



# THE BLAKE AT FLOWOOD | AL | GLOBAL BEATS

- Social/Celebration/Connection
- Community
- Entertainment
- Cognitive/Sensory/Learning
- Physical Fitness
- Taste Of
- Creativity/Crafts/Culinary
- Spirituality/Mental Health
- Outing

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NOVEMBER 2024</b>						
					1	2
					<ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:00</span> Balance Exercise</li> <li><span style="color: orange;">11:00</span> Big Earl Performs</li> <li><span style="color: teal;">1:30</span> Musical Boxing</li> <li><span style="color: pink;">2:00</span> Dia de los Muertos Social w/Izzy</li> <li><span style="color: blue;">3:00</span> Bingo with Donna</li> <li><span style="color: lightblue;">4:00</span> Dinner Table Games</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: red;">10:30</span> Exercise Video</li> <li><span style="color: orange;">1:00</span> College Football</li> <li><span style="color: teal;">1:00</span> Dominoes &amp; Cards</li> <li><span style="color: pink;">2:00</span> Bingo w/Heather room</li> <li><span style="color: purple;">3:00</span> Bowling on the Courtyard</li> <li><span style="color: blue;">4:00</span> Team -Up Crossword</li> </ul>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>DAYLIGHT SAVINGS ENDS</b> <ul style="list-style-type: none"> <li><span style="color: red;">10:00</span> Exercise Video</li> <li><span style="color: orange;">11:00</span> Hymn Sing Along</li> <li><span style="color: teal;">12:00</span> Sunday Football</li> <li><span style="color: pink;">1:00</span> Dominoes</li> <li><span style="color: purple;">2:00</span> Gideon Devotional</li> <li><span style="color: blue;">3:00</span> Open group games</li> <li><span style="color: lightblue;">4:30</span> Word Games</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:30</span> Exercise w/Fox Rehab</li> <li><span style="color: orange;">1:00</span> Bell Choir</li> <li><span style="color: teal;">2:00</span> VR Games</li> <li><span style="color: pink;">3:00</span> Election Bingo</li> <li><span style="color: blue;">4:00</span> Bingo Store</li> </ul>	<b>ELECTION DAY</b> <ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Men's Bible Study</li> <li><span style="color: red;">10:00</span> Room Visits</li> <li><span style="color: orange;">10:30</span> Stretching Exercise</li> <li><span style="color: teal;">1:00</span> Dominoes</li> <li><span style="color: pink;">2:00</span> Cardio Drumming</li> <li><span style="color: blue;">3:00</span> Arts &amp; Crafts</li> <li><span style="color: lightblue;">4:00</span> Ron Jenkins Performs</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:00</span> Sit &amp; Be Fit</li> <li><span style="color: orange;">1 1:30</span> Specialty Drinks &amp; Lunch</li> <li><span style="color: teal;">1:00</span> Devotional w/Tiffany</li> <li><span style="color: pink;">2:00</span> Bell Choir</li> <li><span style="color: blue;">3:00</span> Election Trivia</li> <li><span style="color: lightblue;">4:00</span> Dinner Table Word Games</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:30</span> Stretching exercise</li> <li><span style="color: orange;">1:00</span> Mini Cakes &amp; Devotion Spanish Class</li> <li><span style="color: teal;">2:00</span> Art Class w/Nathalie</li> <li><span style="color: pink;">3:00</span> Finish the Phrase word games</li> <li><span style="color: lightblue;">4:00</span> games</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:30</span> Exercise w/Fox</li> <li><span style="color: orange;">10:30</span> Lunch Bunch: Eslava's</li> <li><span style="color: teal;">1:30</span> Cardio Drumming</li> <li><span style="color: pink;">2:00</span> Wii Games</li> <li><span style="color: blue;">3:00</span> Bingo w/Donna</li> <li><span style="color: lightblue;">4:00</span> Dan Colbert</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: red;">10:30</span> Walking Club on the Courtyard</li> <li><span style="color: orange;">12:00</span> College Football</li> <li><span style="color: teal;">1:00</span> Candle Making at Art Center</li> <li><span style="color: pink;">2:00</span> Bingo w/ Crown Club</li> <li><span style="color: purple;">3:00</span> Longest Yard Toss on the Courtyard</li> </ul>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<ul style="list-style-type: none"> <li><span style="color: red;">10:00</span> Exercise Video</li> <li><span style="color: orange;">11:00</span> Hymn Sing Along</li> <li><span style="color: teal;">12:00</span> Sunday Football</li> <li><span style="color: pink;">1:00</span> Sunday