

TR Newsletter

November 2026

Disney On Ice Outing

For participants who signed up to attend the Disney On Ice Outing on Saturday, November 14th, *this is a reminder that we will depart from the Belk Center at 9:00 a.m. and return by 4:00 p.m.*
We will eat lunch after the show

HOME FOR THE HOLIDAYS

Join PARA and enjoy a day of fun and excitement at Theatre Tuscaloosa's Presentation of the timeless classic "Home For THE HOLIDAYS" on Sunday, December 13th at the Bean Brown Theatre!

PRE-REGISTRATION IS REQUIRED

Deadline to Register
Friday, November 6th, at 5:00 p.m.
The cost is \$45 per participant

Adaptive Fitness Winter Ball

Location: Faucett Center
Time: 10:30 a.m.-12:30 p.m.
Date: Thursday, December 10, 2026
Cost: \$8 for non-members
\$5 for members

Join us for a winter-themed ball, including a fashion show for those who want to participate.

You must pre-register to attend.
Deadline to register is December 7th.
Members \$5 and non-members: \$8

Thanksgiving Dance

NEW LOCATION!! PLEASE READ

The TR Thanksgiving Dance will be held on
Friday, November 13th
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.

Christmas Party

The TR Christmas Dance will be held on
December 11th at the
McAbee Activity Center.
Time: 6:00 p.m.-8:00 p.m.
Cost: \$4 per person
Address: 3801 Loop Road
Tuscaloosa, AL. 35404
Dinner will be served promptly @ 7:00 p.m.
Cash payment is only accepted at the door

DINNER & A MOVIE

**We have reached our maximum
enrollment for the upcoming
Dinner & A Movie on November 6th**

PLEASE READ

We will depart from CMX Hollywood 16
& IMAX Movie Theater at 5:00 p.m. on
Friday, November 6th

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

Each registered participant must bring \$25-
\$30 cash to cover the cost of his/her dinner

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 9th and 23rd Cooking Classes will be held at the McAbee Center from 5:00 p.m.- 7:00 p.m.

Competitive Swim

The 2026-2027 Competitive Swim Program will resume on Wednesday, December 2nd at the Bobby Miller Activity Center from 4:30 p.m.- 6:00 p.m. The cost is \$20.00 per participant per month.

We will not have swimming practice on the following days:

November 4th, 11th, 18th & 25th,
December 23rd & 30th,
January 6th, March 24th and April 7th

BOWLING

Bowling will meet each Wednesday afternoon at Lucky Strike 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.

No bowling on November 11th & 25th

Lucky Strike Bowling does not permit outside food or drinks, except for birthday cakes, **which must be approved in advance.** All food and beverages must be purchased on-site.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Adaptive Fitness Tailgate deadline	3	4 BOWLING @ Bowlero 2p.m.-4p.m. NO SWIMMING	5 Adaptive Fitness Tailgate Location: Faucett Center Time: 10:30a.m.-12:30p.m. Cost: \$8 for non-members \$5 for members MUST PRE-REGISTER	6 DINNER & A MOVIE We will depart from CMX Hollywood 16 & IMAX Movie Theater at 5 p.m. Everyone must be picked up at the movie theater	7
8	9 COOKING @ McAbee 5p.m.-7p.m.	10	11  NO BOWLING NO SWIMMING	12 Adaptive Fitness Class 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center	13 Thanksgiving Dance Location: Miller Center Time: 6:00 p.m.-8:00 p.m. Cost: \$4 per participant *New Location	14 Disney On Ice Depart Belk @ 9a.m. Return Belk @ 4p.m.
15	16	17	18 BOWLING @ Bowlero 2p.m.-4p.m. NO SWIMMING	19 Adaptive Fitness Class 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center	20	21
22	23 COOKING @ McAbee 5p.m.-7p.m.	24	25 NO BOWLING NO SWIMMING	26 	27	28 
29	30					

November 2026 TR CALENDAR