

# MRed News

### January/February/March 2017



### EXTRA!! EXTRA!! READALL ABOUT IT!!

The TRD is on the move this first quarter. Schedules are full and there is something for everyone to enjoy. All 4 Arts will perform The Little Mermaid on Saturday February 4<sup>th</sup> at Carson High School. With Valentines Day approaching participants will be making crafts for that someone special. Other upcoming activities include "Music & Movement," "Presidential Fun," and "Lion to Lamb." Be on the lookout for a <u>TR</u>ips activity to the Norvell Theatre in March. Finally, the 29<sup>th</sup> Annual VIP Putt Putt Tournament is scheduled for Saturday, April 8<sup>th</sup> at Dan Nicholas Park. Volunteers are needed to serve as guides, course monitors, and to assist with setup/break down. Participant and volunteer registrations are both due March 8<sup>th</sup>.

Special Olympics Rowan County's premier fundraiser, The Polar Plunge, will take place Saturday, February 25<sup>th</sup> at The Elks River Park. This fundraiser helps Special Olympics provide year round sports free to all athletes. A minimum donation of \$25 is required to plunge.

#### For more information about participating or volunteering contact

Edward Hailey, LRT/CTRS

Vernice Gallon, LRT/CTRS

Therapeutic Recreation Specialist Edward.Hailey@rowancountync.gov

Therapeutic Recreation Supervisor Vernice.Gallon@rowancountync.gov

# Special Olympics Rowan County Polar Plunge



Registration Begins At 11am Feb 25, 2017 Salisbury Elks River Park Long Ferry Rd-Salisbury I-85 Exit 81

Contact Jesse Byrd 704-636-0111

#### **Meet Whitney**

My name is Whitney Davis. I am the Spring 2017 intern for Rowan County Parks and Recreation. I am from Kings Mountain, NC.

Currently, I am a senior at Winston-Salem State University studying Therapeutic Recreation. I enjoy playing basketball, making crafts, and baking brownies.





### Special Olympics Bowling 2017





Dates: February 6, 13, 21, 27 March 6, 13, 20, 27 April 3 April 10- Local Tournamen

ime: 10-11:30am (school-age athletes) 3:45-5:30pm (adult athletes)

> Wood Leaf Lanes 1811 Jake Alexander Blvd

All Special Olympics athletes, returning or new, must have a current participation form and medical release form on file prior to the start of the bowling program.

Please contact
lesse Byrd, Special Olympics Coordinator
704.636.0111
jbyrd@rowanymca.com
or
Vernice Gollon, bowling coach
704.216.7780

Special Olympics
North Carolina



## All 4 Arts Presents

# "The Little Mermaid"



Join us for a family favorite performed by our very own TR Division participants

Free And Open To The Public

For More Information 704-216-7780

<u>When</u> February 4, 2017 (Saturday)



#### <u>Where</u> Carson High School 290 Kress Venture Rd China Grove, NC



# **SOAR**RCCC Compensatory Education Class

#### Program Highlights

#### RHA Carter House

Adult mental health consumers

Students from the SOAR program took a field trip to Horizons Unlimited. Students were given a tour of the aquarium where there is a new, bright, and colorful saltwater fish tank. The students were then treated to a holiday laser show in the planetarium.

Ramblers

Adults with visual impairments

The Ramblers started off the new year with a cooking demonstration by Toi Degree from Rowan County Cooperative Extension. The two course meal consisted of "Walking Tacos" and homemade ice cream that were both prepared in a bag. Later in the month Vernice had the Ramblers up and moving with "Twist & Shout." The Ramblers closed out the month with a trip to The Meroney Theatre for a showing of Act One.

#### Club Rec

Adults with disabilities

Club Rec has participated in a variety of activities so far this year. We exchanged funny stories and jokes in "Joking Around," learned fire and community safety in "Staying Safe," created unique picture collages of our favorite things, and shared something personal with the group during a show and tell activity.

#### All For Arts

Adults with disabilities

The time has finally arrived! Participants have worked hard all season long and on February 4<sup>th</sup> the spotlight will shine bright as they perform The Little Mermaid. Participants will once again be assisted on stage by theatre students from Carson High School. Be sure to join us under the sea for the 2pm show time!

#### Upcoming Events:

#### February

2/4 All 4 Arts Presents "The Little Mermaid" (Carson H.S.)
2/17 Shakers Dance (City Park)
2/25 Special Olympics Polar Plunge (Elks River Park)

#### March

3/17 Shakers Dance (City Park)

#### April

4/4 Special Olympics Spring Games (West Rowan H.S)
4/8 VIP Putt Putt (Dan Nicholas Park)
4/21 Shakers Dance (City Park)

#### Participant Spotlight

Let's introduce an all around awesome participant....Jennifer! Jennifer participates in the Thursday Club Rec program. Here are a few fun facts about Jennifer.

What do you like best about participating in club rec?

-Everything

What is your favorite recreation activity?

What do you like to do during your free time?

What is your favorite type of music to listen to? -All kinds



The Carter House participants started off with "New Year, New You" where they learned helpful nutrition and exercise information. Participants also practiced different exercises to use throughout the year.

#### Lunch Clubs

Rufty Holmes Senior Nutrition Sites/Trinity Living Center
Just as the Carter House did, The Lunch Clubs started off
with "New Year, New You" where they learned helpful
nutrition and exercise information. Participants also
practiced different exercises to use throughout the year.

#### TRips

Adults with disabilities

<u>TRips</u> visited Woodleaf Lanes for a fun Friday night out. Participants had a great couple hours of bowling and spending time with their friends and fellow participants.



Celebrate Therapeutic Recreation Month with us! Learn more about our profession and the services offered by a Certified Therapeutic Recreation Specialist (CTRS) by visiting <a href="https://www.nctrc.org">www.nctrc.org</a>. Club Rec participants please be sure to complete your TR Month activity and claim your prize!



<u>Rowan Transit</u>

704-216-8899

Important Numbers



704-637-1521



704-647-0256



704-663-6223



Special Olympics









Saturday, April 8, 2017 10:00am-2:30pm; shelter #4 Dan Nicholas Park 6800 Bringle Ferry Rd Salisbury, NC 28146 \*\*Check-in begins 8:45am\*\*

Entry fee is \$5.00 per VIP participant Free lunch to all participants & volunteers Spectators, family/friends, staff, etc may purchase lunch for \$5.00

#### Registration deadline: March 10, 2017

Please mail registration form & fee(s) to Therapeutic Recreation Division 3541 Old Mocksville Rd, Salisbury NC 28144

checks or money orders payable to Rowan County Parks and Recreation- TR Division

For more information or to volunteer call 704.216.7780