



TRD Newsletter

April/May/June 2015



Want to be on our email list? Call the office at 704-216-7780

Therapeutic Recreation

For more information about participating or volunteering contact

With warmer weather finally arriving our programs have moved back outdoors. We have once again started our monthly wellness walks. Also we will be heading to Patterson Farms to pick strawberries the first week in June. Once again this year Salisbury Parks and Recreation is allowing us swim time at Lincoln Pool. Golf Ability Clinic is wrapping up for the season and everyone has done a great job. We look forward to offering this program again in the coming months.

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Salisbury/Rowan Senior Games & Silver Arts

Salisbury / Rowan Senior Games is completing its 2015 spring season. We once again had great participation in all sports. The addition of Pickleball this season was a great success and we look forward with the continuation and growth of the sport next season. The Victory Dinner held on May 14th was a huge success. The dinner prepared by Chef Derrick Hawkins was out of this world. Finally we want to wish all of our athletes good luck at the State Games and the National Olympics!



For more information about participating, volunteering, or sponsoring our wonderful program contact

Phyllis Loflin-Kluttz
Senior Games/Silver Arts Coordinator
704-216-7780



CLUB REC

The Therapeutic Recreation Division hosts Club Rec, a program for adults with disabilities. Club Rec meets every week and works on valuable life skills through recreation and leisure activities to help build independence at home and in the community.

HEALTH & WELLNESS

SOCIAL SKILLS

FINE ARTS & CULTURE

COMMUNITY INVOLVEMENT

NUTRITION

RECREATION & LEISURE

Club Rec Weekly Sessions
Tuesdays- 4:00-5:15pm
Thursdays- 4:00-5:15pm
Fridays- 9:30-11:00am

Contact Us And Sign Up Today
Therapeutic Recreation Division
704-216-7780

Family Fun Day

Bring the family out for an afternoon of fun and games at Family Fun Day. A variety of family friendly activities and snacks will be provided. Bring a lunch and have a picnic in the park.

For individuals 13+ with disabilities and their family

Date & Time:
May 30, 2015
11:00am-2:00pm

Location
Ellis Park
3541 Old Mocksville Road
Salisbury, NC 28144

For Questions or to RSVP Contact:
Rowan County Parks and Recreation
Therapeutic Recreation Division
704-216-7780

Open 4 Leisure Drop In

Drop by for Open 4 Leisure at Ellis Park. We are here to provide you with fun and exciting activities. There will be something new each time. Drop by and join in on the fun!

Program Times
Every 1st Thursday
Every 3rd Tuesday
10-11:30am

Location
Ellis Park
3541 Old Mocksville Road
Salisbury, NC 28144

For More Information Contact
Therapeutic Recreation Division
704-216-7780

Club Rec

Adults with disabilities

- Danced for exercise during "What's Shakin"
- Cut out and painted a baseball craft and prepared for the TRips program with baseball Trivia.
- Took part in a scavenger hunt and had a picnic at Ellis Park
- Exercised at Foil Tatum Park and Salisbury Communtiy Park with a wellness walk.
- Painted spring scenes using water colors for creative expression



Ramblers

Adults with visual impairments

- Took part in a team trivia game at Ellis Park.
- Enjoyed lunch while reviewing next quarters schedule at City Park.
- Took in the Guys and Dolls Play at Catawba College
- Went bowling at Woodleaf Lanes
- Held a birthday celebration
- Talked personal safety with Deputy Mason
- Picked strawberries at Patterson Farm

Open 4 Leisure Drop In

Adults with disabilities

- Made mother's day cards
- Created flowers out of tissue paper

Program Highlights

TRips

Adults with disabilities

Participants took in the Kannapolis Intimidators baseball game vs the Greenville Drive. Everyone had a great time even with the brief rain shower.

Senior Games

Adults 50+

All of the seniors that participated this spring gave it their all at each event and had a blast. Attendance was once again great at all events this year including the new sport of pickle ball. We want to thank all of the athletes, volunteers, and sponsors for another great spring season. As a reminder the registration deadline for North Carolina Senior Games State Finals is; early bird July 1, 2015 and final date August 1, 2015 by 5:00PM, no late entries will be accepted. If you need to an entry you can register on the state website at www.ncseniorgames.org and save \$5.00, or stop by the park and pick up a registration.

Special Olympics

Spring Games Track and Field was held on April 21st. Athletes took part in two track and field events of their choice and earned medals and ribbons for their events. Both athletes and volunteers had a great day and look forward to next year.

Upcoming Events

May

5/30- Family Fun Day (Ellis Park)

June

6/6- Ramblers Beep Baseball Trip (High Point)

6/26- TRips Legion Baseball Game (Catawba College)

July

7/17 -Shakers Dance (City Park)

June TRips

TRips will be attending an American Legion baseball game for our June outing. Please RSVP by June 19th to ride the van

Information

Friday, June 26th

7-10pm

At Catawba College



Good Luck Shalek

Our spring intern, Shalek Connor, has completed her 600 hour internship. She has now completed her undergraduate degree and walked across the stage on May 15th. Shalek did an excellent job as the spring intern. Even after her internship was completed she returned to help Phyllis with the Senior Games. We want to wish Shalek well in her future endeavors in Recreational Therapy!



Rowan County Ramblers

• **WHO:** Adults, 18 & older, who are blind &/or visually impaired.

• **WHAT:** Ramblers is a community-based program that utilizes recreation/leisure activities to promote social connection, leisure skill development, and awareness of community resources and facilities.

• **WHEN:** Every Wednesday. Time varies depending on the activity & location.

• **WHERE:** The activities are county-wide & in surrounding areas.

To register for the program or for additional information, please contact the Therapeutic Recreation Division.



Rowan County Parks and Recreation

Therapeutic Recreation Division
3541 Old Mocksville Road, Salisbury, NC 28144
Phone: 704-216-7780
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