

TR Newsletter

January 2026

COOKING CLASS

Cooking Class is designed to help participants learn basic cooking techniques and kitchen safety. All participants **MUST BE PRE-REGISTERED** to attend. The cost is \$12 per class. ***The January 12th and 26th Cooking Class will be held at the McAbee Center from 5:00 p.m.-7:00 p.m.***



Competitive Basketball

The 2026 Basketball Program will have tryouts at the Belk Center from 3:00 p.m. - 4:45 p.m. on January 13th & January 15th. Each player interested in participating must attend these scheduled tryouts. Practice will be held each Tuesday & Thursday beginning January 20th at the Belk Center from 3:00 p.m.-4:45 p.m. ***The cost is \$30 per participant for the season.***

Competitive Swim

The 2025-2026 Competitive Swim Program will meet each Wednesday at the Miller Center from 4:30 p.m. to 6:00 p.m. beginning January 14th. The cost is \$20.00 per participant per month. Transportation will be provided from Bowlero to Bobby Miller.

HOW TO REGISTER FOR TR EVENTS

You can register at any PARA Activity Center between 8am - 4:45pm or online at www.tcpara.org

Night to Shine 2026

Date: February 13, 2026, at 6:00 pm
Hosted by: The Church at Tuscaloosa
Address: 6120 Watermelon Road Northport, AL 35473
Please visit The Church at Tuscaloosa (TCAT) for additional information.
www.tcpar.church

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 day: March 18th

ALABAMA GYMNASTICS

Join PARA to see the University of Alabama Gymnastics team take on the University of Georgia on March 13th. **PRE-REGISTRATION IS REQUIRED**, and the deadline for registration is ***Friday, January 9th at Noon.*** The cost is \$40 per participant.



TR PROM

The "TR Prom" will be held at the Belk Center on April 17th from 6:00 p.m.-8:30 p.m. Come enjoy dinner, music, and fun. Cost is \$5 per participant.

Red & White Dance

The "Red & White Dance," will be held at the McAbee Activity Center on Friday, February 20th from 6:00 p.m.-8:00 p.m. Enjoy food, fun & more. The cost is \$4 per participant. **We only accept cash at the dance!**

DINNER & A MOVIE **SPACE IS LIMITED!!!**

PLEASE READ

We will depart from CMX Hollywood 16 & IMAX Movie Theater on Friday, January 9, 2026

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

ALL PARTICIPANTS MUST BE PRE-REGISTERED TO ATTEND THIS OUTING.

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@tcpara.org
Phone: 205-331-5600.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Happy New Year!	2	3
4	5	6	7 BOWLING @ Bowlero 2:00p.m.-4:00p.m. NO SWIMMING	8 Adaptive Fitness Class 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center	9 DINNER & A MOVIE Depart @ 5:00 p.m. from CMX Hollywood Deadline for Alabama Gymnastics Meet	10
11	12 COOKING @ McAbee 5:00p.m.-7:00p.m.	13 BASKETBALL @ Belk 3:00pm-4:45pm	14 BOWLING @ Bowlero 2:00p.m.-4:00p.m. SWIMMING @ Bobby Miller 4:30p.m-6:00p.m.	15 Adaptive Fitness Class 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center BASKETBALL @ Belk 3:00pm-4:45pm	16	17
18		20 BASKETBALL @ Belk 3:00pm-4:45pm	21 BOWLING @ Bowlero 2:00p.m.-4:00p.m. SWIMMING @ Bobby Miller 4:30p.m-6:00p.m.	22 Adaptive Fitness Class 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center BASKETBALL @ Belk 3:00pm-4:45pm	23	24
25	26 COOKING @ McAbee 5:00p.m.-7:00p.m.	27 BASKETBALL @ Belk 3:00pm-4:45pm	28 BOWLING @ Bowlero 2:00p.m.-4:00p.m. SWIMMING @ Bobby Miller 4:30p.m-6:00p.m.	29 Adaptive Fitness Class 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center BASKETBALL @ Belk 3:00pm-4:45pm	30	30

January 2026 TR CALENDAR