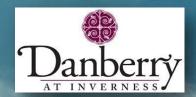


Danberry Calendar of Events - September 2023

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

3:30 PM Just Dance-FS

pressionism-DT



Danberry Calendar of Events - September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
10:00 AM Protestant	9:00 AM Pool Aerobics- DP	9:00 AM Pool Volleyball- DP	9:00 AM Pool Aerobics - DP	9:00 AM Pool Volleyball-DP	9:00 AM Water Arthritis- DP	10:00 AM Bible Study- CA
Church Service- IH	9:00 AM Walmart Trip	10:15 AM Outreach Project: T-shirt bags for less fortunate- CA	9:30 AM Bank Trip	10:15 AM Circuit Exercise- FS	10:15 AM Drum Fit- FS	12:00 PM- Tailgate
10:30 AM Catholic Church	10:15 AM ASB- FS	10:00 AM Chair Yoga w/ Cindy	10:15 AM Chair Exercise w/	1:30 PM Open Pool Play-	11:00 AM Lunch Outing:	Saturday (12:00-2:00) Bistro
Service- CA	1:00 PM Hand & Foot- BW CR	Grubbs- FS	Christy- FS	Churchill's Billiard Room	Brightstar *Sign-Up*	2:30 PM Chair Exercise w/
1:00 PM Resident Choice	1:00 PM Publix Trip	2:00 PM Brothers & Brews w/ Duffy	1:30 PM Aldi Shopping Trip	1:30 PM Catholic Mass– FS	2:00 PM Walgreens/Fresh Market Trip	Cody's DVD- FS
Games- CA	1:30 PM Rummikub w/ Bobbi- CA	from "Right at Home"- Bistro	1:30 PM Mahjong– 3rd FLR CR	2:00 PM Pilates w/ Select Rehab – CA	3:30 PM Fellowship Friday w/	6:30 PM Movie Night
1:30 PM Outing: Rodgers & Hammerstein Musical	3:00 PM Books to You w/ Pam	3:00 PM Activity Planning Meeting- PDR	3:00 PM Taste different Punches– Bistro	2:30 PM Book Club– BW CR	Christy- CA	"War With Grandpa" – IH
Sign-Up	Bainter- CA 3:30 PM Stability Class- FS	3:30 PM Tai Chi- FS	3:30 PM Just Dance– FS	3:30 PM Upper Body Toning- FS	4	
5:00 PM Sunday Series w/	3.30 FW Stability Class- F3	"Staying Healthy at Home"		6:30 PM Lecture Series : From		
Bob & Dorothy-IH		1:00-2:00 *Sign-Up* AL Exam Room	National Punch Day	Monet to Van Gogh		
24	25	26	07			
		26	27	28	29	30
10:00 AM Protestant Church	9:00 AM Pool Aerobics – DP	9:00 AM Pool Volleyball- DP	9:00 AM Pool Aerobics - DP	9:00 AM Pool Volleyball-DP	9:00 AM Water Arthritis- DP	30 10:00 AM Bible Study- CA
Service- IH	9:00 AM Pool Aerobics – DP 9:00 AM Walmart Trip		- -	9:00 AM Pool Volleyball-DP 1:30 PM Danberry Pool League-	9:00 AM Water Arthritis- DP 9:45 AM Breakfast Outing: Big Bad	10:00 AM Bible Study- CA 12:00 PM- Tailgate
Service- IH 10:30 AM Catholic Church	9:00 AM Walmart Trip 10:15 AM ASB- FS	9:00 AM Pool Volleyball- DP 10:15 AM Sonshine Singers- IH 10:00 AM Chair Yoga w/ Cindy	9:00 AM Pool Aerobics - DP 9:30 AM Bank Trip 10:15 AM Chair Exercise w/	9:00 AM Pool Volleyball-DP 1:30 PM Danberry Pool League— Churchill's Billiard Room	9:00 AM Water Arthritis- DP	10:00 AM Bible Study- CA
