

# Danberry Calendar of Events - October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</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>5:30 PM Sunday Series w/ Bob &amp; Dorothy- IH</p>	<p>2</p> <p>9:00 AM Pool Aerobics-DP</p> <p>9:00 AM Walmart Trip</p> <p>10:15 AM ASB- FS</p> <p>1:00 PM Hand &amp; Foot- CA</p> <p>1:00 PM Publix Trip</p> <p>1:30 PM Rummikub- CA</p> <p>3:30 PM Stability Class- FS</p>	<p>3</p> <p>9:00 AM Pool Volleyball- DP</p> <p>9:30 PM Health Check w/ RN Freadshanda- CA</p> <p>10:00 AM Chair Yoga w/ Cindy Grubbs- FS</p> <p>1:30 PM Prize Bingo- IH</p> <p>2:00 PM Art Club Meeting- CA</p> <p>3:30 PM Tai Chi- FS</p>	<p>4</p> <p>9:00 AM Pool Aerobics- DP</p> <p>9:30 AM Bank Trip</p> <p>10:15 AM Chair Exercise w/ Christy- FS</p> <p>1:30 PM Mahjong- BW CR</p> <p>2:00 PM Chair Volleyball- IH</p> <p>3:30 PM Ken Jumper's Memorial Service- IH</p> <p>3:30 PM Just Dance- FS</p>	<p>5</p> <p>9:00 AM Pool Volleyball-DP</p> <p>10:15 AM Chair Exercise- FS</p> <p>1:30 PM Open Pool Play- DT</p> <p>2:00 PM Pilates w/ Select Rehab- IH</p> <p>3:30 PM Upper Body Toning- FS</p> <p>6:00 PM Lecture Series : The Great Artists- The Post/ Impressionists</p>	<p>6</p> <p>9:00 AM Water Arthritis- DP</p> <p>9:30 AM Outing: Jim Phillips' Haunted Bus Tour/ Lunch *Sign-Up*</p> <p>10:15 AM Drum Fit- FS</p> <p>2:00 PM Walgreens/Fresh Market Trip</p> <p>3:30 PM Fellowship Friday w/ Christy- CA</p> <p>6:30 PM \$1 Bingo-IH</p>	<p>7</p> <p>10:00 AM Bible Study- CA</p> <p>12:00 PM- Tailgate Saturday (12:00-2:00) Bistro</p> <p>6:30 PM Movie Night "The Great Gilly Hopkins"- IH</p>
<p>8</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>2:00 PM Julia Ivey Performs- IH</p> <p>5:30 PM Sunday Series w/ Bob &amp; Dorothy- IH</p>	<p>9</p> <p>9:00 AM Pool Aerobics-DP</p> <p>9:00 AM Walmart Trip</p> <p>10:00 AM Outing Foundry/ Lunch *Sign-Up*</p> <p>10:15 AM ASB- FS</p> <p>1:00 PM Hand &amp; Foot- CA</p> <p>1:00 PM Publix Trip</p> <p>1:30 PM Rummikub- CA</p> <p>3:30 PM Stability Class- FS</p> <p>Columbus Day</p>	<p>10</p> <p>9:00 AM Pool Volleyball- DP</p> <p>9:30 PM Health Check w/ RN Freadshanda- CA</p> <p>10:00 AM Chair Yoga w/ Cindy Grubbs- FS</p> <p>10:15 AM Outreach Project: T-shirt bags for less fortunate- CA</p> <p>1:00 PM Rook Card Game- CA</p> <p>2:00 PM Art Club Meeting- CA</p> <p>3:30 PM Tai Chi- FS</p>	<p>11</p> <p>9:00 AM Pool Aerobics- DP</p> <p>9:30 AM Bank Trip</p> <p>10:15 AM Chair Exercise w/ Christy- FS</p> <p>11:30 AM Lunch &amp; Learn w/ Expectcare *Sign-Up*</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>12</p> <p>9:00 AM Pool Volleyball (Res. Led)-DP</p> <p>1:30 PM Open Pool Play- DT</p> <p>2:00 PM Pilates w/ Select Rehab- IH</p> <p>3:30 PM Community Council- IH</p> <p>6:00 PM Lecture Series : The Great Artists- The Post/ Impressionists</p>	<p>13</p> <p>9:00 AM Water Arthritis- DP</p> <p>10:15 AM Drum Fit- FS</p> <p>2:00 PM Walgreens/Fresh Market Trip</p> <p>3:00 PM Navy Birthday Social- Bistro</p> <p>3:30 PM Stability Class- FS</p> <p>6:30 PM \$1 Bingo- IH</p>	<p>14</p> <p>10:00 AM Bible Study- CA</p> <p>12:00 PM- Tailgate Saturday (12:00-2:00) Bistro</p> <p>6:30 PM Movie Night "Walt Before Mickey"- IH</p>
<p>15</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 &amp; Dorothy-IH</p>	<p>16</p> <p>9:00 AM Pool Aerobics-DP</p> <p>9:00 AM Walmart Trip</p> <p>10:15 AM ASB- FS</p> <p>1:00 PM Hand &amp; Foot- CA</p> <p>1:00 PM Publix Trip</p> <p>1:30 PM Rummikub- CA</p> <p>2:30 PM October Birthday Celebration w/ Hot Fudge Sundaes- Bistro</p> <p>3:30 PM Stability Class- FS</p>	<p>17</p> <p>8:30 AM Donuts &amp; Coffee- Bistro</p> <p>9:00 AM Pool Volleyball- DP</p> <p>9:30 PM Health Check w/ RN Freadshanda- 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 AL Mahan Performs- IH</p> <p>3:30 PM Tai Chi- FS</p>	<p>18</p> <p>9:00 AM Pool Aerobics- DP</p> <p>9:30 AM Bank Trip</p> <p>10:15 AM Chair Exercise w/ Christy- FS</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- FS</p> <p>4:30 PM Dinner Outing: Perry's Steakhouse *Sign-Up*</p>	<p>19</p> <p>9:00 AM Pool Volleyball-DP</p> <p>10:15 AM Chair Exercise- FS</p> <p>1:30 PM Open Pool Play- DT</p> <p>2:00 PM Pilates w/ Select Rehab- IH</p> <p>2:30 PM Book Club- BW CR</p> <p>3:30 PM Upper Body Toning- FS</p> <p>6:00 PM Lecture Series : The Great Artists- The Post/ Impressionists</p>	<p>20</p> <p>9:00 AM Water Arthritis- DP</p> <p>10:15 AM Drum Fit- FS</p> <p>2:00 PM Walgreens/Fresh Market Trip</p> <p>2:30 PM Activity Planning Meeting- PDR</p> <p>3:30 PM Fellowship Friday w/ Christy- CA</p> <p>6:30 PM \$1 Bingo-IH</p>	<p>21</p> <p>10:00 AM Bible Study- CA</p> <p>12:00 PM- Tailgate Saturday (12:00-2:00) Bistro</p> <p>6:30 PM Movie Night "The Young Victoria"- IH</p>



