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## TR Times May 2019 Newsletter

### MESSAGE FROM SUMMER

#### Greetings Therapeutic Recreation Friends and Families,

Happy Cinco de Mayo, Mother's Day, Victoria Day, and Memorial Day from Therapeutic Recreation! Take a look and see what we have coming up in this month, and check out the Summer Activity Guide.

Summer Activity Guide: [May-August Activity Guide](#)

**SPRING FUNDRAISER!** Thank you to all those who bought flowers and supported the Highlands Ranch Therapeutic Recreation Department. Plant pick up is Saturday May 4th, from 11:00 a.m. to 1:00 p.m., at the Westridge Outdoor Pool House.

Congratulations to the Highlands Ranch Special Olympics swim team for their command performance at the April Regional Tournament at Arapahoe High School! Thank you to all the parents and volunteers that helped make the day run so smooth. Keep up the good work!

**Coming up this summer:** Summer Camps!

[Summer Camp Page](#)

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

~Summer Aden

Learn more or register now!

### TR HAPPENINGS



#### **Indoor Basketball (Ages 8-Adult)**

Learn the game or improve your skills! Program works on the fundamentals of dribbling, shooting, passing, and teamwork. Make friends and have fun!

Southridge Rec Center  
Wednesdays, May 1st - May 29th  
5:15 p.m. - 6:00 p.m.

Register [HERE](#)



### **Hooked on Fishing (Ages 7-14)**

Special session for TR families. Caregiver must be present. Kids learn the basics of fishing, then grab a pole and hit the pond to catch fish! Poles and bait provided.

Meets at Redstone Pond. 3280 Redstone Park Circle, Highlands Ranch. Rain or Shine.  
Saturday, May 18th  
10:00 a.m. - 11:30 a.m.

Flyer and registration information:  
[HERE](#)



### **Lego Summer Camp with STEM Challenge (Ages 8-Adult)**

Participants will build what they have only dreamed of, with the support of experienced Play-Well Engineering and TR staff. This engineer-designed curriculum challenges all ability levels. Have fun all week at this highly popular camp.

Southridge Rec Center, Butte Room  
Monday through Friday, June 3rd - June 7th  
9:30 a.m. - 11:00 a.m.

Register [HERE](#)



### **Special Olympics Tennis Team (Ages 8-Adult)**

Learn to play tennis or improve your skills. Have fun and learn a lot from tennis pro Coach Frank. Train to compete in a Special Olympics tennis tournament!

Northridge Indoor Tennis Court  
Mondays, June 3rd - July 29th  
4:00 p.m. - 5:00 p.m.

Register [HERE](#)



### **Tri Sports Camp (Ages 8-Adult)**

If you like to swim, bike or run join in the fun! This program is designed to prepare special needs athletes for the HRCA Splash Mast Dash Kids Triathlon on August 3rd at Northridge.

**Practices:** Mondays and Thursdays, June 3rd - August 1st, 5:30 p.m. - 6:30 p.m.

Mondays: Northridge Outdoor Pool  
Thursdays: Northridge Park Pavilion

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 May volunteer opportunities in: S.O. Swim Team in-pool helpers, Flower pick up May 4th, 11-1:00, and Indoor Basketball.

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](mailto: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: Samantha S.**

Our May Athlete of the Month is Samantha S.! Samantha is 19 years old and attends the Douglas County Bridge Program. Her favorite class is, "Working at job sites, especially Sprouts." Outside of school, she likes to go to movies with friends. She does Hip Hop Dance with Therapeutic Recreation; and she tells new athletes, "Challenge yourself to do the harder things and don't give up until you achieve them." Samantha's mom, and her teacher Ms. Allie from the Bridge Program, have made the biggest positive impact on her life.

Congratulations Samantha on being May's Athlete of the Month!



### **Volunteers of the Month: Soccer volunteers**

Our May Volunteers of the Month are the Soccer Coach volunteers. From left to right, Ashley, Krishna, Holly, Matt, Teagan, Debbie, and Rachel. Thank you for all your efforts these past two months. We have come a long way and we appreciate you taking time from your busy schedules to help our athletes. We could not have done it without you!

HRCAonline.org | 303-791-2500

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Highlands Ranch Community Association, 9568 University Boulevard, Highlands Ranch, CO 80126

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