

# SEPTEMBER 2016 AQUADOME LUNCH BUNCH

## ACTIVITY DESCRIPTION

**NOTES:** 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! **HOOKED ON COLORS, AN ADULT COLORING GROUP**, is fast becoming the latest craze to help adults “de-stress” their day. Research also shows that picking up those colored pencils help fine tune our motor skills and train our brains to be more structured... And, you don’t even have to stay within the lines to get the benefit. This is a free activity and all supplies will be furnished. This group will meet on most Wednesdays during DIY Craft day. Bring your lunch and have an afternoon of fun and fellowship.

**LINE DANCING:** Free line dancing classes are offered each Tuesday and Thursday through the Aquadome Lunch Bunch group. The steps are broken down into eight counts so everyone can learn the dances. Join the group and be prepared to have fun!

Sep 1: Line Dancing at Noon

Sep 2: Pickleball at 10am

SEP 5: LABOR DAY-CLOSED

SEP 6: Line Dancing at noon & 6pm

SEP 6: Crafternoon-It is jewelry making time again. This class will use a variety of beads and faux pearls to make a unique necklace. The fee is \$6 and all supplies will be furnished. Please note: You will need to provide your own jewelry making tools. A tool kit can be purchased at either Hobby Lobby or Wal-Mart. Two small sets of needle nose pliers can be used. Please be sure to register in advance for this class!

Sep 6: Movie & Dinner-TBA

Sep 7: Pickleball 10a

Sep 7: DIY Crafts and Adult Coloring

Sep 8: Line Dancing at Noon

Sep 9: Pickleball 10am

Sep 12: Pickleball 10am

Sep 12: **NO NUTRITION CLASS THIS MONTH**

Sep 13: Line Dancing at noon & 6pm

Sep 14: Pickleball at 10am

Sep 14: Lunch & Learn- Bring your lunch and a drink to enjoy as you join us at the Aquadome for a seminar that will focus on giving the entrance to your home an update. This event is a joint venture with the Aquadome Recreation Center and the Master Gardeners of Morgan County. This activity is free to the public.

Sep 15: Line Dancing at noon

Sep 16: Pickleball 10am

Sep 19: Pickleball 10am

Sep 20: Line Dancing at noon & 6pm

Sep 21: Pickleball 10am

Sep 22: Line Dancing at noon

Sep 23: Pickleball 10am

Sep 26: Pickleball 10am

Sep 26: Pot Luck & BINGO-Bring your favorite pot luck dish or experiment with a new recipe..."we love to eat," is an understatement!! Join the Aquadome Lunch Bunch for food, fun, and fellowship. BINGO will be played after our meal. Don't forget, donations of prizes are greatly appreciated!

Sep 27: Line Dancing at noon & 6pm

Sep 28: Pickleball 10am

Sep 29: DIY Crafts & Adult Coloring

Sep 29: Line Dancing at noon

Sep 29: Cooking Class-Quesadillas, Pico and Salsa are on the menu. The fee is \$5 per person and you will get to eat! Pre-registration is required in order to attend this class.

Sep 30: Pickleball 10am

Sep 30: Day Trip-Our trip takes us to Hanceville, AL to tour the Shrine of the Most Blessed Sacrament. We will be given a history of how the magnificent structure came to be and then take a behind the scenes tour. Please dress modestly out of respect for the sanctuary.

There is no charge, however, if you would like to make a donation, you are more than welcomed to do so at the shrine. We will eat lunch in Cullman at Carlton's Italian Restaurant (on your own dime).

I have a total of 20 spaces for the vans, however, anyone who wishes to drive may do so. Please register ASAP, and remember, if you need to cancel, please let me know as quickly as possible.