

## November 2015 Aquadome Lunch Bunch Calendar Description

All Lunch Bunch activities begin at noon and are free of charge unless otherwise noted. Some classes may require purchase of supplies. When eating in restaurants or other outings, individuals are responsible for their own tabs. Please invite your friends for fellowship and have a fun-filled afternoon with the Aquadome Lunch Bunch! Membership to fitness classes is NOT a requirement in order to participate in the Lunch Bunch activities. For more information, please contact the Aquadome Recreation Center: 256-341-4950 / Email Rochelle Darnell at rdarnell@decatour-al.gov.

**DIY CRAFTS & SCRAPBOOKING:** Most Wednesdays, bring your lunch and favorite craft such as scrapbooking, knitting, & cross-stitch and then enjoy an afternoon of crafting fellowship. This is a "work on your own project" activity. This is a great opportunity to share your particular hobby with others or to complete one of those unfinished projects you have stuck in a drawer!

**LINE DANCING:** A free line dancing class is offered each Tuesday evening at 6pm and Thursdays at noon. Please don't be intimidated; the steps are broken down into eight counts so everyone can learn the dances. Join the group and be prepared to have fun while burning calories at the same time!

### A MESSAGE FROM ROCHELLE

As you have noticed, there are very few activities listed on the November Lunch Bunch Calendar. I will be serving on the Federal Court Jury Duty for at least the first two weeks in the month unless I am released early. If you have ever served as a juror, you know that you don't know from one day to the next if you will be on a case or sent home. I prefer to not plan activities, and then have to cancel them; I know you all understand these circumstances. If I am released early, I will revise the activity calendar.

Nov 3: Line Dancing at 6pm

Nov 5: Line Dancing at noon

Nov 9: Nutrition Class: Mrs. Della Taylor, with the Morgan County Extension Service, will provide a warm meal and advice on topics such as healthy eating, shopping more economically and programs that may help senior adults save money with medical or other expenses.

Nov 10: Line Dancing at 6pm

Nov 11: Lunch & Learn-This month's seminar is based on how to create and maintain a Terrarium. The speaker is Amy Rakestraw from Sugar Magnolias. Bring your lunch and enjoy this free seminar hosted by the Decatur Parks & Recreation Department and the Morgan County Master Gardeners Club.

Nov 13: Line Dancing at noon

Nov 16: The Annual Aquadome Lunch Bunch Thanksgiving Feast-Bring your favorite dish to share with the group. This is a wonderful opportunity to fellowship with our group so please join us! Please keep in mind; this is usually our largest potluck meal of the year.

Nov 17: Line Dancing at 6pm

Nov 19: Line Dancing at noon

Nov 24: Line Dancing at 6pm

Nov 26-29: The pool and recreation centers will be closed TO CELEBRATE THANKSGIVING WITH OUR FAMILIES.