



TRD Newsletter

October/November/December 2015



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

Therapeutic Recreation

These last few months have been full of adventures and traveling. Participants have been to High Point, Greensboro, and Manteo. We have played hard, fished hard, and created wonderful pieces of art. Mother Nature tried her best but we have prevailed through the rain and recreated like true champions.

Holiday Season is quickly approaching and programs are winding down for the year. But what a year it has been. With the debut of our new seasonal sports programs we are continually trying to grow and improve our program. New programs are in the works for 2016 so be on the lookout for something new to try.

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
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Salisbury/Rowan Senior Games & Silver Arts

The Seniors of Rowan County have won a ton of Gold, at the 2015 North Carolina Senior Games State Finals. I could not be more proud of the hard work, team work, and dedication that our Rowan County Seniors have shown in the past 3 months said Phyllis Loflin-Kluttz Senior Games & Arts Coordinator. We have traveled Cary, Raleigh, Clayton, Tanglewood and Greenville NC winning gold, silver and bronze for Rowan County.

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

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



NORTH CAROLINA Senior Games



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

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

RECREATION & LEISURE

SOCIAL SKILLS, FINE ARTS & CULTURE, COMMUNITY INVOLVEMENT, NUTRITION



SPECIAL OLYMPICS Bowling

February	Dates	March
Monday 2/1		Monday 3/7
Monday 2/8		Monday 3/14
Tuesday 2/16		Monday 3/21
Monday 2/22		April
Monday 2/29		Monday 4/4
	10-11:30am-School Age	
	3:45-5:30pm-Adults	

Local Tournament
April 11
State Tournament
June 3-5

Wood Leaf Lanes
1811 Jake Alexander Blvd

To Sign Up Contact:
Rowan County Parks and Recreation
Therapeutic Recreation Division
704-216-7780

Holiday Happenings

Come join us for our 2nd annual Holiday Happenings this December. We will have games, crafts, and a photo booth for participants to take part in. Light refreshments will be available.

Drop in from 4:30-7pm **Location**
Ellis Park
3541 Old Mocksville Road
Salisbury, NC 28144

For More Information Contact:
Rowan County Parks and Recreation
Therapeutic Recreation Division
704-216-7780



Club Rec

Adults with disabilities

- Participated in art classes at Waterworks Visual Arts Studio
- Learned about whole grains and dairy through a healthy breakfast program
- Dressed up for a spooky Halloween Costume Contest
- Made Christmas ornaments for the Festival of Trees. The theme this year is A Hawaiian Christmas

Ramblers

Adults with visual impairments

- Went to Winston Salem for the Dixie Classic Fair
- Painted ceramics with Trish from MAD Ceramics
- Went to Manteo and competed in the Annual Lions Club VIP Fishing Tournament

Lunch Clubs

Rufty Holmes Senior Nutrition Sites

- Learned the health benefits of laughter and exchanged jokes during their program time
- Played musical bingo for sweet treats
- Participated in Brain Fitness to help promote healthy minds and bodies

Special Olympics

Athletes just completed the fall 2015 season of bocce. Four athletes and two unified partners traveled to High Point to compete in the state tournament. Then the following weekend five counties came together for a regional tournament in Salisbury. It has been a great season with many improvements and accomplishments. Special Olympics Bowling will begin February 1st at Woodleaf Lanes.

Program Highlights

TRips

Adults with disabilities

- Participants took in the Addam's Family Musical at the Norvell Theater

Senior Games

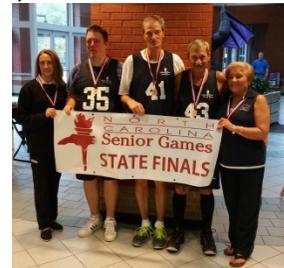
Adults 50+

On the bright and beautiful morning of October 23, 2015 Salisbury/Rowan Senior Games participants headed off for their long and awaited journey to East Carolina University where the State Finals Basketball Tournament was held. Two Teams made the journey after several weeks of dedicated practicing to compete with other fellow athletes from across the state.

The 50+ team played their way to 4th in state after playing for two straight days with little to no rest. These three men played one of the most memorable games in the history of Senior Games State Finals by winning with a 3 pointer in the last second of the game.



The 60+ team played their way to victory taking the bronze medal after playing for two days straight as well, with no relief or rest.



Upcoming Events

December

- 12/4-12/6 ARC Festival of Trees (F&M Trolley Barn)
- 12/11 ARC Christmas Party 6:30-8:30pm (City Park)
- 12/15 Holiday Happenings Drop In 4:30-7pm (Ellis Park)
- 12/19 TRips Laser Show & Sweet Frog 3-5pm

January

- 1/15 Shaker's Dance 7-9pm (City Park)
- 1/26-29 Opening Receptions @ Waterworks during scheduled program times

Congratulations to Miss Wanda

We want to congratulate Wanda on placing second at the Rowan County Fair with her crochet work. Wanda loves to crochet many different fashion accessories. Hand bags, cell phone cases, and toboggans are just a few examples of her handy work. She gladly takes orders from her friends as well as selling items she makes in her spare time. We are very proud of Wanda and we thank her for sharing her awesome talent with us.



The ARC Christmas Party

Friday, December 11th

6:30pm-8:30pm

at

City Park

Come enjoy a night full of music, dancing, presents, and a special guest appearance By Santa Claus



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
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