


Danberry Calendar of Events– January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>9:00 AM Pool Aerobics (Res. Led)-DP</p> <p>1:00 PM Hand & Foot– CA</p> <p>12:30 PM Monday Matinee “Secondhand Lions”- IH</p> <p>New Year’s Day</p>	<p>2</p> <p>9:00 AM Pool Volleyball- DP</p> <p>9:30 AM Health Checks w/ Healthcare Staff– CA</p> <p>10:00 AM Chair Yoga w/ Cindy Grubbs– FS</p> <p>2:00 PM Art Club Meeting– CA</p> <p>3:30 PM Tai Chi– FS</p> <p>6:00 PM New Year’s Bash w/ Just Friends– IH</p>	<p>3</p> <p>9:00 AM Pool Aerobics- DP</p> <p>9:30 AM Walmart Trip</p> <p>9:30 AM Bank Trip</p> <p>10:15 AM Chair Exercise 1 w/ Christy - FS</p> <p>1:00PM Publix Trip</p> <p>1:30 PM Mahjong– BW CR</p> <p>2:00 PM Chair Volleyball– IH</p> <p>3:30 PM Just Dance– IH</p>	<p>4</p> <p>9:00 AM Pool Volleyball-DP</p> <p>10:15 AM Chair Exercise 2 – FS</p> <p>1:00 PM UNO Card Game– CA</p> <p>1:30 PM Open Pool Play– DT</p> <p>2:00 PM Pilates w/ Select Rehab– CA</p> <p>3:00 PM Taste of France Candy– Bistro</p> <p>3:30 PM Top Half Toning– FS</p>	<p>5</p> <p>9:00 AM Water Arthritis– DP</p> <p>10:15 AM Drum Fit– FS</p> <p>2:30 PM Walgreens/Fresh Market Trip</p> <p>3:30 PM Fellowship Friday w/ Christy– FS</p> <p>4:00 PM Dinner Outing: Bellini’s *Sign-Up*</p> <p>6:30 PM \$1 Bingo-IH</p>	<p>6</p> <p>10:00 AM Bible Study– CA</p> <p>6:30 PM Movie Night “Seabiscuit”- IH</p>
<p>7</p> <p>10:00 AM Protestant Church Service- IH</p> <p>10:30 AM Catholic Church Service- CA</p> <p>5:00 PM Sunday Series w/ Bob & Dorothy– IH</p>	<p>8</p> <p>9:00 AM Pool Aerobics-DP</p> <p>9:30 AM Walmart Trip</p> <p>10:15 AM ASB– FS</p> <p>12:30 PM Monday Matinee “Temple Grandin”– IH</p> <p>1:00 PM Hand & Foot– CA</p> <p>1:00 PM Publix Trip</p> <p>2:30 PM 2 Cousins & a Guitar– IH</p> <p>3:30 PM Stability Class– FS</p>	<p>9</p> <p>9:00 AM Pool Volleyball- DP</p> <p>9:30 AM Health Checks w/ Healthcare Staff– CA</p> <p>10:00 AM Chair Yoga w/ Cindy Grubbs– FS</p> <p>10:15 AM Outreach Project: Scarves for Lovelady– CA</p> <p>1:00 PM Rook Card Game– BW CR</p> <p>2:00 PM Art Club Meeting– CA</p> <p>3:30 PM Community Council– IH</p> <p>3:30 PM Tai Chi– FS</p> <p>RSV Clinic 9:00-1:00 *Sign Up Only*</p>	<p>10</p> <p>9:00 AM Pool Aerobics- DP</p> <p>9:30 AM Bank Trip</p> <p>10:15 AM Chair Exercise 1 w/ Christy- FS</p> <p>1:30 PM Mahjong– BW CR</p> <p>2:00 PM Chair Volleyball– IH</p> <p>3:30 PM Just Dance– IH</p>	<p>11</p> <p>9:00 AM Pool