Devotional w/Minister Mackie</li> <li><span style="color: purple;">2:00</span> Gideon Devotional</li> <li><span style="color: blue;">4:00</span> Cards &amp; Mini Games Puzzles &amp; Uno</li> </ul>	<b>VETERANS DAY</b> <ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:30</span> Exercise w/Fox Rehab</li> <li><span style="color: orange;">11:00</span> Veterans Day Program</li> <li><span style="color: teal;">11:30</span> Veteran's Day Lunch</li> <li><span style="color: pink;">1:30</span> Bell Choir</li> <li><span style="color: blue;">2:30</span> Balloon Tennis</li> <li><span style="color: lightblue;">3:00</span> Pokeno</li> <li><span style="color: darkblue;">4:00</span> Finish the Phrase</li> </ul>	<b>HAPPY HOUR DAY</b> <ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Men's Bible Study</li> <li><span style="color: red;">10:00</span> Room Visits</li> <li><span style="color: orange;">10:30</span> Yoga</li> <li><span style="color: teal;">1:00</span> Happy Hour Bingo &amp; Cocktails</li> <li><span style="color: pink;">2:00</span> Group Exercise</li> <li><span style="color: blue;">3:00</span> Arts &amp; Crafts</li> <li><span style="color: lightblue;">4:00</span> Dinner Table Games</li> </ul>	<b>WORLD KINDNESS DAY</b> <ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:30</span> Exercise with Weights</li> <li><span style="color: orange;">1:00</span> Devotional w/Tiffany</li> <li><span style="color: teal;">1:30</span> Bell Choir</li> <li><span style="color: pink;">2:00</span> Movie &amp; Popcorn</li> <li><span style="color: blue;">3:00</span> Dominoes</li> <li><span style="color: lightblue;">4:00</span> Stretching exercise w/Tiffany</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:30</span> Chair Exercise</li> <li><span style="color: orange;">11:00</span> Shopping Trip &amp; Lunch</li> <li><span style="color: teal;">1:00</span> Open Games</li> <li><span style="color: pink;">1:30</span> Making Kool-Aid Pickles</li> <li><span style="color: blue;">2:00</span> Town Hall Meeting</li> <li><span style="color: lightblue;">3:00</span> Painting Class</li> <li><span style="color: darkblue;">4:00</span> Team-up Word Search</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:00</span> Hand &amp; Feet at BSC</li> <li><span style="color: orange;">10:30</span> Exercise w/Fox</li> <li><span style="color: teal;">1:00</span> Pet Therapy w/Buttercup</li> <li><span style="color: pink;">2:00</span> Chair Soccer</li> <li><span style="color: blue;">3:00</span> Bingo w/Donna</li> <li><span style="color: lightblue;">5:00</span> New Bourbon Jazz Band</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: red;">10:30</span> Walking Club on the Courtyard</li> <li><span style="color: orange;">1:00</span> Movie: Comedy</li> <li><span style="color: teal;">2:00</span> Basketball Relay</li> <li><span style="color: pink;">3:00</span> Dominoes &amp; Cards</li> <li><span style="color: purple;">3:30</span> Paparazzi Jewelry Sale w/Charlotte</li> </ul>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<ul style="list-style-type: none"> <li><span style="color: red;">10:00</span> Exercise Video</li> <li><span style="color: orange;">11:00</span> Hymn Sing Along</li> <li><span style="color: teal;">1:00</span> Sunday Football</li> <li><span style="color: pink;">2:00</span> Gideon Devotional</li> <li><span style="color: blue;">3:00</span> Dominoes &amp; Cards</li> <li><span style="color: lightblue;">4:00</span> Dinner Table Games</li> </ul>	<b>APPLE CIDER DAY</b> <ul style="list-style-type: none"> <li><span style="color: purple;">10:00</span> Room Visits</li> <li><span style="color: red;">10:15</span> Hearing Aid Check</li> <li><span style="color: orange;">10:30</span> Exercise w/Fox Rehab</li> <li><span style="color: teal;">1:00</span> Bell Choir</li> <li><span style="color: pink;">2:00</span> 102-Birthday Bash w/MC</li> <li><span style="color: blue;">3:00</span> Roll the Ball Bingo</li> <li><span style="color: lightblue;">4:00</span> Music with Hunter Gibson</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Men's Bible Study</li> <li><span style="color: red;">10:00</span> Chair Soccer</li> <li><span style="color: orange;">1:00</span> Making Homemade Bread &amp; Honey Butter</li> <li><span style="color: teal;">2:00</span> Grab an Apple Game</li> <li><span style="color: pink;">3:00</span> Craft Corner: Soap Carving</li> <li><span style="color: lightblue;">4:00</span> Balloon Tennis</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:30</span> Exercise Video</li> <li><span style="color: