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TR Times January 2019 Newsletter

MESSAGE FROM SUMMER

Greetings Therapeutic Recreation Friends and Families,

Happy 2019 from the Therapeutic Recreation staff! We hope you had a safe and fun holiday, and plan to join us for another great year. Stay in shape in 2019 and start your New Year's resolutions with TR. In January, the Therapeutic Recreation Department has plenty of programs to keep you busy. Take a look and see what we have lined up!

Search 2019 activities in the Winter Activity Guide: [January-April Activity Guide](#)

Coming up: See more information in *TR Happenings* section below.

January: Tomorrow! Winter Break Sports Camp. Join the fun. Register NOW!

February: Colorado Ballet presents: *From Page to Stage*. Sponsored by Trumpet Behavioral Health.

February: Sweetheart Dance. RSVP by February 15th!

For more information about the HRCA Therapeutic Recreation Program, class pricing, and availability; please feel free to contact summer.aden@hrcaonline.org.

~Summer Aden

Learn more or register now!

TR HAPPENINGS



Winter Break Sports Camp (Ages 8-Adult)

Learn the skills necessary to play a variety of sports. Also learn the rules of the games, focusing on good sportsmanship and teamwork.

Southridge Rec Center
Tuesday January 2nd & Friday January 4th
9:00 a.m. - Noon

Register [HERE](#)



Thrilling Thursdays (Ages 16-Adult)

Participate in a variety of activities that increase motor skills, balance, and social skills. Activities include swimming, soccer, art, basketball, cooking, fitness, and more!

Southridge Rec Center
Thursdays, January 3rd - January 31st
12:30 p.m. - 3:30 p.m.

Register [HERE](#)



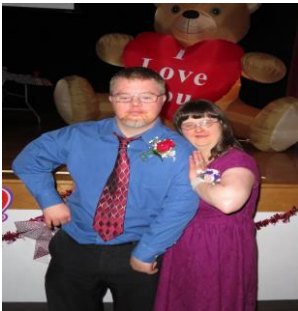
Colorado Ballet "From Page to Stage" (Ages 8-21)

Experience the beauty of ballet! Colorado Ballet Studio Company dancers will perform excerpts from *Sleeping Beauty* and *The Nutcracker*. The audience will learn how stories are translated into dance, and a brief history of ballet. The assembly will conclude with a Q & A session.

Southridge Rec Center
Thursday February 21st

9:30 a.m. - 10:30 a.m.

Register [HERE](#)



Sweetheart Dance (Ages 16-Adult)

Come and dance the night away! Enjoy friends, music, snacks, and giveaways. Please RSVP by February 15th. Requires an ISP.

Southridge Rec Center
Friday, February 22nd
7:00 p.m. - 9:00 p.m.

Register [HERE](#)

Learn more or register now!

VOLUNTEERS WANTED



Many of our group programs could not run without volunteer support. We welcome adults, and teens (ages 15 and up). We are always looking for volunteers for our activities. Volunteer and change a life!

We have volunteer opportunities in: Thrilling Thursdays (Thur. afternoons), Sweetheart Dance (Feb.).

If you are interested in volunteering to help with any Therapeutic Recreation programs and/or fundraisers please contact Summer Aden at 303-471-7043

or
Summer.Aden@HRCAOnline.org.

Please encourage other families to check out our web page at [TR website](#) or to subscribe to the TR newsletter by asking them to email Summer. Thank you for spreading the word about all that TR has to offer.

FEATURED ATHLETES & VOLUNTEERS OF THE MONTH



Athlete of the Month: Mary S.

Our January Athlete of the month is Mary S. Mary is 21 years old and attends the Wellspring Day Program. She participates in TR swimming, hip hop, and unified basketball. In her leisure time she likes to dance, sing, and run. Her proudest accomplishment is running in the Colfax 5k. Goals for 2019 include being positive, and running the Colfax Urban 10 miler. Her advice to new athletes, "Keep working on your goal. Never give up. You got this!"
Congratulations Mary on being January's Athlete of the Month!



Volunteer of the Month: Lindsay B.

Our January Volunteer of the Month is Lindsay B. Lindsay is 18 years old and is in the 12th grade. She has been volunteering with TR for 4 years and helps with hip hop and other programs. She loves volunteering because of all the amazing people she gets to work with. Tuesday night hip hop class is the highlight of her week. She says of the dancers, "I admire their character, kindness, and refusal to give up." Advice to new volunteers? Lindsay says, "Don't be intimidated and dive straight in. It can be scary, but a smile and nice hello is a great way to start." Thank you Lindsay for all you do!

HRCOnline.org | 303-791-2500

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