



# TRD Newsletter

January/February/March 2015



Tuesday Club Rec Tai Chi

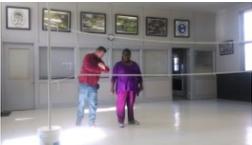
Want to be our email list? Call the office at 704-216-7780

## Therapeutic Recreation

Spring is just around the corner and programs will soon be moving outside. Hopefully we've seen our last blast of Old Man Winter this year. We have exciting new things happening for the upcoming year including our 5 week long Golf Ability Clinic this spring and Adult Softball this fall. See the advertisement below for more information on golf and we look to release information on softball this summer.

On March 28<sup>th</sup> we will be hosting our 27<sup>th</sup> Annual VIP Putt Putt Tournament at Dan Nicholas Park. We are still accepting volunteers for this event. Please see the advertisement on the back or contact the office for more information.

For more information about participating or volunteering contact



Edward Hailey, LRT/CTRS  
Therapeutic Recreation Specialist  
Edward.Hailey@rowancountync.gov

Vernice Gallon, LRT/CTRS  
Therapeutic Recreation Supervisor  
Vernice.Gallon@rowancountync.gov



## Salisbury/Rowan Senior Games & Silver Arts

Salisbury / Rowan Senior Games is preparing for its 2015 season. Old Man Winter is trying to take its toll on us but we seniors are pushing right on through it. SilverArts registration has closed and Senior Games registration closes April 1<sup>st</sup>. The SilverArts Competition will be held at March 11<sup>th</sup>-13<sup>th</sup> at The Salisbury Civic Center. The SilverArts Extravaganza will be March 13<sup>th</sup> with the art show opening at 10am and performances beginning at 1pm. Light lunch will be provided from 11:30-12:30.



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**

**COMMUNITY INVOLVEMENT**

**FINE ARTS & CULTURE**

**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

## Golf Ability Clinic

Golf Ability Clinic is a 5 week program for individuals (13)+ with disabilities to come and get hands on experience learning the game of Golf. It will take you through all of the basics of golf and get you on the course playing by the end. PGA Pro Jay Hill will be giving instruction to those that attend.



**Spring 2015**  
Dates To Be Announced Soon

**For More Information 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!



|                      |                          |
|----------------------|--------------------------|
| <b>Program Times</b> | <b>Location</b>          |
| Every 1st Thursday   | Ellis Park               |
| Every 3rd Tuesday    | 3541 Old Mocksville Road |
| 10-11:30am           | Salisbury, NC 28144      |

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

## Program Highlights

### Club Rec

*Adults with disabilities*

- Participants reviewed their 2014 accomplishments and set goals for 2015
- Practiced Tai Chi to increase balance, self awareness, and flexibility
- Learned healthy habits while playing A Healthy You Jingo
- Played indoor balloon volleyball to work on team work, social skills, and overall well being
- Learned valuable life skills including money skills, fire safety, and how to call 911 to get help



### Ramblers

*Adults with visual impairments*

- Painted ceramics and creative crafts at Waterworks Visual Arts Center
- Went out for lunch as a group to Wahoo's Diner located in Granite Quarry
- Attended the Lombardi play about the legendary Green Bay Packers coach at Meroney Theater in Salisbury

### Open 4 Leisure Drop In

*Adults with disabilities*

- Played Wii games, air hockey, table tennis and foosball
- Created valentine cards and gift baskets
- Danced to popular past and present music

### TRips

*Adults with disabilities*

Participants came to Ellis Park for Movie Night in the Park. Popcorn was made and participants watched Dolphin Tales 2. Everyone had a great time and enjoyed the movie.

### Senior Games

*Adults 50+*

Both contract and duplicate bridge tournaments were a success with great attendance for both events. Thank You to Trinity Oaks for hosting both events.

Senior Games Trivia has been going on with the lunch clubs throughout February. The competition has been very close this year. Winners will be announced soon.



### Special Olympics

Spring Games Track and Field is coming up on April 21st with a rain date of April 23rd. All medical forms and release forms must be in by March 20th. We will contact you if you need either of these forms.

Special Olympics Polar Plunge will be held March 14th at the Elks Lodge on Longs Ferry Road. Check in begins at 12pm. The costume contest will be at 12:45pm and the plunge is at 1pm. Stick around after the plunge for food, awards, and a bonfire.



### Upcoming Events

#### March

- 3/11-3/13 SilverArt Competition
- 3/14-Special Olympics Polar Plunge, Elks Lodge
- 3/20- Shaker's Dance 7-9pm, City Park
- 3/28-VIP Putt Putt 10am-2:30pm, Dan Nicholas Park

#### April

- 4/17- Shaker's Dance 7-9pm, City Park
- 4/30- TRips, Baseball game @ Kannapolis Intimidators
- 4/14-5/14- Senior Games

#### May

- 5/4- Senior Games Golf Tournament

### April TRips

On April 30<sup>th</sup> TRips will be attending a baseball game in Kannapolis. Please call the TR office to RSVP.

RSVP by April 23<sup>rd</sup>  
704-216-7780



Kannapolis Intimidators **VS**



Greenville Drive

## Meet Our Spring Intern

Our spring intern Shalek Connor started her internship on January 12<sup>th</sup>. Shalek comes to us from Winston Salem State University. Shalek is an ambitious and helpful intern. She enjoys listening to music, dancing, and traveling. She also has a great passion for helping others. Shalek plans to stay in the Charlotte area after graduation and is eager to come back and volunteer with the program after she leaves. Shalek will be with us until April 24<sup>th</sup>.



## 27<sup>th</sup> ANNUAL VIP PUTT PUTT GOLF TOURNAMENT

*for individuals who are blind/visually-impaired*

**Saturday, March 28**  
10:00am-2:30pm; shelter #6

Dan Nicholas Park  
6800 Bringle Ferry Rd, Salisbury, NC 28146

**\*\*Check-in begins 8:30am\*\***  
Entry fee is \$5.00 per person

**Free lunch to all participants & volunteers**  
Spectators, family/friends, staff, etc may purchase lunch for \$5.00

**Registration deadline: March 6, 2015**  
For more information or to volunteer please contact Vernice Gallon, 704.216.7780 or [vernice.gallon@rowancountync.gov](mailto:vernice.gallon@rowancountync.gov)