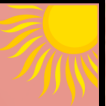




# The Gardens Gazette

## - Memory Care -



Alejandro Medina: Director of Memory Care Activities  
amedina@thepalaceus.com (305) 508-6046

**April 2025**

### A Message from Helen



Any problems, issues, or other questions?

Call me on my cell at (786) 556-9009 or e-mail me at [Helen@ThePalace.org](mailto:Helen@ThePalace.org).

"Please say your name & your apartment number."

~ Love Helen Shahan  
Owner, The Palace Group



RSVP by calling us at 305-247-0446

### HAPPY BIRTHDAY!

4/6- Lázaro E.  
4/13- Esme W.  
4/15- Mary Jo D.  
4/15- Emma S.  
4/16- Thomas C.



### Outings



- 4/4- Build a Bear & Shake Shack @ 11 am
- 4/11- Robert is Here Fruit Stand @ 11 am
- 4/25- Dr. Limon Restaurant @ 11:15

### Montessori & 1-on-1 Leisure Activities to Promote Stimulation

- Sensory Putty
- Large Puzzles
- Abacus for Fine Motor Skills
- Hand Massages and Nail Salon
- Remote Operated Cats and Dogs
- Fingerpainting
- Sensory Fidget Boards
- Hand Massages & Shoulder Rubs
- Horticultural Therapy




