

## October 2025

### Halloween Dance

Come dressed in your favorite costume for the "Halloween Dance," which will be held at the **McAbee**

**Activity Center on  
Friday, October 31<sup>st</sup>  
from**

**6:00 p.m.- 8:00 p.m.**  
Enjoy food, fun & more.

The cost is \$4 per participant.

*\*\*Dinner will be served promptly @ 7:00p.m.*



### BOWLING

Bowling will meet each Wednesday afternoon at Bowlero on McFarland Blvd. from 2:00 p.m.- 4:00 p.m.!

The cost is \$4 per game.

We only accept cash at the bowling alley!

Everyone MUST be picked up by 4:00 p.m.



**We will not have bowling on the  
following days:**

**November 26<sup>th</sup>; December 31<sup>st</sup> and  
December 25<sup>th</sup>**

### Adaptive Fitness Class

Beginner to intermediate function fitness class for adults with special abilities to gain balance, strength, and endurance. All exercises can be adapted and modified for all abilities and functional levels, from high to low levels of assistance needed.

#### Class Location

**Faucett Brothers Activity Center**

#### When

**Thursday, 10a-11a & 11:10a-12:10p**

**For more information contact:**

**Instructor:** Amber Walker

**Email:** [awalker@tcpara.org](mailto:awalker@tcpara.org)

**Phone:** 205-331-5600.

### **NEW LOCATION!! PLEASE READ**

The **TR Thanksgiving Dance** will be held on  
Friday, November 14<sup>th</sup>

**Bobby Miller Activity Center**

**Time:** 6:00 p.m.-8:00 p.m.

**Cost:** \$4 per participant

**Address:** 300 Bobby Miller Pkwy.

### Competitive Swim

The 2025-2026 Competitive Swim Program will meet each Wednesday at the Miller Center beginning October 8<sup>th</sup> from 4:30 p.m.-6:00 p.m.

The cost is \$20.00 per participant per month.

**Transportation will be provided from  
Bowlero to Bobby Miller.**

*We will not have swim practice on the  
following days:*

November 5<sup>th</sup>, November 26<sup>th</sup>, December 24<sup>th</sup>, December 31<sup>st</sup>,  
January 7<sup>th</sup>, and March 18<sup>th</sup>

### DINNER & A MOVIE

**We have reached our maximum  
enrollment for the upcoming  
Dinner & A Movie on October 3<sup>rd</sup>**

#### PLEASE READ

We will depart from CMX Hollywood 16 & IMAX Movie Theater on the following  
Fridays:

Friday, October 3<sup>rd</sup>

Friday, November 7<sup>th</sup>

**Everyone must be picked up at  
the movie theater.**

**Each registered participant must  
bring \$25.00 cash to cover the cost**

**Do you need more info or details  
about these or other PARA events?**

**Contact:** LeTrice Prince-Koon  
email: [lprince@tcpara.org](mailto:lprince@tcpara.org) or call the  
Office: 205.562.3230

### COOKING CLASS

Cooking Class is designed to help participants learn the basic techniques of cooking and kitchen safety. All participants **must be pre-registered** to attend. The cost is \$12 per class.

**The October 13<sup>th</sup> and 27<sup>th</sup> Cooking  
Class will be held at the McAbee  
Center from 5:00p.m.-7:00p.m.**

### "Scrooge! The Musical"

Join PARA and enjoy a day of fun and excitement at Theatre Tuscaloosa's Presentation of the timeless classic "Scrooge" on Saturday, December 20<sup>th</sup> at the Bean Brown Theatre!

**PRE-REGISTRATION IS REQUIRED**


**Deadline to Register**

**Friday, November 7<sup>th</sup>.**

The cost is \$40 per participant

Do you need more info or details about these or other PARA events?

**Contact:** LeTrice Prince-Koon email: [lprince@tcpara.org](mailto:lprince@tcpara.org) or call the Office: 205.562.3230

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>We will depart from CMX Hollywood 16 &amp; IMAX Movie Theater on Friday, October 3<sup>rd</sup></b></p> <p>Everyone must be picked up at the movie theater on Friday, October 3<sup>rd</sup></p>		<p>1</p> <p><b><u>BOWLING</u></b> @ Bowlero 2p.m.-4p.m</p>	<p>2</p> <p><b>Adaptive Fitness Class</b> 10:00am-11:00am &amp; 11:10am-12:10pm @ Faucett Center</p>	<p>3</p> <p><b><u>DINNER &amp; A MOVIE</u></b> Depart Belk @ 5p.m. Return Belk @ 9:45p.m.  <b>Drop &amp; Pickup CMX Hollywood 16 on Friday, October 3<sup>rd</sup></b></p>	<p>4</p>
5	6	7	<p>8</p> <p><b><u>BOWLING</u></b> @ Bowlero 2p.m.-4p.m.</p> <p><b><u>SWIMMING</u></b> @ Bobby Miller 4:30p.m-6p.m.</p>	<p>9</p> <p><b>Adaptive Fitness Class</b> 10:00am-11:00am &amp; 11:10am-12:10pm @ Faucett Center</p>	10	11
12	<p>13</p> <p><b><u>COOKING</u></b> @ McAbee 5p.m.-7p.m.</p>	14	<p>15</p> <p><b><u>BOWLING</u></b> @ Bowlero 2p.m.-4p.m.</p> <p><b><u>SWIMMING</u></b> @ Bobby Miller 4:30p.m-6p.m.</p>	<p>16</p> <p><b>Adaptive Fitness Class</b> 10:00am-11:00am &amp; 11:10am-12:10pm @ Faucett Center</p>	17	18
19	20	21	<p>22</p> <p><b><u>BOWLING</u></b> @ Bowlero 2p.m.-4p.m.</p> <p><b><u>SWIMMING</u></b> @ Bobby Miller 4:30p.m-6p.m.</p>	<p>23</p> <p><b>Adaptive Fitness Class</b> 10:00am-11:00am &amp; 11:10am-12:10pm @ Faucett Center</p>	24	25
26	<p>27</p> <p><b><u>COOKING</u></b> @ McAbee 5p.m.-7p.m.</p>	28	<p>29</p> <p><b><u>BOWLING</u></b> @ Bowlero 2p.m.-4p.m.</p> <p><b><u>SWIMMING</u></b> @ Bobby Miller 4:30p.m-6p.m.</p>	<p>30</p> <p><b>Adaptive Fitness Class</b> 10:00am-11:00am &amp; 11:10am-12:10pm @ Faucett Center</p>	<p>31</p> <p><b>Halloween Dance</b> <b>Location:</b> McAbee Center <b>Time:</b> 6:00 p.m.-8:00 p.m. <b>Cost:</b> \$4 per participant</p>	

# October 2025 TR CALENDAR