Service- IH 10:30 AM Catholic Church Service- CA	9:00 AM Walmart Trip	9:00 AM Pool Volleyball- DP 10:15 AM Sonshine Singers- IH 10:00 AM Chair Yoga w/ Cindy Grubbs- FS	9:00 AM Pool Aerobics - DP 9:30 AM Bank Trip 10:15 AM Chair Exercise w/ Christy- FS	9:00 AM Pool Volleyball-DP 1:30 PM Danberry Pool League-	9:00 AM Water Arthritis- DP 9:45 AM Breakfast Outing: Big Bad Breakfast *Sign-Up*	10:00 AM Bible Study- CA 12:00 PM- Tailgate Saturday (12:00-2:00) Bistro
Service- IH 10:30 AM Catholic Church Service- CA 1:00 PM Resident Choice	9:00 AM Walmart Trip 10:15 AM ASB- FS	9:00 AM Pool Volleyball- DP 10:15 AM Sonshine Singers- IH 10:00 AM Chair Yoga w/ Cindy Grubbs- FS 3:00 PM September Birthday	9:00 AM Pool Aerobics - DP 9:30 AM Bank Trip 10:15 AM Chair Exercise w/ Christy- FS 1:30 PM Mahjong- 3rd FLR CR	9:00 AM Pool Volleyball-DP 1:30 PM Danberry Pool League— Churchill's Billiard Room 2:00 PM Pilates w/ Select Rehab— IH	9:00 AM Water Arthritis- DP 9:45 AM Breakfast Outing: Big Bad Breakfast *Sign-Up* 10:15 AM Drum Fit- FS 2:00 PM NLS Demo w/ North Shelby Library- IH **See Newsletter for more	10:00 AM Bible Study- CA 12:00 PM- Tailgate Saturday (12:00-2:00)
Service- IH 10:30 AM Catholic Church Service- CA 1:00 PM Resident Choice Games	9:00 AM Walmart Trip 10:15 AM ASB- FS 1:00 PM Hand & Foot- BW CR 1:00 PM Publix Trip 1:30 PM Rummikub w/ Bobbi-	9:00 AM Pool Volleyball- DP 10:15 AM Sonshine Singers- IH 10:00 AM Chair Yoga w/ Cindy Grubbs- FS	9:00 AM Pool Aerobics - DP 9:30 AM Bank Trip 10:15 AM Chair Exercise w/ Christy- FS 1:30 PM Mahjong- 3rd FLR CR 2:00 PM Chair Volleyball- IH	9:00 AM Pool Volleyball-DP 1:30 PM Danberry Pool League— Churchill's Billiard Room	9:00 AM Water Arthritis- DP 9:45 AM Breakfast Outing: Big Bad Breakfast *Sign-Up* 10:15 AM Drum Fit- FS 2:00 PM NLS Demo w/ North Shelby Library- IH **See Newsletter for more Information**	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
Service- IH 10:30 AM Catholic Church Service- CA 1:00 PM Resident Choice	9:00 AM Walmart Trip 10:15 AM ASB- FS 1:00 PM Hand & Foot- BW CR 1:00 PM Publix Trip 1:30 PM Rummikub w/ Bobbi-CA	9:00 AM Pool Volleyball- DP 10:15 AM Sonshine Singers- IH 10:00 AM Chair Yoga w/ Cindy Grubbs- FS 3:00 PM September Birthday Celebration w/ Coke Floats-	9:00 AM Pool Aerobics - DP 9:30 AM Bank Trip 10:15 AM Chair Exercise w/ Christy- FS 1:30 PM Mahjong- 3rd FLR CR 2:00 PM Chair Volleyball- IH 3:00 PM Ultimate Team Trivia-	9:00 AM Pool Volleyball-DP 1:30 PM Danberry Pool League— Churchill's Billiard Room 2:00 PM Pilates w/ Select Rehab— IH 3:00 PM Happy Hour w/ Mike &	9:00 AM Water Arthritis- DP 9:45 AM Breakfast Outing: Big Bad Breakfast *Sign-Up* 10:15 AM Drum Fit- FS 2:00 PM NLS Demo w/ North Shelby Library- IH **See Newsletter for more	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
