabilities ages 13-20. Activities include field trips, art projects and more! The staff to participant ratio is 1:5. Participants will work on money management and will need to bring approximately \$10 for the 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. and participants can be dropped off starting at 8:30 a.m.

Cost: \$61.80

Location: Whitney Community Center

Date (M, Tu, Th, F):	Time:	Activity #:
Dec 30-Jan 3*	9 a.m3 p.m.	100811-01
*No camp Jan 1		



ADAPTIVE FITNESS

Join our adaptive fitness class and work on stretching, weight lifting and aerobic activity. This is a great opportunity for individuals of all fitness levels, age 15 and older, to get fit in a supportive, fun and social environment.

Cost: \$42.25

Location: Fort Boise Community Center

Date (Tu / Th):	Time:	Activity #:
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



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

Cost: \$26.50

Location: Dick Eardley Senior Center

Date (Thursdays):	Time:	Activity #:
Oct 31-Dec 12*	4:30-5:30 p.m.	FULL
Oct 31-Dec 12*	5:45-6:45 p.m.	100764-04
*No class Nov 28		



DANCE ABILITY

Develop new skills in creative movement and dance. Students will learn to increase their strength, flexibility and coordination through various styles of dance, rhythm and music. These classes are for participants age 12 and older.

Cost: \$26.50

WEDNESDAYS

Location: Fort Boise Community Center

Date (Wednesdays):	Time:	Activity #:	
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			



ADAPTIVE YOGA

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

Cost: \$31

Location: Dick Eardley Senior Center

Date (Mondays):	Time:	Activity #:
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 ART

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

Cost: \$40

Location: Fort Boise Community Center

Date (Saturdays):	Time:	Activity #:
Nov 2-Dec 14*	10-11:15 a.m.	100539-03
*No class Nov 30		



Facebook.com/bpradventureprogram

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, contact Emily at 208-608-7687.

Activities Can Include:

- Adaptive Cycling
- Adaptive Yoga
- Dance Classes
- Drumming
- Outdoor Adventures (Hiking, snowshoeing, etc.)
- Art Classes on Fridays (Access to the Arts)

OH NO, THE ACTIVITY IS FULL!

The AdVenture Program offers a large variety of programs throughout the fall and registration for these activities opened 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 by opening the trip to more people and sometimes adding a new date. 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.

FULL November & December AdVenture Programs:

- Bowling Club
- Cooking Class
- Dancing & Dessert
- Dinner & Movie
- Game Night & Dinner
- Holiday Fun
- Hockey Game & Dinner
- Hot Springs Trip
- Planetarium & Lunch
- Social Clubs
- · Theater & Lunch





HOLIDAY LIGHTS AND DINNER

Join us for an evening on the town grabbing a bite to eat and then enjoying the beautiful Winter Garden aGlow 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: Fort Boise Community Center

Date:	Time:	Cost:	Activity #:
Thursday, December 5	5-8:30 p.m.	\$25	100535-01
Thursday, December 12	5-8:30 p.m.	\$25	100535-02

HOLIDAY CRAFTS

We will make gingerbread style houses, create holiday crafts and cards that you get to take home and socialize over a pizza lunch. This program is for participants age 16 and older.

Location: Dick Eardley Senior Center

Date:	Time:	Cost:	Activity #:
Saturday, December 21	10 a.m2 p.m.	\$24	100754-01



WINTER & SPRING ACTIVITY REGISTRATION

Mark your calendars, registration for Boise Parks and Recreation's Winter and Spring programs (including AdVenture Programs) starts on Monday, December 9 for Boise City Residents and on Wednesday, December 11 for Non-Residents. View the activities online at cityofboise.org/Adaptive-Recreation the week prior to registration. Register in-person at Fort Boise Community Center, call 208-608-7680 or register online (please note scholarships cannot be applied to online registrations).

SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	Adaptive Art 10-11:15 a.m. FBCC Theater & Lunch 12-4:45 p.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Goalball 6:30-8:30 p.m. FBCC
3	4	5	6	7	8	9
	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	Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Dance Ability 4:30-5:30 p.m. DESC Tuesday Social Club 6-8:30 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	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	Planetarium & Lunch 9 a.m2 p.m. FBCC 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	Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	Adaptive Art 10-11:15 a.m. FBCC Saturday BEST 10 a.m12 p.m. FBCC Hot Springs Trip 10 a.m4:30 p.m. FBCC Goalball 6:30-8:30 p.m. FBCC
10	11 Veteran's Day	Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Dance Ability 4:30-5:30 p.m. DESC Tuesday Social Club 6-8:30 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	13 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	14 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	15 Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	16 Adaptive Art 10-11:15 a.m. FBCC Wheelchair Rugby Food Drive 1:30-4:30 p.m. FBCC Game Night & Dinner 5-8 p.m. FBCC Goalball 6:30-8:30 p.m. FBCC
17	18 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	Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Dance Ability 4:30-5:30 p.m. DESC Tuesday Social Club 6-8:30 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	20 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	21 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	22 Hockey Game & Dinner 5:15-10:15 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	23 Adaptive Art 10-11:15 a.m. FBCC Hot Springs Trip 10 a.m4:30 p.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Goalball 6:30-8:30 p.m. FBCC
24	25	26 Bowling Club 7-8:30 p.m. BSU	27	28 Thanksgiving	29	30

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



SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	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	3 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Dance Ability 4:30-5:30 p.m. DESC Tuesday Social Club 6-8:30 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	4 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	5 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 Holiday Lights & Dinner 5-8:30 p.m. FBCC Thursday Social Club 6-8:30 p.m. WCC	Holiday Party 6-9 p.m. DESC Friday Social Club 6-9 p.m. FBCC	7 Adaptive Art 10-11:15 a.m. FBCC Ceramica & Lunch 9:30 a.m1:30 p.m. FBCC Dancing & Dessert 5:30 p.m9:30 p.m. FBCC Wheelchair Rugby 1:15-3:45 p.m. FBCC Goalball 6:30-8:30 p.m. FBCC
8	9 Winter & Spring Registration Opens for Boise Residents 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	10 Adaptive Fitness 3-4 p.m. FBCC 4-5 p.m. FBCC Dance Ability 4:30-5:30 p.m. DESC Tuesday Social Club 6-8:30 p.m. FBCC Bowling Club 7-8:30 p.m. BSU	Winter & Spring Registration Opens For Everyone 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	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 Holiday Lights & Dinner 5-8:30 p.m. FBCC Thursday Social Club 6-8:30 p.m. WCC	13 Dinner & Movie 5-9:30 p.m. FBCC Friday Social Club 7-9:30 p.m. FBCC	14 Adaptive Art 10-11:15 a.m. FBCC Saturday BEST 10 a.m12 p.m. FBCC Theater & Lunch 12-4:45 p.m. FBCC Wheelchair Rugby Toy Drive 1:30-4:30 p.m. FBCC Goalball 6:30-8:30 p.m. FBCC
15	16 Adaptive Yoga 4:15-5:15 p.m. DESC 5:30-6:30 p.m. DESC	Bowling Club 7-8:30 p.m. BSU Dine & Decorate 5-9 p.m. DESC	18 Wheelchair Rugby 12-2:30 p.m. FBCC	19 Holiday Fun 5:30-8 p.m. DESC	20 Dinner & Movie 5-9:30 p.m. FBCC	21 Holiday Crafts 10 a.m2 p.m. DESC Wheelchair Rugby 1:15-3:45 p.m. FBCC
22	23	Hap	py H	olida	ays *	28
29	30 Winter Break Camp 9 a.m3 p.m. WCC	31 Winter Break Camp 9 a.m3 p.m. WCC	1 New Year's Day	Winter Break Camp 9 a.m3 p.m. WCC	3 Winter Break Camp 9 a.m3 p.m. WCC	4

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ADAPTIVE RECREATION IN THE TREASURE VALLEY

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*.

AQUABILITY

AquAbility offers swimming clinics for individuals with disabilities. Visit *aquability.org* to learn more.