# Danberry Calendar of Events - October 2023



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

22  
 10:00 AM Protestant Church Service- IH  
 10:30 AM Catholic Church Service- CA  
 1:00 PM Resident Choice Games- CA  
 1:30 PM Outing: Homewood Theater for "Catch Me If You Can" Performance \*Sign-Up\*  
 5:00 PM Sunday Series w/ Bob & Dorothy-IH

23  
 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  
 1:30 PM Rummikub- CA  
 2:00 PM Boston Crème Pie Milkshakes- Bistro  
 3:30 PM Stability Class- FS  
 National Boston Crème Pie Day

24  
 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

25  
 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/ FBI agent Matt Toole on Senior Fraud \*Sign-Up- IH  
 1:30 PM Aldi Shopping Trip  
 1:30 PM Mahjong- BW CR  
 3:30 PM Just Dance- FS  
 6:00 PM Double Oak Mountain Kids Visit- IH

26  
 9:00 AM Pool Volleyball-DP  
 9:30 AM Hikers Outing: Orr Park \*Sign-Up\*  
 1:30 PM Open Pool Play- DT  
 2:00 PM Pilates w/ Select Rehab - CA  
 3:00 PM Happy Hour w/ The Alexanders- Atrium  
 3:30 PM Upper Body Toning- FS  
 6:00 PM Lecture Series : The Great Artists- The Post/ Impressionists

27  
 9:00 AM Water Arthritis- DP  
 9:45 PM Outing: Coffee Concert \*Sign-Up\*  
 10:15 AM Drum Fit- FS  
 2:00 PM Walgreens/Fresh Market Trip  
 3:30 PM Stability Class- FS  
 3:30 PM Friday Focus w/ Select Rehab- CA  
 6:30 PM \$1 Bingo-IH

28  
 10:00 AM Bible Study- CA  
 12:00 PM- Tailgate Saturday (12:00-2:00) Bistro  
 6:30 PM Movie Night "Phenomenon"- IH

29  
 10:00 AM Protestant Church Service- IH  
 10:30 AM Catholic Church Service- CA  
 1:00 PM Resident Choice Games  
 5:00 PM Sunday Series w/ Bob & Dorothy-IH

30  
 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  
 1:30 PM Rummikub- CA  
 2:30 Employee Costume Contest (Residents Judge)- Atrium  
 3:30 PM Stability Class- FS  
 6:30 PM Halloween Party- IH

31  
 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  
 2:00 PM Art Club Meeting- CA  
 3:30 PM Tai Chi- FS  
**Halloween**



**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