



Tuscaloosa Ballroom Dance Club

eNewsletter September 2023

Denim After Dark Dance

at McAbee Center

(3801 Loop Road; 35404)

Friday, September 22, 2023

Music: *Ain't Misbehavin'*

7 - 10 pm

ADMISSION (cash or check):

Members: \$8

Non-members: \$15 (\$25/couple)

Students: \$5

Sustaining, Bronze, Silver, Gold, & Platinum Members: *Prepaid!*

Members and guests must be at least 18 years of age.

Attire: Casual; denim or blue attire encouraged

Co-sponsored by PARA4Life @ McAbee Center

Denim After Dark Dance: Friday, September 22; 7 pm

Co-sponsored by TBDC and PARA4Life, the Denim After Dark Dance will be Friday, September 22 at McAbee Center (3801 Loop Rd; 35405). *Reminder:* During football season, TBDC dances move to Friday nights!

Ain't Misbehavin' will provide dance music 7-10 pm. Doors open at 6:30 pm. With around twenty musicians and a repertoire that ranges from Glenn Miller to Michael Buble, *Ain't Misbehavin'* plays in the style of the big bands of the 1940s. *Ain't Misbehavin'* musicians say, "We like to play for listening audiences, but absolutely love to play for dancing audiences." So keep the band happy – call your friends to meet you on the dance floor on the 22nd.

Exhibition at second break! TBDC welcomes college and university students back to Tuscaloosa! Though classes are well underway, two members of UA's Competition Ballroom Dance Team -- Olivia Cole and Louis LeBoeuf -- will offer exhibitions of Swing *and* Rumba during second break. This will be a treat!

Bring a wrap: Most dance clubs keep their dance spaces a few degrees cooler than normal for the comfort and well-being of their active dancers. So, if you are cold-natured or tend not to dance as much as others, please bring a wrap to all TBDC dances.

Admission (cash or check): \$8/TBDC member, \$15 non-member (\$25/couple), \$5/student. TBDC's sustaining members are prepaid!

Attire: Casual; denim or blue attire encouraged.

Snacks. Water is provided. TBDC invites our regular dancers to bring an item for the snack table.

McAbee Center (3801 Loop Road; Tuscaloosa, 35404): The entrance to McAbee Center's parking lot is at the intersection of Loop Road and Veterans Memorial Parkway. (The VA Hospital is located behind and to the right of McAbee Center.) There is no access to McAbee Center's parking lot from the hospital campus, so please avoid the hospital's main entrance. For a map, click here: [Map](#).

From Birmingham, take interstate Exit 79 for University Blvd. At the end of the exit ramp, bear right onto University Blvd. After 4.6 miles, turn left at the traffic light onto Veterans Memorial Pkwy. In ½ mile, turn left onto Loop Rd and immediately turn left again to access McAbee Center's parking lot.

TBDC's introductory dance lessons

TBDC's introductory dance lessons began on September 5. Scott Hestevold and Regina Noland will teach the last class on Slow Dance and Hustle on September 26. They will then teach four classes on Swing and Rumba, beginning Tuesday, October 3, and they will teach four classes on Foxtrot and Waltz, beginning October 31. It is not too late to join the class! The class meets at McAbee Center at 6:30 pm on Tuesday evenings. Partners are recommended but not required. For further information, contact Regina Noland, regina001@aol.com.

August's Aloha From Hawaii Dance

At the Aloha From Hawaii Dance on August 19, 58 dancers enjoyed *The Chekmates*. Their dance music included, appropriately, a number of Elvis tunes. TBDC extends thanks Lewis & Kathy Cotton for the festive Hawaiian decorations and to Janet & John Weber helping the Cottons decorate.

At first break, Scott introduced a special guest: TBDC founding member and past-president Allen Wadsworth! TBDC members welcomed Allen with an extended ovation. The crowd then congratulated Bonnie & Scott Porter and the Cottons on their wedding anniversaries, and the Cottons shared with everyone a celebratory anniversary cake!

A special thanks to Bruce Evans! TBDC extends a special word of thanks to Bruce Evans for channeling Elvis during second break. Replete with sideburns, scarves, rhinestones, and a marvelous voice, Bruce shared several favorite Elvis tunes with his TBDC friends.

Behind the scenes... TBDC also thanks Kathy Cotton and Carol & Tom Russell for managing the admissions table; and thanks to Lewis Cotton for assistance with publicity and to PARA4Life's Kim Brown for assisting with venue arrangements. To those who contributed to the snack table, *thank you!*

Thanks to Barkley! TBDC thanks Barkley Buick Cadillac GMC for donating the door prize given away during second break. (And thank you, Bonnie Porter, for serving as TBDC's liaison with Barkley.)

