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TR Times September 2019 Newsletter

MESSAGE FROM SUMMER

Greetings Therapeutic Recreation Friends and Families,

September is here and we have lots of fun classes and programs for you this fall, including **Highlands Ranch Pioneer Days!** Be there September 7th at the Highlands Ranch Mansion, from 9:00 a.m. to 2:00 p.m. Big Pinkie the Ice Cream Truck will be there; with a portion of the proceeds benefiting the Therapeutic Recreation Program. Come out for a fun day!

RSVP by August 31st [RSVP LINK](#)

Need something to do now that school has started? Look at our fall activity guide for great ideas to schedule your time:

[September-December Activity Guide](#)

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



Indoor Basketball (Ages 8-Adult)

Learn the skills to play basketball, the rules of the game, good sportsmanship and teamwork. Register early for this very popular class!

Southridge Rec Center
Wednesdays, 5:15 p.m. - 6:00 p.m.
September 4th - September 25th

Register [HERE](#)



TR Dance Class (Ages 5-10)

The focus of this class is a fun dance environment that builds community.

Eastridge Dance Studio, 8 sessions
Saturdays, 9:30 a.m. - 10:10 a.m.
September 7th - October 26th

Register [HERE](#)

Also, there will be a Creative Movement Dance Workshop, Friday October 18th, 2:30-3:30 at the Eastridge Dance Studio. This one-day workshop is in partnership with Colorado Ballet. Look for more information on this event coming soon!



Fall 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 Gym, 2 sessions
Tuesday & Thursday, 9:00 a.m. - 12:00 p.m.
October 15th & 17th

Register [HERE](#)



Halloween Dance (Ages 16-Adult)

Dance the night away! Dress up in your favorite costume if you like. Requires an ISP.

Southridge, Wildcat Auditorium
Friday, 7:00 p.m. - 9:00 p.m.
October 25th

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: Indoor Basketball (Wed's), Special Olympics Bowling (Sat's), Fall Break Sports Camp (Oct.), Halloween Dance (Oct.).

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: Grayson R.

Our September Athlete of the Month is Grayson R.! Grayson is 24 years old and attends Well Spring Day Program. His favorite class is Cafe Art Beat. Grayson also enjoys Crossfit, and listening to music. His celebrity crush is Ann Hathaway. Grayson has been with Therapeutic Recreation 15 years, and participates in Unified Basketball, Soccer, Yoga, and Weight Lifting. His proudest accomplishment is being named September's *Athlete of the Month*. His advice to new athletes, "Do your best. Don't quit." He says his mom and dad have had the biggest positive impact on his life. Thank you Grayson, you are September's Athlete of the Month!



Volunteers of the Month: Tri-Camp volunteers

Our September Volunteers of the Month are the Triathlon Team Volunteers! Pictured from left-to-right, Brian R., Josie B., Mikela B., Dominic B., Vince B., Melanie P., (not pictured: swim coaches Rage, Scott, and Dustin). Training our triathletes from June to July through all types of weather, this group of dedicated volunteer-coaches helped our team prepare for the Kid's Triathlon on August 3rd. Thanks to you, we had one of our best races ever. You are September's Volunteers of the Month!

HRCOnline.org | 303-791-2500

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

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