

Danberry Calendar of Events- November 2023

Sunday

Monday

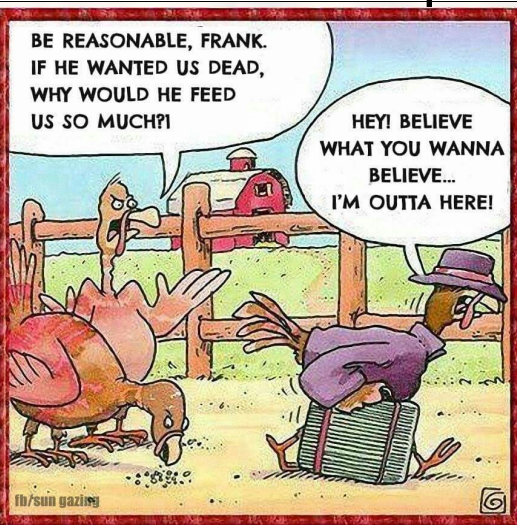
Tuesday

Wednesday

Thursday

Friday

Saturday



THANKFUL
GRATEFUL
BLESSED



1

9:00 AM Pool Aerobics- DP
9:30 AM Bank Trip
10:15 AM Chair Exercise w/ Christy- FS
1:30 PM Mahjong- BW CR
2:30 PM Baked Apple & Cinnamon Pie Milkshakes- Bistro
3:30 PM Just Dance- FS
No Chair Volleyball Due to Event

2

9:00 AM Pool Volleyball-DP
10:15 AM Chair Exercise- FS
1:30 PM Open Pool Play- DT
1:30 PM Uno Card Game- CA
2:00 PM Pilates w/ Select Rehab- IH
3:30 PM Upper Body Toning- FS
6:00 PM Lecture Series : The Great Artists- The Post/ Impressionists- DT

3

9:00 AM Water Arthritis- DP
10:00 AM Outing: Shoe Station for a special Senior Day *Sign-Up*
10:15 AM Drum Fit- FS
2:00 PM Walgreens/Fresh Market Trip
3:30 PM Stability Class- FS
6:30 PM \$1 Bingo-IH

4

10:00 AM Bible Study- CA
12:00 PM- Tailgate Saturday (12:00-2:00) Bistro
6:30 PM Movie Night "Remains of the Day"- IH

5

10:00 AM Protestant Church Service- IH
10:30 AM Catholic Church Service- CA
2:00 PM Julia Ivey Performs- IH
5:00 PM Sunday Series w/ Bob & Dorothy- IH

6

9:00 AM Pool Aerobics-DP
9:00 AM Walmart Trip
9:45 AM Outing: North Shelby Library for Dolores Hydock *Sign-Up*
10:15 AM ASB- FS
1:00 PM Hand & Foot- CA
1:00 PM Publix Trip
2:30 PM New Resident Social- IH
3:30 PM Stability Class- FS

7

9:00 AM Pool Volleyball- DP
9:30 PM Health Check w/ RN Freadshanda- CA
10:00 AM Chair Yoga w/ Cindy Grubbs- FS
10:15 AM Outreach Project: T-shirt bags for less fortunate- CA
1:30 PM Prize Bingo- IH
2:00 PM Art Club Meeting- CA
3:30 PM Tai Chi- FS

8

9:00 AM Pool Aerobics- DP
9:30 AM Bank Trip
10:15 AM Chair Exercise w/ Christy- FS
1:30 PM Mahjong- BW CR
3:30 PM Just Dance- FS
Open House/ Marketplace
1:00 PM - 4:00 PM
No Chair Volleyball Due to Event

9

9:00 AM Pool Volleyball-DP
10:15 AM Chair Exercise- FS
1:30 PM Open Pool Play- DT
1:30 PM Catholic Mass- IH
2:00 PM Pilates w/ Select Rehab- CA
3:30 PM Community Council- IH
3:30 PM Upper Body Toning- FS
6:00 PM Lecture Series : The Great Artists- The Post/ Impressionists- DT

10

8:30 AM Veterans' Breakfast- DR
9:00 AM Water Arthritis- DP
10:15 AM Drum Fit- FS
2:00 PM Walgreens/Fresh Market Trip
2:30 PM Veterans' Day Program- IH
3:30 PM Marines' Birthday Celebration w/ Ryan Sawyer- Atrium
6:30 PM \$1 Bingo- IH

11

10:00 AM Bible Study- CA
12:00 PM- Tailgate Saturday (12:00-2:00) Bistro
6:30 PM Movie Night "The Big Year" - IH
Veterans Day

12

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

13

9:00 AM Pool Aerobics-DP
9:00 AM Walmart Trip
10:15 AM ASB- FS
11:00 AM Lunch Outing: Jeff State Bistro ProVare *Sign-Up*
1:00 PM Hand & Foot- CA
1:00 PM Publix Trip
3:00 PM Crescent Circus- IH
3:30 PM Stability Class- FS

