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TR Times November 2020 Newsletter

MESSAGE FROM SUMMER

Greetings Therapeutic Recreation Friends and Families,

Happy November! We at Therapeutic Recreation are thankful for our successful athletes, families, and programs. We could not do it without YOU! We are also thankful we have been able to resume programming in a safe environment, and be with our friends again. Have a happy and safe Thanksgiving from all of us at TR!

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

Planning ahead? You can find more activities in our online [Jan - April 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



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 Taekwondo (15 - 21)

Designed to help students improve balance, concentration, self-control, and confidence. This class is open to all ability levels. Belt testing is determined by our certified instructor and requires a separate fee.

Northridge, Martial Arts Studio
Tuesdays and Thursdays, 3:50 p.m. - 4:30 p.m.

Nov. 3rd - 24th Register [HERE](#)
Dec. 1st - 29th Register [HERE](#)



TR Yoga (5 - Adult)

Come and experience a form of yoga that works to improve balance, focus, coordination, and strength. Learn poses to reduce fatigue, stiffness, and stress and stimulate the motor and sensory areas of the brain. Wheelchair accessible, all levels of mobility welcome.

Westridge, Hawk Room

Mondays, 5:15 p.m. - 5:45 p.m.

November 2nd - 30th
December 7th - 21st

To register, contact Summer Aden at (303) 471 - 7043.



TR Winter 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, Gym
Monday, December 21st
Wednesday, December 23rd
9:00 a.m. - 12:00 p.m.

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: Hip Hop, Indoor Soccer, Unified Basketball, Thrilling Thursdays, and Winter Break Sports Camp in December.

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 the [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: Bradan F.

Bradán is a 15-year-old freshman at Laradon Hall where his favorite class is art. He is currently taking swimming lessons at Southridge Recreation Center and recently swam for the first time without his floatation device or flippers! Bradán says this is his proudest accomplishment and that he loves coming to swimming, and loves water!

Along with swimming and art, Bradán enjoys music, traveling, and books. His favorite food is pizza with pepperoni.

Bradán lists Coach Joe and Coach Charity among people who have made a positive impact in his life. He would encourage new athletes to keep working hard.

Congratulations Bradán, you are our Athlete of the Month!



Volunteer of the Month: Elizabeth H.

Elizabeth is a familiar face around TR. She started coming with her mom in 2014 and really enjoyed helping out with the program. When she was old enough, she began to volunteer on her own. Most recently Elizabeth volunteered with our Fall Break Sports Camp and our Stride-To-Ride Bike Camp. She loves the energy of the kids and how happy they all are despite their different disabilities.

It was hard for her to choose her favorite TR volunteer moment, but she has really enjoyed helping our Splash Swim group and teaching young children how to swim.

She would encourage others to volunteer by telling them not to be selfish for one week out of the year. Go do it. It is so much fun once you get out there. If you can convince yourself to help someone else and make their day just once, then you are making a big difference in these kids' lives.

Elizabeth is now a 17-year-old junior at Rock Canyon High School where her favorite subjects are math and science. Outside of school and volunteering, she is also a dancer and a waitress at Windcrest Retirement Community. One interesting fact about Elizabeth - she has been Irish Step Dancing since she was three years old!
Congratulations Elizabeth - you are our volunteer of the month!

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.

HRCAonline.org | 303-791-2500

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HIGHLANDS RANCH
COMMUNITY ASSOCIATION

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