



The Gardens Gazette - Memory Care -



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

May 2024

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.

“Please say your name & your apartment number.”

~ Love Helen Shaham
Owner, The Palace Group

HAPPY BIRTHDAY!

- 5/8- Elena A.
- 5/9- Marsha D.
- 5/17- Evelyn M.
- 5/17- Rudy W.
- 5/21- Donna A.



Outings



- 5/17- Pisco y Nazca Ceviche Gastrobar @ 11:00 am
- 5/24- Cracker Barrel @ 11:00 am

Mother's DAY TEA PARTY

Saturday, May 11th | 12 - 2 PM

- Arts & Crafts dedicated to Mom
- Photo Booth
- Live Band

RSVP: 305-247-0446 or
email Amedina@thepalaceus.com
by May 6.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wellness Activities- Orange Sensory Activities-Purple Cognitive Activities-Pink Productive Activities-Red Music Therapy-Blue	May		10:00- Kickball 10:30- Pool Noodle Exercise 10:30- Walking Club 11:00 Music Therapy w/ Inara 12:00-Lunch 1:30-Exercise with Monica 2:00-Balloon Volleyball 3:00-Happy Hour w/ Pamir 4:00- Relaxation at the Garden	10:00- Balloon Toss 10:30- Light Sparring 11:00- Balloon Volleyball 12:00-Lunch 1:30-Exercise with Monica 2:00-Cornhole 3:00-Happy Hour w/ Javier 4:00-Relaxation & Hand Massages	10:00- Kickball 10:30 - Walking Club 11:00- Garden Hour/ Watering 12:00-Lunch 2:00- Jumbo Jenga 3:00-Happy Hour w/ Freddie 4:00-Watercolor Relaxation Hour	10:00- Balloon Toss 10:30- Baking 11:15- Train your Brain Table Activities 12:00-Lunch 1:30- Singalong w/ Mark 3:00-Happy Hour w/ Suo 4:00- Meditation Hour
10:00 - Morning Stretches 10:30-Kickball 11:00-Belly Dancing w/ Katy 12:00-Lunch 1:00: Movie Hour 2:30 BINGO 4:00- Cinco de Mayo Happy Hour in AL Plaza	10:00-Latin Dancing w/ Katy 11:00-Walking Club + Trivia 12:00-Lunch 1:30-Exercise with Monica 2:00- Categories Word Game 3:00-Happy Hour w/ Ariel 4:00- Balloon Toss & Hand Massages	10:00-Ceramics w/ Terrie 11:00- Gardening 12:00-Lunch 1:30- Exercise with Monica 2:00- Flower Arranging 3:00-Happy Hour w/ Heriberto 4:00- Hand Massages	10:00- Kickball 10:30- Pool Noodle Exercise 10:30- Walking Club 11:00 Music Therapy w/ Inara 12:00-Lunch 1:30-Exercise with Monica 2:30Happy Hour w/ Anabel 4:00-Relaxation at the Garden	10:00- Balloon Toss 10:30- Punching Bag 11:00- Balloon Volleyball 12:00-Lunch 1:30-Exercise with Monica 2:00-Cornhole 3:00-Happy Hour w/ Javier 4:00-Relaxation & Hand Massages	10:00- Kickball 10:30- Walking Club 11:00- Garden Hour/ Watering 12:00- Lunch 1:30- Exercise w/ Monica 2:00- Adaptive Sports: Soccer 3:00-Happy Hour w/ Cassio 4:00-Watercolor Relaxation Hour	Mother's Day Tea Party 12-2 pm <u>Call (305) 247-0446 to RSVP</u>
10:00- Morning Stretches 10:30- Kickball 11:00 -Belly Dancing w/ Katy 12:00-Lunch 1:00 Movie Hour 2:15 BINGO 3:00- Happy Hour w/ Anays 4:00 Watercolor Relaxation Hour <u>Happy Mother's Day</u>	10:00-Latin Dancing w/ Katy 11:00- Walking Club + Trivia 12:00-Lunch 1:30- Exercise w/ Monica 2:00-Categories Word Game 3:00-Happy Hour w/ Tony 4:00-Balloon Toss & Hand Massages	9:30-Ceramics w/ Terrie 11:00- Coloring & Music 12:00-Lunch 1:30-Exercise with Monica 2:00- Fitness Extravaganza 3:00-Happy Hour w/ Heriberto 4:00- Hand Massages	10:00- Kickball 10:30- Pool Noodle Exercise 10:30- Walking Club 11:00 Music Therapy w/ Inara 1:30-Exercise with Monica 2:00-Balloon Volleyball 3:00- Happy Hour w/ Pamir 4:00-Relaxation at the Garden	10:00-Kickball 10:30 Punching Bag 12:00-Lunch 1:30-Exercise with Monica 2:00-Cornhole 3:00- Happy Hour w/ Javier 4:00-Relaxation & Hand Massages <u>3:00: Alzheimer's Support Group with Joe H. Baldelomar, Psy.M.