Looking ahead...

- TBDC's October and November dances will be held on Friday nights. On Friday, October 20, one of Birmingham's popular dance bands, *5 of a Kind*, will provide music for our Autumn Leaves Dance. *Attire*: Dressy casual.
- TBDC's Give Thanks With A Grateful Heart Ball (Friday, November 10) will include a Thanksgiving food drive. Details will appear in the next eNewsletter.

Health benefits of dancing...

On September 16, in celebration of National Dance Day, Physicians Mutual reported on the physical and mental health benefits of dancing.

Dancing...

- decreases risk of heart problems,
- improves flexibility,
- helps keep you balanced and coordinated,
- can help you lose weight,
- reduces stress by distracting your mind,
- helps you have fun and socialize with others,
- improves your self-esteem, and
- lowers your risk of some mental health disorders.

Thanks to TBDC member Robert Griffith MD for bringing this information to our attention.

TBDC's 2023 Dance Schedule

All 2023 TBDC dances & balls will be @ McAbee Center, 7-10 pm		
Date	Music	Theme
Fri, SEP 22	AM	Denim After Dark Dance
Fri, OCT 20	5K	Autumn Leaves Dance
Fri, NOV 10	DW	Give Thanks With A Grateful Heart Ball
Sat, DEC 16	CH	Home for the Holidays Dance

Music: 5K = 5 of a Kind; AM = Ain't Misbehavin'; CH = The Chekmates;
DW = Drew White Orchestra; DJRR = DJ Richard Richards

Attire: "Ball" designates a dressy event (with semi-formalwear or formalwear invited), and "Dance" designates a dressy-casual or theme event.

Monthly Listings...

TBDC: Facebook, Website, and Email

- *TBDC's email address:* TBDC.91@gmail.com
- *Facebook: click "Like"!* For announcements, last-minute information, and photos, visit TBDC's Facebook page [Tuscaloosa Ballroom Dance Club – Community Organization]. In the top box, click "Like": [TBDC Facebook](#) **NOTE:** To be notified via Facebook when information and photos are posted, visit the TBDC Facebook page and click on "Following" down-arrow. In the drop-down window under Notifications, click "On (Events)."
- *TBDC's website:* www.tbdc.org [webmaster: Lewis Cotton]

In Case of Severe Weather...

When a severe-weather alert has been issued for the evening of any TBDC event, TBDC will decide by 4 pm whether to proceed with or cancel the event. By 4:30 pm, TBDC will notify friends & members by email and with a post on its Facebook page. *Note:* As a rule, TBDC cancels events only when tornadic or winter weather poses a serious safety concern; a mere rainstorm does not stop the sun from shining on the dancefloor!

PARA's Thursday and Friday Dances; Northport Community Center

PARA continues to sponsor dances every Thursday and Friday, 6:30-9:30 PM, at the Northport Community Center (2100 Park Street; 35476). Bob Sullivan's Country Gold Band provides music on Thursdays, and the Over the Hill Band provides music on Fridays. *Attire:* casual. *Admission:* \$7/person. *For further information:* Carole Taylor, 205-562-3235; or ctaylor@tcpara.org.

TBDC's 2023 Sponsors

Ruby Sponsors (\$100-299)

Emerald Sponsors (\$300-499)

Barkley Buick GMC Cadillac: <http://www.barkleygmc.com>

Sapphire Sponsors (\$500-999)

Budget Mini-Storage, in memory of Don Wright; 9331 Hwy 69; Northport, AL; 35473; 205-330-9098

Swen Chinese Restaurant; 1130 University Blvd Ste B2, Tuscaloosa (205-391-9887) and 3420 Hwy 69N, Northport (205-333-8886). Facebook: [Swen Chinese Restaurant](#).

Diamond Sponsors (\$1,000 or more)

Garry Pearson, Inc., Environmental Consulting

TBDC's 2022 Sustaining Members

Sustaining Members: Pat Atkins; Carolyn & Gary Bishop; Bruce Evans; Carolyn & Jim Hill; Butch & Regina Noland; Bonnie & Scott Porter; Diana Secor

Bronze Members: Kathy & Lewis Cotton; Carol & Tom Russell

Silver Members: Nita & Scott Hestevold

Gold Members:

Platinum Members:

Scott Hestevold
TBDC.91@gmail.com

Through the National FairDance Association,
our dance activities are properly and legally
licensed by:

