

TR Newsletter

October 2026

Halloween Dance

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

**Activity Center on
Friday, October 30th from
6:00 p.m.- 8:00 p.m.**

Enjoy food, fun & more.

The cost is \$4 per participant.

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



Competitive Swim

The 2026-2027 Competitive Swim Program will meet each Wednesday at the Miller Center beginning October 7th from 4:30 p.m.-6:00 p.m.

The cost is \$20.00 per participant per month.

Transportation will be provided from Lucky Strike to Bobby Miller.

We will not have swim practice on the following days:

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

DINNER & A MOVIE

We have reached our maximum enrollment for the upcoming Dinner & A Movie on October 2nd

PLEASE READ

We will depart from CMX Hollywood 16 & IMAX Movie Theater at 5:00 p.m. on Friday, October 2, 2026

Everyone must be picked up at the movie theater.

Each registered participant must bring \$25.00-\$30.00 cash to cover the cost of his/her dinner

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. 35404

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

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.

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.

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 5th and 19th Cooking Classes will be held at the McAbee Center from 5:00 p.m. to 7:00 p.m.

****NEW DATES****

Adaptive Fitness Tailgate

Location: Faucett Center

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

Date: Thursday, November 5, 2026

Cost: \$8 for non-members
\$5 for members

Roll Tide! Go Tigers! Go Blazers....
and whoever else you may be cheering for!

Enter the football-throwing contest, eat some hot dogs, and support your favorite teams by wearing their colors!

You must pre-register to attend.
The deadline to register is November 2nd.
Members \$5 and Non-members \$8

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 at 7:00 p.m.**
Cash payment is only accepted at the door

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Adaptive Fitness Class 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center	2 <u>DINNER & A MOVIE</u> We will depart from CMX Hollywood 16 & IMAX Movie Theater at 5 p.m. Everyone must be picked up at the movie theater	3
4	5 COOKING @ McAbee 5p.m.-7p.m	6	7 <u>BOWLING</u> @ Bowlero 2p.m.-4p.m. <u>SWIMMING</u> @ Bobby Miller 4:30p.m-6p.m.	8 Adaptive Fitness Class 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center	9	10
11		13	14 <u>BOWLING</u> @ Bowlero 2p.m.-4p.m. <u>SWIMMING</u> @ Bobby Miller 4:30p.m-6p.m.	15 Adaptive Fitness Class 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center	16	17
18	19 COOKING @ McAbee 5p.m.-7p.m.	20	21 <u>BOWLING</u> @ Bowlero 2p.m.-4p.m. <u>SWIMMING</u> @ Bobby Miller 4:30p.m-6p.m.	22 Adaptive Fitness Class 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center	23	24
25	26	27	28 <u>BOWLING</u> @ Bowlero 2p.m.-4p.m. <u>SWIMMING</u> @ Bobby Miller 4:30p.m-6p.m.	29 Adaptive Fitness Class 10:00am-11:00am & 11:05am-12:05pm @ Faucett Center	30 Halloween Dance Location: McAbee Center Time: 6:00 p.m.-8:00 p.m. Cost: \$4 per participant	31

October 2026 TR Calendar