WHEELCHAIR TENNIS

The Idaho Wheelchair Tennis Association offers wheelchair tennis instruction to all levels of players. Visit their Facebook page or e-mail *info@idahowheelchairtennis.com* to learn more.

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.

Registration for this season is on November 9.

Learn more at *baseidaho.org* or by e-mailing director@baseidaho.org.

Thank you for volunteering with AdVenture!

VOLUNTEER SPOTLIGHT – SEPTEMBER & OCTOBER

Alex Davis	Jaylin Kietzke	Larissa Golightly
Amani Pereira	Jimmie Lane	Lilianna Nolan
Amber Dropp	John Payne	Maureen Rodriguez
Camille Winterton	Kaitlyn Hansen	Megan Adams
Celeste Kenaston	Kameelah Diaz	Nick Sandmeyer
Elizabeth Peterson	Kari Sandstrom	Patti Payne
Hailie Martell	Kim Russel	Payden Paramore
Isabella Zucchetto	Kylie Brasier	Peighton Beach

Randy Geile Renee Sandmeyer Rilee Moorehead Samantha McMurtrey Scott Matlock Tanisha Specioza



DINE & DECORATE

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

Cost: \$29

Location: Dick Eardley Senior Center

Date:	Time:	Theme:	Activity #:
Thursday, November 14	5-9 p.m.	Harvest Décor	100545-03
Tuesday, December 17	5-9 p.m.	Winter Painting	100545-04



CERAMICA & LUNCH

During this fun activity we will get creative at Ceramica where we will paint a piece of pottery and then go out to lunch. This activity is for participants age 16 and older.

Cost: \$29

Location: Fort Boise Community Center

Date:	Time:	Activity #:
Saturday,	9:30 a.m1:30 p.m.	100744.01
December 7	9.50 a.m1.50 p.m.	100744-01



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.

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



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 #:
November 11 & December 14	10 a.m12 p.m.	\$21	100760-01



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. 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, October 30-December 18*	12-2:30 p.m.	\$25.50	100706-03
Saturdays, November 2- December 21*	1:15-3:45 p.m.	\$18.50	100706-04
*No Dughy Nov. 0, 27 9 20			

*No Rugby Nov. 9, 27 & 30

WHEELCHAIR RUGBY FOOD DRIVE

The Boise Bombers Wheelchair Rugby Team and the AdVenture Program present the eighth annual Wheelchair Rugby Food Drive. The Bombers will play local sports teams, but anyone is welcome to drop-in and play, rugby wheelchairs are available. Please bring canned food, boxed food or a turkey to play. Spectators are welcome, food donations are appreciated. Ages 15 and older however anyone under 18 must be accompanied by an adult. For more information, call 208-608-7680.

Cost: FREE WITH FOOD DONATION!

Location: Fort Boise Community Center

Date:	Time:
Saturday, November 16	1:30-4:30 p.m.

TOYS FOR TOTS WHEELCHAIR RUGBY BASH

The Boise Bombers Wheelchair Rugby Team and the AdVenture Program present the eighth annual Toys for Tots Wheelchair Rugby Bash! Please bring an unwrapped toy for the Marine Toys for Tots Foundation. The Bombers will play local rugby teams, but anyone is welcome to drop-in and play, rugby wheelchairs are available. Spectators are welcome, toy donations are appreciated. Ages 15 and older, however anyone under 18 must be accompanied by an adult. For more information, call 208-608-7680.

Cost: FREE WITH TOY DONATION!

Location: Fort Boise Community Center

Date:	Time:
Saturday, December 14	1:30-4:30 p.m.



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 (prorated if enrolling after the start date)

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		



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. Lunch is included.

Cost: \$21

Location: Fort Boise Community Center

Date:	Time:	Activity #:
Saturday, January 25	10:30 a.m3:30 p.m.	200709-01

ADDRESS SERVICE REQUESTED

PRSRT 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 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.

Ad enture - ADAPTIVE RECREATION FOR ALL ABILITIES





