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TR Times October 2020 Newsletter

MESSAGE FROM SUMMER

Greetings Therapeutic Recreation Friends and Families,

Happy October! With Fall Break right around the corner (already?), TR highlights this month are Fall Break Sports Camp, the Stride to Ride Learn-To-Bike Camp, and our newest exciting addition: Club Friday! Check out our [Therapeutic Sports Camps](#) page for more information and links to registration.

Looking for some more fun ideas or after-school activities? Take a look and see what we have for program offerings this month! All October TR programs can be found on our [TR Website!](#)

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



TR Basketball (8 - Adult)

Learn the skills to play basketball, the rules of the game, and good sportsmanship!

Southridge South Gym

Wednesdays, Oct. 7th - 28th
5:15 p.m. - 6:00 p.m.

Register for October [HERE](#)



Club Friday! (14 - Adult)

Come join in the Friday afternoon fun! 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 Fitness Studio
Fridays, 12:30 p.m. - 3:30 p.m.

Oct. 2nd - 30th Register [HERE](#)
Nov. 6th - 20th Register [HERE](#)
Dec. 4th - 18th Register [HERE](#)



Stride to Ride Bike Camp (5-Adult)

A program dedicated to teaching individuals of all abilities two-wheeled balance, coordination, and confidence for a lifetime of riding adventures. Price of class includes the cost of a STRIDER Balance Bike to take home. If you already own a STRIDER, the cost will be reduced accordingly.

Southridge, South Gym
Monday, October 12th - Friday, October 16th
10:00 a.m. - 11:00 a.m.

Register [HERE](#)



Fall Break Sports Camp (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, South Gym
Tuesday, October 13th, Thursday October 15th
12:30 p.m. - 3:30 p.m.

Register [HERE](#)



TR Indoor Soccer (8 - Adult)

Learn the skills to play soccer, the rules of the game, and good sportsmanship.

Southridge, Gym

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

Nov. 4th - 18th

Dec. 2nd - 16th

Register for November [HERE](#)

Register for December [HERE](#)



TR Unified Basketball (15 - Adult)

Get in the game! Unified Basketball integrates individuals with developmental disabilities (athletes) and individuals without disabilities (partners). Athletes gain skills, learn the rules of the game, and focus on good sportsmanship and teamwork.

Southridge, Gym

Wednesdays, 6:00 p.m. - 7:00 p.m.

Nov. 4th - 18th Register [HERE](#)

Dec. 2nd - 16th Register [HERE](#)

++Per State of Colorado Mandate, masks are required during classes and camps for anyone 10 and older **

[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 the following programs: Bowling, Special Olympics Swim Team, Thrilling Thursdays, Fall Break Sports Camp in October, Basketball in October, and Stride To Ride Bike Camp.

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@HRCOnline.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: Casey M.

Casey is a legend around TR. She has participated in Basketball, Bowling, Taekwondo, Hip Hop, Tennis, Triathlon, I Can Bike Camp, and has attended several dances. She has been a member of the TR community for 8 years and is now 22 years old.

Casey loves to travel with her family and has had some memorable trips. As a Harry Potter fan, her favorite vacation took place this fall when she and her sister Hayley went to The Wizarding World of Harry Potter in Florida. Not surprisingly, her favorite pet (out of 5 dogs) is Albus. She describes him as "old and slow and calm."

The coolest thing about Casey is that she is an awesome drummer! She has her own full drum kit and loves to drum to songs on her headphones. Her inspiration is Casey Cooper, a drummer on YouTube.

Casey's favorite movie is The Greatest Showman - she loves the music and dancing. She has this advice to fellow athletes, "Try your hardest. Never give up. Just do it."



Volunteer of the Month: Brandon M.

We are going to MISS Brandon around TR! He has been a volunteer with the Unified Basketball team for 6 years and a big part of why the program is such a success. He played a lot of sports growing up, but basketball was his favorite.

Brandon started to volunteer after seeing a flyer requesting volunteers for basketball. He says, "Volunteering with TR has been one of the most fun and most rewarding experiences I have had. If you are considering it, I would encourage you to do it."

Interesting fact about Brandon: He was born with bilateral club feet and had corrective surgery at the Children's Hospital when he was one year old. Brandon recently took an exciting new job in South Dakota, so he will be moving soon. We wish him the best of luck, and many thanks!

We are working diligently to provide a clean, safe environment for you, but with all things related to COVID-19 there is inherent risk. It is up to you to choose to use the HRCA amenities, knowing that you assume risk when gathering with other people and visiting other facilities.

HRCOnline.org | 303-791-2500

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HIGHLANDS RANCH
COMMUNITY ASSOCIATION

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