orange;">11:30</span> Specialty Wine &amp; Cocktails &amp; Lunch</li> <li><span style="color: teal;">1:00</span> Praise &amp; Worship</li> <li><span style="color: pink;">2:00</span> Bell Choir</li> <li><span style="color: blue;">3:00</span> Friendsgiving Birthday Bash w/DJ Fresh</li> <li><span style="color: lightblue;">4:00</span> Two Truths and a Lie</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:30</span> Yoga</li> <li><span style="color: orange;">11-1</span> Taste of Thanksgiving</li> <li><span style="color: teal;">2:00</span> Pet Therapy w/Lynn</li> <li><span style="color: pink;">3:00</span> Scenic Ride</li> <li><span style="color: lightblue;">4:00</span> Who's Bag is it? Spanish Class</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:30</span> Exercise w/Fox</li> <li><span style="color: orange;">11:00</span> Dominoes Tournament &amp; Lunch</li> <li><span style="color: teal;">2:30</span> Wii Games</li> <li><span style="color: pink;">3:00</span> Prize Bingo w/Donna</li> <li><span style="color: lightblue;">4:00</span> Dinner Table Games</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: red;">10:30</span> Walking Club on the Courtyard</li> <li><span style="color: orange;">12:00</span> College Football</li> <li><span style="color: teal;">1:00</span> Open games</li> <li><span style="color: pink;">2:00</span> Bingo w/ Heather</li> <li><span style="color: blue;">3:00</span> Phase 10</li> <li><span style="color: lightblue;">4:00</span> Mini Games &amp; Cards</li> <li><span style="color: darkblue;">4:30</span> Dinner Table Trivia</li> </ul>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<ul style="list-style-type: none"> <li><span style="color: red;">10:30</span> Exercise Video</li> <li><span style="color: orange;">1:00</span> Sunday Devotional w/Minister Mackie D</li> <li><span style="color: teal;">2:00</span> Gideon Devotional</li> <li><span style="color: pink;">3:00</span> Dominoes</li> <li><span style="color: lightblue;">4:00</span> Hymn Sing Along Media Room</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: purple;">10:00</span> Room Visits</li> <li><span style="color: red;">10:30</span> Exercise w/Fox Rehab</li> <li><span style="color: orange;">1:30</span> Bell Choir</li> <li><span style="color: teal;">2:00</span> Balloon soccer</li> <li><span style="color: pink;">3:00</span> Bingo</li> <li><span style="color: lightblue;">4:00</span> Blake Bucks Store</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: green;">9:00</span> Military Memorial Museum &amp; Lunch</li> <li><span style="color: purple;">9:00</span> Men's Bible Study</li> <li><span style="color: red;">10:30</span> Stretching Exercise</li> <li><span style="color: orange;">2:00</span> Pumpkin Carving</li> <li><span style="color: teal;">3:00</span> November Trivia</li> <li><span style="color: lightblue;">4:00</span> Dinner Table Games</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:30</span> Group Exercise</li> <li><span style="color: orange;">1:00</span> Shopping Trip</li> <li><span style="color: teal;">2:30</span> Cardio Drumming</li> <li><span style="color: pink;">3:00</span> Sip &amp; Paint</li> <li><span style="color: lightblue;">4:00</span> Pumpkin Bowling Dominoes</li> </ul>	<b>THANKSGIVING</b> <ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:30</span> Chair Exercise</li> <li><span style="color: orange;">1:00</span> Holiday Movie</li> <li><span style="color: teal;">3:00</span> Spanish Class</li> <li><span style="color: lightblue;">4:00</span> Dinner Table Word Games</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: purple;">9:00</span> Room Visits</li> <li><span style="color: red;">10:00</span> Hand &amp; Feet at BSC</li> <li><span style="color: orange;">10:30</span> Exercise w/Fox</li> <li><span style="color: teal;">1:30</span> Dominoes</li> <li><span style="color: pink;">2:30</span> Chair Exercise</li> <li><span style="color: blue;">3:00</span> Roll the Ball Bingo</li> <li><span style="color: lightblue;">4:00</span> Dinner Table Games</li> </ul>	<ul style="list-style-type: none"> <li><span style="color: red;">10:00</span> Room Visits</li> <li><span style="color: orange;">10:30</span> Walking Club on the Courtyard</li> <li><span style="color: teal;">12:00</span> College Football</li> <li><span style="color: pink;">1:30</span> Bell Choir</li> <li><span style="color: blue;">2:00</span> Reggie Blunt performs</li> <li><span style="color: lightblue;">3:00</span> Afternoon Movie</li> <li><span style="color: darkblue;">4:00</span> Dominoes</li> </ul>

