



Therapeutic Recreation

TR TIMES

May 2022 Newsletter

Message From Summer

Greetings Therapeutic Recreation Friends and Families,

The days are getting longer and the weather is getting warmer! It is time to get ready for summer with our much-anticipated Summer Programs.

We are so excited to begin our Summer Programs! Registration is available for Camps, Sports, and Social Opportunities. With so many offerings, we are sure you will find just the activity/activities for you! For more information, check out our [May - August Activity Guide](#).

Speaking of Summer...what tastes better on a hot summer day than a cold, fresh ice cream cone? Answer: TWO cold, fresh ice cream cones! See below for a list of places and dates where you will be lucky enough to spot Big Pinky!

Find information and registration links below. Check out all of the fun TR programs on our website: www.hrcaonline.org/tr

For more information about the HRCA Therapeutic Recreation Program, class pricing, and availability, please feel free to contact summer.aden@hrcaonline.org.

~Summer Aden

FUNDRAISER



Looking for something to do with the whole family on Fathers Day Weekend? Look no further than the Happy Hour Half K on Friday evening, June 17th, at Civic Green Park.

Have you always wanted to run a half marathon, or maybe just a 5K, but seems like too much work? You're in luck! Join us for the 1640 foot Happy Hour Half K "race" benefiting the HRCA Therapeutic Recreation Program. There will be live music, local beer, root beer, and more for participants. Prices increase May 2 at midnight!

June 17 6:00 p.m.

Civic Center Green

For Race Registration click [HERE!](#)

Big Pinky Sightings!

[Big Pinky Ice Cream Truck!](#)

Please don't let summer pass you by without grabbing a delicious cone from High Point Creamery and Big Pinky!



Not only will you treat your taste buds with unique and creative flavors, but you will be helping TR! High Point Creamery has designated a portion of the proceeds to be donated to our programs - win, win!

Big Pinky will be at the following Highlands Ranch Events:

Concert Series

Highlands Heritage Regional Park

June 2nd, 9th, 16th, and 23rd

Classic Car Show

Cherry Hills Community Church

June 11th, 10:00a.m. - 2:00 p.m.

TR Happenings

Basketball (8 - Adult)

Learn the skills necessary to play basketball. Learn the rules of the game, focusing on good sportsmanship and teamwork.



Southridge, South Gym

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

May 11th - 25th

June 1st - 29th

Register for May [HERE](#)

Register for June [HERE](#)

LEGO Camp (8 - Adult)



Build castles, amusement parks, motorized cars and robotics. With access to over 100,000 pieces of LEGO, students build what they have only dreamed of with the support of experienced Snapology and Therapeutic Recreation staff. The engineer-designed curriculum challenges all ability levels to reach higher levels of engineering comprehension while having fun.

Southridge, Butte Room

9:30 a.m. - 11:00 a.m.

June 6th - June 10th

To register for LEGO Camp, click [HERE](#)

Triathlon Camp (8 - Adult)



If you like to swim, bike and run, join in the fun! This program is designed to prepare athletes with special needs for the HRCA Splash Mash Dash Kid's Triathlon on August 7th at Eastridge.

Eastridge, Outdoor Pool

Mondays and Thursdays

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

June 6th - August 4th

For Tri Camp Register [HERE](#)



Special Olympics Tennis (8 - Adult)

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

Northridge, Indoor Tennis Courts 01

Mondays

4:00 p.m. - 5:00 p.m.

June 6th - July 25th

To register for Tennis, click [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. Registration includes the cost of a STRIDER Balance Bike to take home. If you already own a STRIDER, the cost will be reduced accordingly.

Southridge, Gym

10:00 a.m. - 11:00 a.m.

June 20th - 24th Register [HERE](#)

August 1st - 5th Register [HERE](#)

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: Basketball, Bike Camp, Hip Hop, LEGO Camp, Swim Team, Thrilling Thursdays, Tennis, and Triathlon 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@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 - Samantha B!



Congratulations to our Athlete of the Month, Samantha B.!

Sam has been very busy within the TR Department these past few months. She has been taking private swim lessons for over a year, but has added LEGO Camp and Special Olympics Swim Team to her TR Resume!

Sam is a Colorado native. She is currently 12 years old and a 7th grader at Cresthill Middle School. Her favorite hobbies include building with LEGOs and practicing Taekwondo. One of her most exciting accomplishments so far has been earning her brown belt!

When she is not at school or the rec center, Sam can be found at home with her mom, dad, brother, and pet frog!



Her advice to fellow athletes? "Have fun and help everyone." Sounds like good advice!

Besides her brown belt, Sam lists "having a kind heart" as one of her biggest accomplishments.

Congratulations Samantha B! – you are our Athlete of the Month!

Volunteers of the Month: Sharon B. and Regina H.!



A big "Thank You" goes out to volunteers Sharon B. and Regina H.! Both have been so helpful and are much appreciated

Sharon started volunteering with TR in December 2021 with the Winter Break Sports Camp. She has been working with our Thrilling Thursday participants and volunteered for Spring Break Sports Camp as well!

Sharon is originally from Peoria Heights, IL and has lived in eight different states! She now lives here in highlands Ranch. She has worked as a teacher and a professional in the insurance industry before retiring in 2017. She saw a request in the HRCA Newsletter asking for TR Volunteers and thought that might be a good fit. She has been volunteering in other ways since high school, but this program is a new experience for her.

Sharon enjoys really connecting with the participants and encourages new volunteers to "Don't be afraid to



try something different. Jump in and interact with the participants."

Regina also began volunteering in December 2021 at the Winter Break Sports Camp. She lends a helping hand several times a month with Thrilling Thursdays and the participants are always happy to see her!

Regina was born in New York and grew up in the northeast U.S. She now lives in Highlands Ranch, and has been a resident here for over 22 years!

Regina chose the TR program for her valuable volunteer time because she values "persons with special needs and supports the goals of the HRCA Therapeutic Recreation program.

Regina is impressed by the participants positivity, kindness, and engagement. She says it is fun to learn new games and enjoy arts and crafts while making new friends. "They are helping me improve my meager basketball skills and keep fit with swimming," she says!

Regina is looking forward to joining more activities this summer. While she is not volunteering, she enjoys hiking, gardening, birdwatching, and reading about history.

Congratulations Sharon and Regina - You are our Volunteers of the Month!

HRCOnline.org | 303-791-2500

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HIGHLANDS RANCH
COMMUNITY ASSOCIATION

9568 University Boulevard, Highlands Ranch, CO 80126 | [HRCOnline.org](https://www.HRCOnline.org)

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