



# Danberry Calendar of Events - October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
 <p style="font-size: 24px; color: #e91e63; margin: 0;">OCTOBER IS <b>BREAST CANCER AWARENESS MONTH</b></p>						<p style="text-align: center;"><u>Sign-Up Events</u></p> <p>10/7- Juliet's Luncheon- Ashley Mac's</p> <p>10/14- Res VS Emp Blacklight Chair Volleyball</p> <p>10/17- Wetumpka Casino Trip</p> <p>10/21- Romeo's Luncheon- Lloyds Restaurant</p> <p>10/28 -Talladega, Cheaha &amp; Camp Mac Day Trip</p> <p style="text-align: center;"><u>Movie Outing TBD</u></p>	<p>1</p> <p style="color: red; font-weight: bold;">10:00 am-2:00 pm Danberry Flea Market - IH</p>  <p style="color: blue;">Tailgate Saturday 12:00-2:00 PM Bistro</p>
<p style="text-align: center;">2</p> <p>10:00 AM Protestant Church Service- IH</p> <p>10:30 AM Catholic Church Service- CA</p> <p>1:00 PM Resident Choice Games- CA</p> <p style="color: red;">5:00 PM Sunday Social- Bistro</p>	<p style="text-align: center;">3</p> <p style="color: green;">9:00 AM Pool Aerobics - DP</p> <p style="color: magenta;">9:00 AM Walmart Trip</p> <p style="color: green;">10:00 AM Move &amp; Groove- FS</p> <p style="color: magenta;">1:00 PM Publix/Winn Dixie Trip</p> <p>1:00 PM Hand &amp; Foot- BW CR</p> <p>1:00 PM Bridge Card- Bistro</p> <p style="color: green;">3:30 PM Fit &amp; Fun- FS</p> <p style="color: red; font-weight: bold; text-decoration: underline;">MUNSTER MONDAY</p> <p style="font-weight: bold;">5:30pm-7:30pm EVENT</p>	<p style="text-align: center;">4</p> <p style="color: green;">9:00 AM Pool Volleyball- DP</p> <p style="color: red;">10:00 AM Exploring the Bible w/ Robert Bendall- IH</p> <p style="color: green;">10:30 AM Chair Yoga w/ Cindy Grubbs- FS</p> <p style="color: red;">1:30 PM Prize Bingo- IH</p> <p style="color: green;">3:30 PM Balance &amp; Tone- FS</p>	<p style="text-align: center;">5</p> <p style="color: green;">9:00 AM Pool Aerobics- DP</p> <p style="color: magenta;">9:30 AM Bank Trip</p> <p style="color: green;">10:00 AM Cardio Fit!- FS</p> <p>1:30 PM Mahjong- 3rd FLR CR</p> <p>2:00 PM Chair Volleyball- IH</p> <p style="color: green;">3:30 PM Fit &amp; Fun- FS</p> <p style="color: red;">3:30 PM Community Council- IH</p>	<p style="text-align: center;">6</p> <p style="color: red;">9:00 AM Protestant Communion - PDR</p> <p style="color: green;">10:00 AM Chair Exercise (Cody's DVD)- FS</p> <p>1:30 PM Danberry Pool League- Churchills Billiard Room</p> <p style="color: red;">3:00 PM Sing-A-Long w/ Russ Randolph- IH</p> <p>6:30 PM Lecture Series- DT "Wonders of the World"</p>	<p style="text-align: center;">7</p> <p style="color: green;">9:00 AM Pool Volleyball (Resident Led)-DP</p> <p style="color: green;">10:00 AM Chair Exercise