14

8:30 AM Donuts & Coffee- Bistro
9:00 AM Pool Volleyball- DP
9:30 PM Health Check w/ RN Freadshanda- CA
10:00 AM Chair Yoga w/ Cindy Grubbs- FS
10:15 AM Fluid Art w/ Christy *Sign-Up*- CA
1:00 PM Rook Card Game- CA
2:00 PM Art Club Meeting- CA
3:00 PM Activity Planning Meeting- PDR
3:30 PM Tai Chi- FS

15

9:00 AM Pool Aerobics- DP
9:30 AM Bank Trip
10:15 AM Chair Exercise w/ Christy- FS
1:30 PM Mahjong- BW CR
1:30 PM Dollar Tree Trip
3:30 PM Just Dance- FS
6:00 PM Grab a friend & play Cornhole- IH
No Chair Volleyball Due to Event

16

9:00 AM Pool Volleyball-DP
10:15 AM Chair Exercise- FS
1:30 PM Open Pool Play- DT
1:30 PM Rummikub w/ Bobbi- CA
2:00 PM Pilates w/ Select Rehab IH
2:30 PM Book Club & Movie- DT
3:30 PM Upper Body Toning- FS
6:00 PM Lecture Series: The Great Artists- The Post/ Impressionists- DT

17

9:00 AM Water Arthritis- DP
9:45 AM Outing: Coffee Concert *Sign-Up*
10:15 AM Drum Fit- FS
2:00 PM Walgreens/Fresh Market Trip
2:00 PM UAB Broadway Tour "Cabaret"- IH
3:30 PM Fellowship Friday w/ Christy- FS
6:30 PM \$1 Bingo-IH

18

10:00 AM Bible Study- CA
12:00 PM- Tailgate Saturday (12:00-2:00) Bistro
6:30 PM Movie Night "The Winslow Boy"- IH

Danberry Calendar of Events – November 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

19

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

20

9:00 AM Pool Aerobics- DP
9:00 AM Walmart Trip
10:15 AM ASB- FS
1:00 PM Hand & Foot- CA
1:00 PM Publix Trip
2:00 PM November Birthday Celebration w/ Peanut Butter Fudge Milkshakes- Bistro
3:30 PM Stability Class- FS

21

9:00 AM Pool Volleyball- DP
9:30 PM Health Check w/ RN Freadshanda- CA
10:00 AM Chair Yoga w/ Cindy Grubbs- FS
10:15 AM Outreach Project: T-shirt bags for less fortunate- CA
1:30 PM Black Friday Bingo- IH
2:00 PM Art Club Meeting- CA
3:30 PM Meditation- PDR

22

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

23

9:00 AM Pool Volleyball (Res. Led)-DP
1:30 PM Open Pool Play- DT
6:00 PM Lecture Series : The Great Artists- The Post/ Impressionists- DT

Happy Thanksgiving

24

9:00 AM Water Arthritis- DP
10:15 AM Drum Fit- FS
2:00 PM Walgreens/Fresh Market Trip
3:30 PM Stability Class- FS
3:00 PM Friday Focus w/ Select Rehab- CA
6:30 PM \$1 Bingo-IH

25

10:00 AM Bible Study- CA
12:00 PM- Tailgate Saturday (12:00-2:00) Bistro
6:30 PM Movie Night "Temple Grandin"- IH

26

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

27

9:00 AM Pool Aerobics – DP
9:00 AM Walmart Trip
10:15 AM ASB- FS
1:00 PM Hand & Foot- CA
1:00 PM Publix Trip
3:30 PM Stability Class- FS
4:00 PM Dinner Outing: Station 31 *Sign-Up*

28

9:00 AM Pool Volleyball- DP
9:30 PM Health Check w/ RN Freadshanda- CA
10:00 AM Chair Yoga w/ Cindy Grubbs- FS
1:00 PM Rook Card Game- CA
2:00 PM Art Club Meeting- CA
3:15 PM AL Mahan Performs- IH
3:30 PM Tai Chi- FS
6:30 PM Holiday Craft w/ Liz Bunch- CA

29

9:00 AM Pool Aerobics - DP
9:30 AM Bank Trip
10:15 AM Chair Exercise w/ Christy- FS
11:30 AM Lunch & Learn w/ Tracy Tracy from NCHPAD *Sign-Up*
1:30 PM Mahjong- BW CR
2:00 PM Chair Volleyball- IH
2:30 PM Ultimate Team Trivia- Bistro
3:30 PM Just Dance- FS

30

9:00 AM Danberry Hikers Outing: Breakfast/Walk at Ross Bridge *Sign-Up*
9:00 AM Pool Volleyball (Res. Led)- DP
1:30 PM Open Pool Play- DT
1:30 PM Mexican Train Dominos-CA
2:00 PM Pilates w/ Select Rehab- IH
3:30 PM Upper Body Toning- FS
6:00 PM Lecture Series: The Great Artists- The Post/Impressionists- DT



CAN I
PUT
MY
TREE
UP
NOW?

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