Montessori Activities at all tables & Multi-Sensory Room Daily 9:30-5:00p

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>HELLO April</div>		9:30- Ceramics & Karaoke w/ Terrie 11:00- Train your Brain: Math 11:00- Walking Club at the Garden 12:00-Lunch 1:30- Exercise with Monica 2:00- Balloon Volleyball 3:00-Happy Hour w/ Freddie 4:00- Hand Massages	10:00- Latin Dancing w/ Katy 11:00- Cornhole 11:30- Hula Hoop Basketball 12:00-Lunch 1:30-Exercise with Monica 2:00- Penalty Kicks 3:00- Happy Hour w/ Pamir 4:00- Relaxation at the Garden	10:00- Chair Zumba 10:30- Kickball 11:00- Singalong w/ Mark 12:00-Lunch 1:30-Exercise with Monica 2:00- Body Sculpting w/ Sabrina 3:00-Happy Hour w/ Nathalie 4:00- Hand Massages	10:00- Chair Zumba 10:30- Jewelry Design 11:00- Puzzle Games 11:00- Walking Club at the Garden 12:00- Lunch 1:30- Exercise w/ Monica 2:00- Jumbo Jenga 3:00-Happy Hour w/ Arnoldo 4:00-Watercolor & Spa	10:00- Kickball 10:30- Baking 11:00- Walking Club at the Garden 11:15- Water Doodling 12:00-Lunch 1:30- Singalong w/ Mark 2:00- Pet Therapy w/ Endo 3:00-Happy Hour w/ Suo 4:00- Chair Yoga & Meditation
10:00 - Chair Zumba 10:30- Tai Chi 11:00- Balloon Volleyball 12:00-Lunch 1:00 Movie Club Hour 1:00: In Room Visits: Hand Massages 2:15 BINGO 3:00- Happy Hour w/ Ariel 4:00- Watercolor & Spa	10:00- Kickball 10:30- Wildlife Animal Show @ Theater 11:00- Walking Club at the Garden 11:00-Balloon Paddle Goal 12:00-Lunch 1:30-Exercise with Monica 2:00- Categories Word Game 3:00-Happy Hour w/ Gustavo	10:00- Train your Brain: Math 10:30- Ceramics & Karaoke w/ Terrie 10:30- Walking Club at the Garden 11:00- Flower Arranging 11:30- In-Room Flower Arranging/Delivery 12:00-Lunch 1:30-Exercise with Monica 3:00- Happy Hour w/ Heriberto 4:00- Hand Massages	10:00- Latin Dancing w/ Katy 11:00- Cornhole 11:30- Hula Hoop Basketball 12:00-Lunch 1:30-Exercise with Monica 2:00- Penalty Kicks 3:00- Happy Hour w/ Anabel 4:00- Relaxation at the Garden	10:00- Chair Zumba 10:30- Kickball 11:00- Singalong w/ Mark 12:00-Lunch 12:00- In-Room Singalongs 1:30-Exercise with Monica 2:00- Body Sculpting w/ Sabrina 3:00-Happy Hour w/ Javier 4:00- Hand Massages	10:00- Chair Zumba 10:30- Jewelry Design 11:00- Puzzle Games 11:00- Walking Club at the Garden 12:00- Lunch 1:30- Exercise w/ Monica 2:00- Jumbo Jenga 3:00-Happy Hour w/ Rodney 4:00-Watercolor & Spa	10:00- Kickball 10:30- Baking 11:00- Walking Club at the Garden 11:15- Water Doodling 12:00-Lunch 1:30- Singalong w/ Mark 3:00-Happy Hour w/ Suo 4:00- Chair Yoga & Meditation  Happy Passover!
10:00- Chair Zumba 10:30- Tai Chi 11:00- Belly Dancing w/ Katy 12:00-Lunch 1:00 Movie Club Hour 1:00- In Room Visits: Caching up with Silly Hats 2:15 BINGO 3:00- Happy Hour w/ Ariel 4:00 Watercolor & Spa	10:00- Kickball 10:30- Balloon Tennis 11:00- Walking Club at the Garden 11:00-Balloon Paddle Goal 12:00-Lunch 1:30- Exercise w/ Monica 2:00- Categories Word Game 3:00-Happy Hour w/ Tony 4:00-Relaxation at the Garden	9:30-Ceramics & Karaoke w/ Terrie 11:00- Train your Brain: Math 11:00- Walking Club at the Garden 12:00-Lunch 1:30- Exercise with Monica 2:00- Balloon Volleyball 3:00-Happy Hour w/ Heriberto 4:00- Hand Massages	10:00- Latin Dancing w/ Katy 11:00- Cornhole 11:30- Hula Hoop Basketball 12:00-Lunch 1:30-Exercise with Monica 2:00- Penalty Kicks 3:00- Happy Hour w/ Pamir 4:00- Relaxation at the Garden	10:00- Chair Zumba 10:30- Kickball 11:00- Singalong w/ Mark 12:00-Lunch 1:30-Exercise with Monica 2:00- Train your Brain: Rhymes 3:00-Happy Hour w/ Javier 4:00- Hand Massages	10:00- Chair Zumba 10:30- Jewelry Design 11:00- Puzzle Games 11:00- Walking Club at the Garden 12:00-Lunch 1:30- Exercise w/ Monica 2:00- Jumbo Jenga 3:00- Happy Hour w/ Arnoldo 4:00-Watercolor & Spa  Good Friday!	Easter Party!  12-2pm  Call (305) 247-0446
10:00 - Chair Zumba 10:30- Tai Chi 11:00-Belly Dancing w/ Katy 12:00-Lunch 1:00 Movie Club Hour 1:00- In Room Visits: Hand Massages 2:15 BINGO 3:00- Easter Happy Hour w/ JP 4:00- Watercolor & Spa  Happy Easter!	10:00- Kickball 10:30- Balloon Tennis 11:00- Walking Club at the Garden 11:00-Balloon Paddle Goal 12:00-Lunch 1:30-Exercise with Monica 2:00- Presidents' Day Trivia 3:00- Happy Hour w/ Tony 4:00-Relaxation at the Garden	10:00- Train your Brain: Math 10:30- Ceramics & Karaoke w/ Terrie 10:30- Walking Club at the Garden 11:00- Flower Arranging 11:30- In-Room Flower Arranging/Delivery 12:00-Lunch 1:30-Exercise with Monica 2:00- Balloon Volleyball 3:00-Happy Hour w/ Freddie 4:00- Hand Massages	10:00- Latin Dancing w/ Katy 11:00- Cornhole 11:30- Hula Hoop Basketball 12:00-Lunch 1:30-Exercise with Monica 2:00- Penalty Kicks 3:00 - Happy Hour w/ Anabel 4:00- Relaxation at the Garden	10:00- Chair Zumba 10:30- Kickball 11:00- Singalong w/ Mark 12:00-Lunch 12:00- In-Room Singalongs 1:30-Exercise with Monica 2:00- Train your Brain: Rhymes 3:00- Happy Hour w/ Javier 4:00- Hand Massages	10:00- Chair Zumba 10:30- Jewelry Design 11:00- Puzzle Games 11:00- Walking Club at the Garden 12:00- Lunch 1:30- Exercise w/ Monica 2:00- Jumbo Jenga 3:00- Happy Hour w/ Gustavo 4:00- Watercolor & Spa	10:00- Kickball 10:30- Baking 11:00- Walking Club at the Garden 11:15- Water Doodling 12:00-Lunch 1:30- Singalong w/ Mark 3:00-Happy Hour w/ Suo 4:00- Chair Yoga & Meditation
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\*Activities are subject to change. Please find 1 on 1 & Montessori Activities/Outings in Newsletter\*

# MARCHing through Memories



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