</u>	10:00- Kickball 10:30- Walking Club 11:00-Garden Hour/Watering 12:00-Lunch 1:30- Exercise w/ Monica 2:00- Jumbo Jenga 3:00-Happy Hour w/ Cassio 4:00-Watercolor Relaxation Hour	10:00-Balloon Toss 10:30- Baking 11:15- Train your Brain Table Activities 12:00-Lunch 1:30- Singalong w/ Mark 3:00-Happy Hour w/ Suo 4:00- Meditation Hour
10:00 - Morning Stretches 10:30- Hand Massages 11:00-Belly Dancing w/ Katy 12:00-Lunch 1:00 Movie Hour 2:15 BINGO 3:00- Happy Hour w/ Ariel 4:00- Watercolor Relaxation Hour	10:00-Latin Dancing w/ Katy 11:00- Walking Club + Trivia 12:00-Lunch 1:30-Exercise with Monica 2:00- Categories Word Game 3:00-Happy Hour w/ Pedro 4:00-Watercolor & Spa	10:00-Ceramics w/ Terrie 11:00- Gardening 12:00-Lunch 1:30-Exercise with Monica 2:00- Flower Arranging 3:00-Happy Hour w/ Heriberto 4:00- Hand Massages	10:00- Kickball 10:30- Pool Noodle Exercises 10:30- Walking Club 11:00: Music Therapy w/ Inara 12:00-Lunch 1:30-Exercise with Monica 2:30- Happy Hour w/ Anabel 4:00-Multisensory Room Hour	10:00- Morning Stretches 10:30 - Punching Bag 11:00- Balloon Volleyball 12:00-Lunch 1:30-Exercise with Monica 2:00-Cornhole 3:00-Happy Hour w/ Javier 4:00-Relaxation & Hand Massages	10:00- Kickball 10:30- Walking Club 11:00- Garden Hour/Watering 12:00- Lunch 1:30- Exercise w/ Monica 2:00- Adaptive Sports: Basketball 3:00- Happy Hour w/ Freddie 4:00- Watercolor Relaxation Hour	10:00- Balloon Toss 10:30- Balloon Tennis 11:00 Balloon Volleyball 12:00-Lunch 1:30- Singalong w/ Mark 3:00-Happy Hour w/ Suo 4:00- Meditation Hour
10:00 - Morning Stretches 10:30- Kickball 11:00 -Belly Dancing w/ Katy 12:00-Lunch 1:00 Movie Hour 2:15 BINGO 3:00-Happy Hour w/ Anays 4:00- Watercolor Relaxation Hour	10:00-Latin Dancing w/ Katy 11:00- Walking Club + Trivia 12:00-Lunch 1:30; Exercise w/ Monica 2:00-Categories Word Game 3:00-Happy Hour w/ Pedro 4:00-Watercolor & Spa Happy Memorial Day!	9:30-Ceramics w/ Terrie 11:00- Coloring & Music 12:00-Lunch 1:30-Exercise with Monica 2:00- Fitness Extravaganza 3:00-Happy Hour w/ Heriberto 4:00- Hand Massages	10:00- Kickball 10:30- Pool Noodle Exercise 10:30- Walking Club 11:00 Music Therapy w/ Inara 1:30-Exercise with Monica 2:00-Balloon Volleyball 3:00- Happy Hour w/ Pamir 4:00-Relaxation at the Garden	10:00- Morning Stretches 10:30 - Punching Bag 11:00- Balloon Volleyball 12:00-Lunch 1:30-Exercise with Monica 2:00-Cornhole 3:00-Happy Hour w/ Javier 4:00-Relaxation & Hand Massages	10:00- Kickball 10:30- Walking Club 11:00- Garden Hour/Watering 12:00- Lunch 1:30- Exercise w/ Monica 2:00- Jumbo Jenga 3:00- Happy Hour w/ Freddie 4:00- Watercolor Relaxation Hour	HAPPY Mother's DAY

Activities are subject to change

Looking back at April



Instagram: @Thepalacegardens



Facebook: The Palace Gardens



Receive Palace Updates by
Subscribing to our texting
app. Text **"Add Me"** to 33222