Cody's DVD)- FS</p> <p style="color: red;">11:00 AM Juliet's Luncheon- Ashley Mac's *Sign-Up*</p> <p style="color: magenta;">2:00 PM Walgreens/Fresh Market Trip</p> <p>6:30 PM \$1 Bingo- IH</p>	<p style="text-align: center;">8</p> <p style="color: red;">10:00 AM Bible Study- CA</p> <p>1:00 PM Wii Sports- FS</p> <p>6:30 PM Movie Night "Gone with the Wind- Part 2"-IH</p> <p style="color: blue;">Tailgate Saturday 12:00-2:00 PM</p>	
<p style="text-align: center;">9</p> <p>10:00AM Protestant Church Service- IH</p> <p>10:30AM Catholic Church Service- CA</p> <p>1:00PM Resident Choice Games-CA</p>	<p style="text-align: center;">10</p> <p style="color: green;">9:00 AM Pool Aerobics- DP</p> <p style="color: magenta;">9:00 AM Walmart Trip</p> <p style="color: green;">10:00 AM Move &amp; Groove- FS</p> <p>1:00 PM Hand &amp; Foot- BW CR</p> <p style="color: magenta;">1:00 PM Publix/Winn Dixie Trip</p> <p>1:00 PM Bridge Card Players Group- Bistro</p> <p style="color: green;">3:30 PM Fit &amp; Fun- FS</p>	<p style="text-align: center;">11</p> <p style="color: green;">9:00 AM Pool Volleyball- DP</p> <p style="color: green;">10:30 AM Chair Yoga w/ Cindy Grubbs- FS</p> <p style="color: red;">3:30 PM Breast Cancer Awareness Walk- Meet in Atrium &amp; Wear Pink</p>	<p style="text-align: center;">12</p> <p style="color: green;">9:00 AM Pool Aerobics- DP</p> <p style="color: magenta;">9:30 AM Bank Trip</p> <p style="color: green;">10:00 AM Cardio Fit!- FS</p> <p>1:30 PM Mahjong- 3rd FLR CR</p> <p style="color: magenta;">1:30 PM Dollar Tree/Aldi /Trader Joe's Trip</p> <p>2:00 PM Chair Volleyball- IH</p> <p style="color: green;">3:30 PM Fit &amp; Fun!- FS</p>	<p style="text-align: center;">13</p> <p style="color: green;">10:00 AM Move &amp; Groove- FS</p> <p>1:30 PM Danberry Pool League- Churchills Billiard Room</p> <p style="color: red;">2:30 PM Navy 247th Birthday Celebration- Bistro</p> <p style="color: green;">3:30 PM Balance &amp; Tone- FS</p> <p>6:30 PM Lecture Series- DT "Wonders of the World- DT"</p>	<p style="text-align: center;">14</p> <p style="color: green;">9:00 AM Pool Volleyball- DP</p> <p style="color: green;">10:00 AM Chair Exercise- FS</p> <p style="color: red;">10:30 AM Westminster Kindergarten Class Visit- IH</p> <p style="color: magenta;">2:00 PM Walgreens/Fresh Market Trip</p> <p style="color: red;">2:30 PM Blacklight Chair Volleyball *Sign-Up* Res VS Emp- IH</p> <p style="color: red;">3:30 PM Fellowship Friday w/ Melissa- CA</p> <p>6:30PM \$1 Bingo-IH</p>	<p style="text-align: center;">15</p> <p style="color: red;">10:00 AM Bible Study-CA</p> <p>1:00 PM Wii Sports-FS</p> <p>6:30 PM Movie Night "Marley &amp; Me"- IH</p> <p style="color: blue;">Tailgate Saturday 12:00-2:00 PM Bistro</p>	