## FAMILY EVENTS

- 11<sup>th</sup>-Veterans Day
- 18<sup>th</sup>- 102<sup>nd</sup> Birthday Bash w/MC
- 20<sup>th</sup>-Friendsgiving Birthday Bash
- 21<sup>st</sup>-Family Night
- 22<sup>st</sup> Dominoes Tournament & Lunch
- 28<sup>th</sup> Taste of Thanksgiving

## SPECIAL GUESTS

- Sundays-The Gideons
- 1<sup>st</sup>--Big Earl
- 2<sup>nd</sup> Heather Keel
- 5<sup>th</sup>--Ron Jenkins
- 7<sup>th</sup>- Nathalie, Covenant Cargivers
- 8<sup>th</sup> -Dan Colbert
- 9<sup>th</sup> Crown Club
- 10<sup>th</sup>-Minister Mackie Dennis
- 15<sup>th</sup>-Brenda & Buttercup
- 18<sup>st</sup>-- Hunter Gibson
- 15<sup>th</sup>-New Bourbon Street Jazz Band
- 20<sup>th</sup>-DJ Fresh
- 21<sup>st</sup>-Pet Therapy w/Lynn
- 23<sup>rd</sup>- Heather Keel
- 24<sup>th</sup>- Minister Mackie Dennis

## OUTINGS

- 8<sup>th</sup>-Lunch Bunch -Eslava's
- 9<sup>th</sup>- Briarwood Art Center
- 14<sup>th</sup>-Shopping Trip & Lunch
- 15<sup>th</sup> & 29<sup>th</sup> Brandon Senior Center
- 21<sup>st</sup>-Scenic Ride
- 26<sup>th</sup>- Military Memorial Museum & Lunch
- 27<sup>th</sup>-Shopping Trip

## BIRTHDAYS

- 1<sup>st</sup>-Robert
- 6<sup>th</sup>-Lynette
- 10<sup>th</sup>-Patricia W.
- 10<sup>th</sup>-William
- 11<sup>th</sup>-Margaret
- 18<sup>th</sup>-Gladys Pressley (102)
- 21<sup>st</sup>- William K
- 22<sup>nd</sup>-Beth
- 23<sup>rd</sup>-Dorothy W.
- 25<sup>th</sup>-Judith