Volleyball-DP</p> <p>10:15 AM Chair Exercise 2 – FS</p> <p>1:00 PM Mexican Train Dominoes– CA</p> <p>1:30 PM Open Pool Play– DT</p> <p>2:00 PM Pilates w/ Select Rehab– CA</p> <p>3:00 PM Taste of France Snack Tasting– Bistro</p> <p>3:30 PM Top Half Toning– FS</p>	<p>12</p> <p>9:00 AM Water Arthritis– DP</p> <p>10:15 AM Drum Fit– FS</p> <p>1:45 PM Movie Outing: The Color Purple *Sign-Up*</p> <p>2:00 PM Walgreens/Fresh Market Trip</p> <p>3:00 PM Triple J Juggling Performance– IH</p> <p>3:30 PM Stability Class– FS</p> <p>6:30 PM \$1 Bingo- IH</p>	<p>13</p> <p>10:00 AM Bible Study– CA</p> <p>6:30 PM Movie Night “The Quiet Man”- IH</p>
<p>14</p> <p>10:00AM Protestant Church Service- IH</p> <p>10:30AM Catholic Church Service- CA</p> <p>5:00 PM Sunday Series w/ Bob & Dorothy-IH</p>	<p>15</p> <p>9:00 AM Pool Aerobics-DP</p> <p>9:30 AM Walmart Trip</p> <p>10:15 AM ASB– FS</p> <p>12:30 PM Monday Matinee “Boom Town”– IH</p> <p>1:00 PM Hand & Foot– CA</p> <p>1:00 PM Publix Trip</p> <p>3:30 PM Activity Planning Meeting– PDR</p> <p>3:30 PM Stability Class– FS</p>	<p>16</p> <p>9:00 AM Pool Volleyball- DP</p> <p>9:30 AM Health Checks w/ Healthcare Staff– CA</p> <p>10:00 AM Chair Yoga w/ Cindy Grubbs– FS</p> <p>10:15 AM Fluid Art w/ Christy– CA</p> <p>2:00 PM Art Club Meeting– CA</p> <p>3:00 PM January Birthday Celebration– Bistro</p> <p>3:30 PM Tai Chi– FS</p>	<p>17</p> <p>9:00 AM Pool Aerobics- DP</p> <p>9:30 AM Bank Trip</p> <p>10:15 AM Chair Exercise 1 w/Christy - FS</p> <p>11:30 AM Lunch & Learn w/ Emily McAllister “Cooking Demo” *Sign-Up*- IH</p> <p>1:30 PM Mahjong– BW CR</p> <p>1:30 PM Dollar Tree Trip</p> <p>2:00 PM Chair Volleyball– IH</p> <p>3:30 PM Just Dance– IH</p> <p>6:00 PM Grab a friend & play Cornhole– IH</p>	<p>18</p> <p>9:00 AM Pool Volleyball-DP</p> <p>10:15 AM Chair Exercise 2– FS</p> <p>1:00 PM Scrabble– CA</p> <p>1:30 PM Open Pool Play– DT</p> <p>1:30 PM Catholic Mass– IH</p> <p>2:30 PM Book Club – BW CR</p> <p>3:00 PM Taste of France Cocktail Hour– Bistro</p> <p>3:30 PM Top Half Toning– FS</p>	<p>19</p> <p>9:00 AM Water Arthritis– DP</p> <p>10:15 AM Drum Fit– FS</p> <p>11:00 AM Lunch Outing: Chez Fonfon *Sign-Up*</p> <p>2:00 PM Walgreens/Fresh Market Trip</p> <p>3:00 PM Square Dancing w/ Jimmy & Joy– IH</p> <p>3:30 PM Stability Class– FS</p> <p>6:30 PM \$1 Bingo-IH</p>	<p>20</p> <p>10:00 AM Bible Study- CA</p> <p>6:30 PM Movie Night “The Old Man & The Gun”- IH</p>