Service- IH 10:30 AM Catholic Church Service- CA 1:00 PM Resident Choice Games 2:30 PM Tea Party w/ The Hoover Belles *Sign-Up*- IH 5:00 PM Sunday Series w/	9:00 AM Walmart Trip 10:15 AM ASB- FS 1:00 PM Hand & Foot- BW CR 1:00 PM Publix Trip 1:30 PM Rummikub w/ Bobbi-	9:00 AM Pool Volleyball- DP 10:15 AM Sonshine Singers- IH 10:00 AM Chair Yoga w/ Cindy Grubbs- FS 3:00 PM September Birthday Celebration w/ Coke Floats- Bistro	9:00 AM Pool Aerobics - DP 9:30 AM Bank Trip 10:15 AM Chair Exercise w/ Christy- FS 1:30 PM Mahjong- 3rd FLR CR 2:00 PM Chair Volleyball- IH 3:00 PM Ultimate Team Trivia- Bistro	9:00 AM Pool Volleyball-DP 1:30 PM Danberry Pool League— Churchill's Billiard Room 2:00 PM Pilates w/ Select Rehab— IH 3:00 PM Happy Hour w/ Mike & Shelia Performance— Atrium 3:30 PM Upper Body Toning—FS 6:30 PM Lecture Series: From	9:00 AM Water Arthritis- DP 9:45 AM Breakfast Outing: Big Bad Breakfast *Sign-Up* 10:15 AM Drum Fit- FS 2:00 PM NLS Demo w/ North Shelby Library- IH **See Newsletter for more Information** 2:00 PM Walgreens/Fresh Market Trip	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
Service- IH 10:30 AM Catholic Church Service- CA 1:00 PM Resident Choice Games 2:30 PM Tea Party w/ The Hoover Belles *Sign-Up*- IH	9:00 AM Walmart Trip 10:15 AM ASB- FS 1:00 PM Hand & Foot- BW CR 1:00 PM Publix Trip 1:30 PM Rummikub w/ Bobbi- CA 3:00 PM Jerry Ryan "One Man	9:00 AM Pool Volleyball- DP 10:15 AM Sonshine Singers- IH 10:00 AM Chair Yoga w/ Cindy Grubbs- FS 3:00 PM September Birthday Celebration w/ Coke Floats- Bistro 3:30 PM Tai Chi- FS	9:00 AM Pool Aerobics - DP 9:30 AM Bank Trip 10:15 AM Chair Exercise w/ Christy- FS 1:30 PM Mahjong- 3rd FLR CR 2:00 PM Chair Volleyball- IH 3:00 PM Ultimate Team Trivia-	9:00 AM Pool Volleyball-DP 1:30 PM Danberry Pool League— Churchill's Billiard Room 2:00 PM Pilates w/ Select Rehab— IH 3:00 PM Happy Hour w/ Mike & Shelia Performance— Atrium 3:30 PM Upper Body Toning— FS	9:00 AM Water Arthritis- DP 9:45 AM Breakfast Outing: Big Bad Breakfast *Sign-Up* 10:15 AM Drum Fit- FS 2:00 PM NLS Demo w/ North Shelby Library- IH **See Newsletter for more Information** 2:00 PM Walgreens/Fresh Market Trip 3:30 PM Friday Focus w/ Select	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

Attention:

Calendars are subject to change.

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

CALENDAR COLORS: CALENDAR KEY:

Black: Common Area Activities BW CR: Bridgewater Card

Room

CA: Creative Arts Studio
Green: Fitness
DP: Danberry Pool
Purple: Outings
FS: Fitness Studio
Red: Special Events
IH: Inverness Hall

PDR: Private Dining Room

DT: Danberry Theater