

## November 2025



### Adaptive Fitness Winter Ball

**Location:** Faucett Center

**Time:** 10:30 a.m.-12:30 p.m.

**Date:** Thursday, December 11, 2025

### Disney On Ice Outing

For participants signed up to attend the Disney On Ice Outing on Saturday, November 1st, this is a reminder that we will depart from the Belk Center at **9:00 a.m.** and return by **4:00 p.m.**

### Competitive Swim

The 2025-2026 Competitive Swim Program will **ONLY MEET** on Wednesday, November 12<sup>th</sup> & 19<sup>th</sup> at the Bobby Miller Activity Center 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>

### Thanksgiving Dance

**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.

Tuscaloosa, AL 35405.

Enjoy food, fun & more.

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

### DINNER & A MOVIE

**We have reached our maximum enrollment for the upcoming Dinner & A Movie on November 7<sup>th</sup>**

### PLEASE READ

We will depart from CMX Hollywood 16 & IMAX Movie Theater on 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 of his/her dinner

### 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**

**10:00a-11:00a**

**11:05a-12:05p**

**For more information contact:**

**Instructor:** Amber Walker

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

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

### 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 November 10<sup>th</sup> and 24<sup>th</sup> Cooking Classes will be held at the McAbee Center from 5:00 p.m.- 7:00 p.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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1  <b>Disney On Ice</b> Depart Belk @ 9:00 a.m. Return Belk @ 4:00p.m
2	3	4	5 <b>BOWLING</b> @ Bowlero 2p.m.-4p.m.  <b>NO SWIMMING</b>	6 <b>Adaptive Fitness Class</b> 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center	7 <b>DINNER &amp; A MOVIE</b> We will depart from CMX Hollywood 16 & IMAX Movie Theater at 5 p.m. Everyone must be picked up at the movie theater.  <b>Deadline for Scrooge</b>	8
9	10 <b>COOKING</b> @ McAbee 5p.m.-7p.m.	11	12 <b>BOWLING</b> @ Bowlero 2p.m.-4p.m.  <b>SWIMMING</b> @ Bobby Miller 4:30p.m-6p.m.	13 <b>Adaptive Fitness Class</b> 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center	14 <b>Thanksgiving Dance</b> <b>Location:</b> Miller Center <b>Time:</b> 6:00 p.m.-8:00 p.m. <b>Cost:</b> \$4 per participant <b>*New Location</b>	15
16	17	18	19 <b>BOWLING</b> @ Bowlero 2p.m.-4p.m.  <b>SWIMMING</b> @ Bobby Miller 4:30p.m-6p.m.	20 <b>Adaptive Fitness Class</b> 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center	21	22
23/30	24 <b>COOKING</b> @ McAbee 5p.m.-7p.m.	25	26  <b>NO BOWLING.</b>  <b>NO SWIMMING</b>		28	29

## November 2025 TR CALENDAR