# Danberry Calendar of Events - October 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 10:00 AM Protestant Church Service- IH 10:30 AM Catholic Church Service- CA 1:00 PM Resident Choice Games- C	17 9:00 AM Pool Aerobics- DP 9:00 AM Walmart Trip 9:30 AM Outing: Wetumpka Casino Trip *Sign-Up* 10:00 AM Move & Groove- FS 1:00 PM Hand & Foot- BW CR 1:00 PM Publix/Winn Dixie Trip 1:00 PM Bridge Card Players Group - Bistro 2:30 PM Pianist Kathy O'Conner -IH 3:30 PM Fit & Fun- FS	18 9:00 AM Pool Volleyball- DP 10:00 AM Exploring the Bible w/ Robert Bendall- IH 10:30 AM Chair Yoga w/ Cindy Grubbs- FS 1:30 PM Prize Bingo- IH 3:00 PM Activity Planning Meeting- PDR 3:30 PM Balance & Tone- FS	19 9:00 AM Pool Aerobics - DP 9:30 AM Bank Trip 10:00 AM Cardio Fit- FS 1:30 PM Mahjong- 3rd FLR CR 1:30 PM Hoover Library Trip 2:00 PM Chair Volleyball- IH 3:30 PM AL Mahan Performs- IH 3:30 PM Fit & Fun- FS	20 9:00 AM Protestant Communion -PDR 10:00 AM Move & Groove- FS 1:30 PM Danberry Pool League - Churchills Billiard Room 2:00 PM Book Club- BW CR 3:00 PM Tribute to Breast Cancer Survivors w/ The Alexanders- Atrium 3:30 PM Balance & Tone- FS 6:30 PM Lecture Series "Wonders of the World"- DT	21 9:00 AM Pool Volleyball - DP 10:00 AM Chair Exercise- FS 11:00 AM Romeo's Luncheon- Lloyd's Restaurant *Sign-Up* 2:00 PM Walgreens/Fresh Market Trip 2:30 PM Spooky Science Lady Performs- IH 2:30 PM Stretching, Balance & Meditation- FS 6:30 PM \$1 Bingo- IH	22 10:00 AM Bible Study-CA 1:00 PM Wii Sports-FS 6:30 PM Movie Night "Pride & Prejudice"- IH  Tailgate Saturday 12:00-2:00 PM Bistro
23 10:00 AM Protestant Church Service - IH 10:30 AM Catholic Church Service- CA 1:00 PM Resident Choice Games- CA	24 9:00 AM Pool Aerobics- DP 9:00 AM Walmart Trip 10:00 AM Move & Groove- FS 1:00 PM Hand & Foot- BW CR 1:00 PM Publix/Winn Dixie Trip 1:00 PM Bridge Card Group- Bistro 3:30 PM Fit & Fun- FS	25 9:00 AM Pool Volleyball- DP 10:00 AM Outreach Program- No Sew Blanket Project- PDR 10:30 AM Chair Yoga w/ Cindy Grubbs- FS 3:00 PM Ultimate Team Trivia- IH 3:30 PM Balance & Tone- FS	26 9:00 AM Pool Aerobics - DP 9:30 AM Bank Trip 10:00 AM Cardio Fit- FS 1:30 PM Mahjong- 3rd FLR CR 2:00 PM Chair Volleyball- IH 3:00 PM New Resident Meet & Greet- Bistro 3:30 PM Fit & Fun- FS 6:00 PM Double Oak Mountain Children's Choir Performs- IH	27 10:00 AM Move & Groove- FS 1:30 PM Danberry Pool League - Churchills Billiard Room 1:30 PM Salute to Duke Ellington w/ The Bloom & Funkhouser Duo- IH 3:30 PM Balance & Tone- FS 6:30 PM Halloween Party- IH 6:30 PM Lecture Series "Wonders of the World"- DT	28 9:00 AM Pool Volleyball - DP 9:00 AM Outing: Talladega, Cheaha and Camp Mac Day Trip *Sign-Up* 10:00 AM Chair Exercise- FS 2:00 PM Walgreens/Fresh Market Trip 3:30 PM Fellowship Friday w/ Melissa- CA 6:30 PM \$1 Bingo- IH	29 10:00 AM Bible Study-CA 1:00 PM Wii Sports-FS 6:30 PM Movie Night "Psycho"- IH  Tailgate Saturday 12:00-2:00 PM Bistro
30 Same as Above	31 Same as Above 3:00 PM October Birthday Celebration- Bistro					

## Breast Cancer Awareness

### Month



Anthony Portillo

At this time there are more than 3.8 million breast cancer survivors in the United States. This includes women still being treated and those who have completed treatment.

Breast cancer is the second leading cause of cancer death in women. The chance that a woman will die from breast cancer is about 1 in 39

Some risk factors for breast cancer are not being physically active, obesity, menopause, taking hormones, reproductive history, and drinking alcohol.

Breast Cancer is most found in women who are 50 years old or older.

About 281,550 new cases of invasive breast cancer will be diagnosed in women.

The average risk of a woman in the United States developing breast cancer sometime in her life is about 13%.

### Attention:

Calendars are subject to change.

Please refer to your weekly runners for the most up to date information.

<b>CALENDAR COLORS:</b> Black: Common Area Activities  Green: Fitness Purple: Outings Red: Special Events	<b>CALENDAR KEY:</b> BW CR: Bridgewater Card Room  CA: Creative Arts Studio DP: Danberry Pool FS: Fitness Studio IH: Inverness Hall PDR: Private Dining Room DT: Danberry Theater
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