



Tuscaloosa Ballroom Dance Club

eNewsletter November 2023

The Give Thanks With A Grateful Heart Ball

at McAbee Center

(3801 Loop Road; 35404)

Friday, November 10, 2023

Music: *The Drew White Orchestra*

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: Dressy!

Co-sponsored by PARA4Life @ McAbee Center

The Give Thanks With A Grateful Heart Ball: Friday, November 10

We are fortunate to have an opportunity to gather each month to dance with our ballroom friends. And in the spirit of this season of Thanksgiving, TBDC and PARA4Life are sponsoring the Give Thanks With A Grateful Heart Ball on Friday, November 10, 7-10 pm at McAbee Center (3801 Loop Rd; 35405). Doors open at 6:30 pm. *The Drew White Orchestra* will travel from the Shoals to provide a splendid mix of elegant ballroom music.

Attire: Dressy!

Food Drive. Also in the spirit of the season, TBDC is sponsoring a food drive for the West Alabama Food Bank. Please bring canned goods to the Grateful Heart Ball and leave them in the decorated box; donations will be delivered to the food bank the following week.

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

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.

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.

October's Autumn Leaves Dance

At the Autumn Leaves Dance on October 20, forty-four dancers enjoyed *5 of a Kind's* music while dancing in a ballroom filled with color -- tables decorated with autumn leaves and flowerpots, overflowing with yellow and red chrysanthemums. TBDC extends thanks to Butch & Regina Noland for the colorful autumnal decorations.

Behind the scenes. TBDC extends thanks to Lewis Cotton for managing publicity, to Kathy Cotton and Regina for tending to the admissions table, to Kim Brown and PARA4Life for managing venue arrangements, and to those who contributed to the October snack table. For door prizes, TBDC also thanks Kim, the Nolands, and Barkley Buick Cadillac GMC. For the second month in a row, Kim donated a generous three-month all-inclusive PARA membership! The Nolands donated several pots of chrysanthemums, and the Barkley dealership donated a special tailgate door prize. (TBDC thanks Bonnie Porter for serving as TBDC's liaison with Barkley.)

TBDC Outreach: *Connect*

Every Tuesday, the *Connect* program at Christ Episcopal Church offers respite care for a group of individuals who live with Alzheimer's Disease and other forms of dementia. [[Connect @ Christ Episcopal](#)] On October 17, eight TBDC board members offered *Connect* participants and staff an hour-long program of ballroom and line dancing. Regina Noland served as the enthusiastic MC,

inviting TBDC dancers to the floor for swings, rumbas, waltzes, and foxtrots. After Regina reviewed steps for the Electric Slide, several *Connect* participants and staff members joined her on the floor for lively linedancing. TBDC extends thanks to Regina for organizing and emceeing the *Connect* event and to those TBDC members who participated: Kathy & Lewis Cotton, Nita & Scott Hestevold, Butch Noland, and Janet & John Weber.

Nominations for TBDC's 2024 Officers and Board Members

TBDC members will elect 2024 officers and board members at the Home For The Holidays Dance on December 16. As announced at our October dance, you are encouraged to suggest the names of individuals willing to serve to any member of the Nominating Committee through Friday, November 10: Garry Pearson (chair), Lewis Cotton, Diana Secor. The slate of nominees will appear in TBDC's December eNewsletter.

Christmas in Dixie Ballroom Challenge: November 11, Vestavia Hills

If you enjoy "Dancing with the Stars," consider attending a ballroom competition in person: The Christmas in Dixie Ballroom Challenge, next Saturday, November 11, 9 am – 7:45 pm at the Magnolia Ballroom in Vestavia Hills (2198 Columbiana Rd, Suite 100; entrance at the rear of the building). You will see competition newcomers as well as those who compete at the championship level. For further information: Cidballroom@gmail.com.

Looking ahead: Home for the Holidays Dance; TBDC dance lessons

- Beginning in December, TBDC's dances return to Saturday nights. On Saturday, December 16, *The Chekmates* will provide music for TBDC & PARA4Life's Home For The Holidays Dance. *Attire*: Dressy casual; holiday attire invited.
- TBDC's introductory dance lessons will return Tuesday, January 9, 2024, 6:30-7:30 pm at McAbee Center. Scott Hestevold and Regina Noland will serve again as instructors. Additional information will appear in the December eNewsletter.
- Are you creative? Do you enjoy decorating? If so, please consider volunteering to decorate for one of TBDC's 2024 dances: TBDC still needs themes and decorators for some of our 2024 dances. If you would like to volunteer, please speak with any officer or board member at the Grateful Heart Ball.

TBDC's 2023 Dance Schedule

All 2023 TBDC dances & balls will be @ McAbee Center, 7-10 pm		
Date	Music	Theme
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.

TBDC's 2024 Dance Schedule

All 2024 TBDC dances & balls will be @ McAbee Center, 7-10 pm		
Date	Music	Theme
Sat, JAN 20	5K	Starlight Ball
Sat, FEB 17	DW	Mardi Gras Dance
Sat, MAR 23	CH	The Roll of the Dice Dance
Sat, APR 20	AM	Flying High Dance (birds)
Sat, MAY 18	DJRR	La Vie En Rose Dance
Sat, JUN 15	5K	TBD
Sat, JUL 20	CH	TBD
Sat, AUG 17	AM	TBD
Fri, SEP 20	5K	TBD
Fri, OCT 18	DW	TBD
Fri, NOV 15	CH	TBD
Sat, DEC 14	DJRR	TBD

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 @ McAbee Center

PARA sponsors dances on Thursdays and Fridays, 6:30-9:30 PM at McAbee Center (3801 Loop Rd; 35405). The Country Gold Band plays on Thursdays, and the Over the Hill Band plays on Fridays. *Attire:* casual. *Admission:* \$7/person. *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 2023 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:

