




Danberry Calendar of Events - September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Me acting surprised when HR tells me I can't spray my coworkers with Lysol</p> 		<p>"SO, IT'S SEPTEMBTER..."</p>  <p>CAN I PUT MY TREE UP NOW?"</p>	<p>Other people: It's still summer, there's no need to rush into fall</p> <p>Me:</p> 		<p>1</p> <p>9:00 AM Water Arthritis- DP 10:15 AM Drum Fit- FS 2:00 PM Walgreens/Fresh Market Trip 6:30 PM \$1 Bingo-IH</p> <p>No Afternoon Exercise Classes</p>	<p>2</p> <p>10:00 AM Bible Study- CA 12:00 PM- Tailgate Saturday (12:00-2:00) Bistro 2:30 PM Chair Exercise w/ Cody's DVD- FS 6:30 PM Movie Night "Breakthrough"- IH</p>
<p>3</p> <p>10:00 AM Protestant Church Service- IH 10:30 AM Catholic Church Service- CA 1:00 PM Resident Choice Games- CA 5:00 PM Sunday Social- Bistro 5:30 PM Sunday Series w/ Bob & Dorothy- IH</p>	<p>4</p> <p>9:00 AM Pool Aerobics (Res. Led) - DP 10:15 AM Cody's Exercise DVD- FS 1:00 PM Hand & Foot- BW CR 1:30 PM Rummikub (Res. Led)- CA</p> <p>Labor Day</p>	<p>5</p> <p>9:00 AM Pool Volleyball- DP 10:15 AM Outreach Project: T-shirt bags for less fortunate - CA 10:00 AM Chair Yoga w/ Cindy Grubbs- FS 1:30 PM Prize Bingo- IH 3:30 PM Tai Chi- FS</p>	<p>6</p> <p>9:00 AM Pool Aerobics- DP 9:00 AM Walmart Trip 9:30 AM Bank Trip 10:15 AM Chair Exercise w/ Christy- FS 1:00 PM Publix Trip 1:30 PM Mahjong- 3rd FLR CR 1:30 PM Coffee Ice Cream- Bistro 2:00 PM Chair Volleyball- IH 3:30 PM Just Dance- IH National Coffee Ice Cream Day</p>	<p>7</p> <p>9:00 AM Pool Volleyball-DP 10:15 AM Circuit Exercise- FS 1:30 PM Open Pool Play- Churchill's Billiard Room 2:00 PM Pilates w/ Select Rehab- IH 3:30 PM Upper Body Toning- FS 6:30 PM Lecture Series : From Monet to Van Gogh: A History of Impressionism- DT</p>	<p>8</p> <p>9:00 AM Water Arthritis- DP 10:15 AM Drum Fit- FS 11:00 AM Lunch Outing: The Fish Market *Sign-Up* 2:00 PM Walgreens/Fresh Market Trip 3:30 PM Fellowship Friday w/ Christy- CA 6:30 PM \$1 Bingo- IH</p>	<p>9</p> <p>10:00 AM Bible Study- CA 12:00 PM- Tailgate Saturday (12:00-2:00) Bistro 2:30 PM Chair Exercise w/ Cody's DVD- FS 6:30 PM Movie Night "YES DAY"- IH</p>
<p>10</p> <p>10:00AM Protestant Church Service- IH 10:30AM Catholic Church Service- CA 2:00 PM Julia Ivey Performs- IH 5:00 PM Sunday Series w/ Bob & Dorothy-IH</p>	<p>11</p> <p>9:00 AM Pool Aerobics-DP 9:00 AM Walmart Trip 10:15 AM ASB- FS 1:00 PM Hand & Foot- BW CR 1:00 PM Publix Trip 3:30 PM Stability Class- FS</p>	<p>12</p> <p>8:30 AM Donuts & Coffee- Bistro 9:00 AM Pool Volleyball- DP 10:15 AM Fluid Art w/ Christy *Sign-Up*- CA 10:00 AM Chair Yoga w/ Cindy Grubbs- FS 3:30 PM Community Council- IH 3:30 PM Tai Chi- FS</p>	<p>13</p> <p>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/ Oasis on Low Vision & Loss *Sign-Up*- IH 1:30 PM Mahjong- 3rd FLR CR 1:30 PM Dollar Tree Trip 2:00 PM Chair Volleyball- IH 3:30 PM Just Dance- FS</p>	<p>14</p> <p>9:00 AM Pool Volleyball-DP 10:15 AM Circuit Exercise- FS 1:30 PM Open Pool Play- Churchill's Billiard Room 2:00 PM No Talent, Talent Show 2- IH 3:30 PM Upper Body Toning- FS 6:30 PM No Talent, Talent Show 2- IH 6:30 PM Lecture Series : From Monet to Van Gogh: A History of Impressionism- DT</p>	<p>15</p> <p>9:00 AM Water Arthritis- DP 10:15 AM Drum Fit- FS 2:00 PM Device Advice w/ North Shelby Library- IH 2:00 PM Walgreens/Fresh Market Trip 3:30 PM Stability Class- FS 4:45 PM Dinner Outing: Vino *Sign-Up* 6:30 PM \$1 Bingo-IH</p>	<p>16</p> <p>10:00 AM Bible Study- CA 12:00 PM- Tailgate Saturday (12:00-2:00) Bistro 2:30 PM Chair Exercise w/ Cody's DVD- FS 6:30 PM Movie Night "To Catch a Thief"- IH</p>

Danberry Calendar of Events - September 2023

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

17	18	19	20	21	22	23
<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>1:30 PM Outing: Rodgers & Hammerstein Musical *Sign-Up*</p> <p>5:00 PM Sunday Series w/ Bob & Dorothy-IH</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 & Foot- BW CR</p> <p>1:00 PM Publix Trip</p> <p>1:30 PM Rummikub w/ Bobbi- CA</p> <p>3:00 PM Books to You w/ Pam Bainter- CA</p> <p>3:30 PM Stability Class- FS</p>	<p>9:00 AM Pool Volleyball- DP</p> <p>10:15 AM Outreach Project: T-shirt bags for less fortunate- CA</p> <p>10:00 AM Chair Yoga w/ Cindy Grubbs- FS</p> <p>2:00 PM Brothers & Brews w/ Duffy from "Right at Home"- Bistro</p> <p>3:00 PM Activity Planning Meeting- PDR</p> <p>3:30 PM Tai Chi- FS</p> <p>"Staying Healthy at Home" 1:00-2:00 *Sign-Up* AL Exam Room</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 Aldi Shopping Trip</p> <p>1:30 PM Mahjong- 3rd FLR CR</p> <p>3:00 PM Taste different Punches- Bistro</p> <p>3:30 PM Just Dance- FS</p> <p>National Punch Day</p>	<p>9:00 AM Pool Volleyball-DP</p> <p>10:15 AM Circuit Exercise- FS</p> <p>1:30 PM Open Pool Play- Churchill's Billiard Room</p> <p>1:30 PM Catholic Mass- FS</p> <p>2:00 PM Pilates w/ Select Rehab - CA</p> <p>2:30 PM Book Club- BW CR</p> <p>3:30 PM Upper Body Toning- FS</p> <p>6:30 PM Lecture Series : From Monet to Van Gogh</p>	<p>9:00 AM Water Arthritis- DP</p> <p>10:15 AM Drum Fit- FS</p> <p>11:00 AM Lunch Outing: Brightstar *Sign-Up*</p> <p>2:00 PM Walgreens/Fresh Market Trip</p> <p>3:30 PM Fellowship Friday w/ Christy- CA</p>	<p>10:00 AM Bible Study- CA</p> <p>12:00 PM- Tailgate Saturday (12:00-2:00) Bistro</p> <p>2:30 PM Chair Exercise w/ Cody's DVD- FS</p> <p>6:30 PM Movie Night "War With Grandpa"- IH</p>
24	25	26	27	28	29	30
<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</p> <p>2:30 PM Tea Party w/ The Hoover Belles *Sign-Up*- IH</p> <p>5:00 PM Sunday Series w/ Bob & Dorothy-IH</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 & Foot- BW CR</p> <p>1:00 PM Publix Trip</p> <p>1:30 PM Rummikub w/ Bobbi- CA</p> <p>3:00 PM Jerry Ryan "One Man Band" Performs - IH</p> <p>3:30 PM Stability Class- FS</p>	<p>9:00 AM Pool Volleyball- DP</p> <p>10:15 AM Sonshine Singers- IH</p> <p>10:00 AM Chair Yoga w/ Cindy Grubbs- FS</p> <p>3:00 PM September Birthday Celebration w/ Coke Floats- Bistro</p> <p>3:30 PM Tai Chi- FS</p> <p>Flu Clinic</p> <p>9:00 AM -</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- 3rd FLR CR</p> <p>2:00 PM Chair Volleyball- IH</p> <p>3:00 PM Ultimate Team Trivia- Bistro</p> <p>3:30 PM Just Dance- FS</p>	<p>9:00 AM Pool Volleyball-DP</p> <p>1:30 PM Danberry Pool League- Churchill's Billiard Room</p> <p>2:00 PM Pilates w/ Select Rehab- IH</p> <p>3:00 PM Happy Hour w/ Mike & Shelia Performance- Atrium</p> <p>3:30 PM Upper Body Toning- FS</p> <p>6:30 PM Lecture Series : From Monet to Van Gogh</p>	<p>9:00 AM Water Arthritis- DP</p> <p>9:45 AM Breakfast Outing: Big Bad Breakfast *Sign-Up*</p> <p>10:15 AM Drum Fit- FS</p> <p>2:00 PM NLS Demo w/ North Shelby Library- IH **See Newsletter for more Information**</p> <p>2:00 PM Walgreens/Fresh Market Trip</p> <p>3:30 PM Friday Focus w/ Select Rehab- Parkinson's Disease w/ Bryan - CA</p> <p>6:30 PM \$1 Bingo- IH</p>	<p>10:00 AM Bible Study- CA</p> <p>12:00 PM- Tailgate Saturday (12:00-2:00) Bistro</p> <p>2:30 PM Chair Exercise w/ Cody's DVD- FS</p> <p>6:30 PM Movie Night "THE KID"- IH</p>

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