



## TR Times February 2017 Newsletter

### *MESSAGE FROM SUMMER*

#### **Greetings Therapeutic Recreation Friends and Families,**

Did you know that therapeutic recreation "enhances social skills, listening, and communication, helps physical development of muscles, posture, flexibility and agility, improves gross and fine motor skills, and helps to improve self-help skills, decision making, and independence?" Additionally, the benefits of therapeutic activities such as swimming, tumbling, art, dance and music "carry on into adolescence and prevent secondary problems and further developmental delays." All of us can, and would, benefit from more leisure and recreation in our lives, even if we don't realize it! I think anyone who participates in or volunteers in our programs can attest that the above statements are true. We are so excited that February is TR Month and hope to bring awareness to the Community on what it means and what we do. Stay tuned to our Facebook page this month as we share tid bits and stories pertaining to TR!

There is a lot going on right now in our department, including basketball games, Tae Kwon Do, Thrilling Thursdays, swimming, and we are getting ready for our Sweetheart Dance on February 24th! This event is highly anticipated and never disappoints! If you haven't already, call the TR office and register today.

Upcoming Spring programs include soccer and Special Olympic Swim Team. We also have Spring Break Sports camp coming up which is always a great event. Click the following link to look at our activity guide and see all of our upcoming programs. [January-April Program Guide](#)

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

~Summer Aden

**Learn more or register now!**

### *TR HAPPENINGS*



#### **Sweetheart Dance (Ages 16+)**

Dance the night away!

Friday, February 24th from 7:00 p.m. - 9:00 p.m.

Southridge, Wildcat Auditorium

Register [Here](#).



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

Learn and improve soccer skills and have fun!

Wednesdays in March and April

5:15 p.m. - 6:00 p.m.

Southridge, Gym



### **Spring Break Sports Camp (Ages 8+)**

Play a variety of sports and have fun!

Monday and Wednesday

March 20th and 22nd from 9:00 a.m. - 12:00 p.m.

Register [here!](#)

Southridge, Gym



### **Splash Swim Group (Ages 3-7)**

Fridays beginning February 3rd

1:00 p.m. - 1:30 p.m.

Register [here!](#)

Southridge, Pool

**Learn more or register now!**

## ***VOLUNTEERS WANTED***



We are currently seeking volunteers to work directly with our athletes in several Spring activities, particularly for the Sweetheart Dance on February 24th.

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 web site](#) 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: Pieter

Our athlete of the month is Pieter. He has been involved with TR programs for 14 years--and has tried every event there is! Right now he is involved with swimming and enjoys it a lot. In fact, they are both tied for his favorite! He said if someone was on the fence about joining TR programming that he "loves his coaches and he has such fun." He stated that his biggest accomplishment so far with TR was "making it to the Special Olympics State Championship and winning medals in all 3 of my races; 2 silvers and 1 gold!" So far this year in swimming Pieter learned the butterfly and side stroke and is doing a great job. He left me with some wisdom, which is: "when you swim fast you feel strong...and win." Thank you, Pieter for that inspiration!



### Volunteers of the Month: Unified Basketball Volunteers

Our unified basketball volunteers are awesome! They give up a few hours of their week to help our participants learn and perfect their basketball skills. I sat down with a few of them to ask them some questions about volunteering with TR! Almost all of our volunteers played basketball growing up, which helps when it comes to working on skills with our folks. They became interested in the Unified basketball team in various ways. Jack started volunteering with soccer and then heard about basketball opportunities and jumped at the chance. Brian has a similar story, as he started with I Can Bike and then moved to basketball. Cody, who has been volunteering for four years, found out about the opportunity through his friend in boy scouts and Lindsay, through her brother. There have been several memorable moments of the season so far, including "hitting the 100 point mark in a game," remarks Savannah. Mike loves the tournament aspect of the season, and Alex and Brian agree that a highlight is simply being there to watch the basketball players enjoy themselves and give it their all. They all agree that their goals for the season are to help everyone improve, but Jack and Cody also mentioned that they want everyone to have fun! Thanks guys, for all of your hard work and for helping to make unified basketball such an enjoyable experience!

HRCOnline.org | 303-791-2500

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