Danberry Calendar of Events - January 2024

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

21

10:00 AM Protestant Church Service- IH
10:30 AM Catholic Church Service- CA
5:00 PM Sunday Series w/ Bob & Dorothy-IH

22

9:00 AM Pool Aerobics- DP
9:30 AM Walmart Trip
10:15 AM ASB- FS
12:30 PM Monday Matinee "Send Me Flowers"- IH
1:00 PM Hand & Foot- CA
1:00 PM Publix Trip
3:00 PM Pam Bainter w/ Hoover Library Lecture- IH
3:30 PM Stability Class- FS

23

9:00 AM Pool Volleyball- DP
9:30 AM Health Checks w/ Healthcare Staff- CA
10:00 AM Chair Yoga w/ Cindy Grubbs- FS
10:15 AM Outreach Project: Scarves for Lovelady- CA
1:00 PM Rook Card Game- BW CR
2:00 PM Art Club Meeting- CA
2:30 PM Ultimate Team Trivia- Bistro
3:30 PM Meditation- PDR
Covid Clinic 9:00-1:00
Sign-Up Only

24

9:00 AM Pool Aerobics - DP
9:30 AM Bank Trip
10:15 AM Chair Exercise 1 w/ Christy- FS
1:30 PM Aldi Shopping Trip
1:30 PM Peanut Butter Bars- Bistro
1:30 PM Mahjong- BW CR
2:00 PM Chair Volleyball- IH
3:30 PM Just Dance- FS
National Peanut Butter Day

25

9:00 AM Pool Volleyball-DP
10:15 AM Chair Exercise 2- FS
10:30 AM OUTING: Danberry Tours: Cahaba Brewing Company w/ taste testing *Sign-Up*
1:00 PM Rummikub w/ Sydney & Bobbi- CA
1:30 PM Open Pool Play- DT
2:00 PM Pilates w/ Select Rehab IH
3:00 PM Touring France Feature- IH
3:30 PM Top Half Toning- FS

26

9:00 AM Water Arthritis- DP
10:15 AM Drum Fit- FS
2:00 PM Walgreens/Fresh Market Trip
2:00 PM UAB Broadway Tours "Cabaret"- IH
3:00 PM Monthly Select Rehab Social- CA
3:30 PM Stability Class- FS
6:30 PM \$1 Bingo-IH

27

10:00 AM Bible Study- CA
6:30 PM Movie Night "Space Cowboys"- IH

28

10:00 AM Protestant Church Service- IH
10:30 AM Catholic Church Service- CA
5:00 PM Sunday Series w/ Bob & Dorothy-IH

29

9:00 AM Pool Aerobics- DP
9:30 AM Walmart Trip
10:15 AM ASB- FS
12:30 PM Monday Matinee "Swing Time"- IH
1:00 PM Hand & Foot- CA
1:00 PM Publix Trip
2:30 PM Happy Hour w/ James & James- Atrium
3:30 PM Stability Class- FS

30

8:30 AM Donuts & Coffee- Bistro
9:00 AM Pool Volleyball- DP
9:30 AM Health Checks w/ Healthcare Staff- CA
10:00 AM Chair Yoga w/ Cindy Grubbs- FS
10:30 AM Sonshine Singers- IH
3:30 PM Tai Chi- FS
Art Gallery Open House
Creative Arts
2:00 PM - 4:00 PM

31

9:00 AM Pool Aerobics - DP
9:30 AM Bank Trip
10:15 AM Chair Exercise 1 w/ Christy- FS
1:30 PM Mahjong- BW CR
2:00 PM Chair Volleyball- IH
3:30 PM Just Dance- FS
Taste of France Menu
Lunch & Dinner

RSV Clinic & Covid Clinic

Forms were placed in each box.

Sign up can only be done through those forms.

If you need a new form, please see the Welcome desk.



Attention:

Calendars are subject to change.

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

CALENDAR COLORS:

Black: Common Area Activities

Green: Fitness

Purple: Outings

Red: Special Events

CALENDAR KEY:

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