



### 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 leave your name  
and apartment number.

~ Love, Helen Shahan  
Owner, The Palace Group

## OCTOBER CALENDAR

### The Renaissance Gazette

## ASSISTED LIVING RESIDENCES

**THE PALACE RENAISSANCE**  
ASSISTED LIVING

*Stronger Together*

# BREAST CANCER AWARENESS Mini Walk

**Thursday, October 22nd**  
at 11:00 AM

Join us for a special Breast Cancer Awareness Mini Walk as we come together to honor survivors, remember those we have lost, and support everyone whose life has been touched by breast cancer.

**Wear PINK** and walk with us!

TOGETHER WE MAKE A DIFFERENCE!

*A Healthier Community. A Brighter Tomorrow.*

**Hope Lives Here**

**Awareness Support Survivors Strength Hope Together**

**Walk Support Celebrate Inspire**

**Every Step Counts!**

**HONOR REMEMBER SUPPORT**

**EDUCATE EMPOWER FIND A CURE**

# Thank You, Families!

## Grandparents' Enchanted Garden Luncheon

**ENCHANTED FOREST**

**FAMILY PLANTS THE MOST BEAUTIFUL MEMORIES**

**KIND PEOPLE MAKE A BRIGHTER GARDEN**

Thank you to all the family members who joined us for this magical celebration. Your presence filled our garden with love, laughter, and joy.

Every smile, shared story, and moment together creates cherished memories and reminds our residents how deeply they are loved.

**Thank you for being part of these beautiful memories.**

With heartfelt thanks,  
**Maggie Miranda**  
Director of Activities

**GOOD COMPANY HELPS DREAMS BLOOM**

# ROSARY PRAYER GROUP: WEDNESDAYS @ 3:30 PM

SHABBAT SERVICES: FRIDAYS @ 4:00 PM

CATHOLIC SERVICES: SATURDAYS @ 10:00 AM

| Sunday                                                                                                                                                                                                                                                                                                                                                                | Monday                                                                                                                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                                                                                                         | Saturday                                                                                                                                                                                                                                                                                                                                              |
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| <b>October 2026</b>                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                      | 9:30 Coffee & Conversation<br>9:30 Beauty & Fashion<br>10:00 Crochet Classes<br>11:00 Art & Craft / Giuliana<br>11:00 Chair Yoga & Stretching<br>1:30 Belly Dance with Katy<br>1:30 Music & Resident Favorites<br>3:00 Ice Cream Social / Harp by Heriberto<br>3:00 Therapeutic Thursday<br>3:00 Guitar Entertainment with Robert<br>4:00 Mix & Match Table Games<br>6:00 Movie Night...TBA                           | 9:30 Morning Stretch<br>10:00 Puppet Fun Time<br>11:00 Feel-Good Fridays / S-R<br>11:00 Coloring for Calmness<br>11:00 Music & Trivia<br>1:30 Music Therapy<br>3:00 Social Hour with Dragan<br>3:00 Ice Cream Social / Humberto<br>4:00 Shabbat Services/Ice Cream P<br>6:00 Movie Night...TBA | 9:30 Morning Stretch<br>10:00 Catholic Service/Act-R<br>11:00 Watercolor Classes / Katy<br>11:00 Music & Trivia<br>1:30 Discover the power of your voice!<br>2:00 Music Time / Lobby<br>3:00 Trumpet with Soul by Humberto<br>3:00 Ice Cream Social /Violin<br>3:00 Travel Memories Club<br>6:00 Movie Night...TBA                                    |
| 9:30 Awaken Your Senses:<br>Join our Morning Wellness Group!<br>11:00 Lee's Saxophone Performance<br>11:00 Aromatherapy Session<br>1:30 Drum Circle with Katy<br>2:00 Music Appreciation Club/Lee<br>3:00 Ice Cream Social with Harp<br>3:00 Sensory Meditation Corner/Gaby<br>3:00 Piano Singer by Edgar<br>4:00 Table Games with Friends<br>6:00 Movie Night ...TBA | 9:30 Awakening Stretch<br>10:00 Crochet Classes<br>10:30 Circle of friends<br>10:30 Outing to:<br><b>"Indian Hammock's Park"</b><br>11:00 Wonders of Creation<br>1:30 Music / Shape Painting<br>1:30 Jewelry Design<br>2:30 Soft music therapy/Sensory R<br>3:00 Social Hour with Edgar<br>4:00 Mindful Mondays/Sensory R<br>6:00 Movie Night ...TBA   | 9:30 Morning Coffee / Patio<br>9:30 Awakening Stretch<br>10:00 Art & Craft / Giuliana<br>10:00 Brain Boots Trivia<br>11:00 Canvas Crafts / Terrie<br>1:30 Big Bingo \$\$\$<br>3:00 Ice Cream Social<br>3:00 Social Time with Dragan<br>3:00 Touch & Explore / Sensory Room<br>4:00 Crossword Puzzles<br>6:00 Movie Night ...TBA        | 9:30 Group Exercise<br>10:15 Jewelry Design<br>11:00 Bible Study / Big Screen<br>11:00 Herb-Pot Planting Workshop<br>1:00 Soothing Music Time<br>1:30 Musical Immersion / Katy<br>3:00 Ice Cream Social<br>3:00 Social Hour with Gustavo<br>3:00 Memory Lane/Sensory Room<br>3:30 Rosary Time/Sensory Room<br>4:00 Mix & Match Table Games                           | 9:30 Coffee Time & Beauty & Fashion<br>10:00 Crochet Classes<br>11:00 Art & Craft / Giuliana<br>11:00 Chair Yoga & Stretching<br>1:30 Belly Dance with Katy<br>1:30 Music & Resident Favorites<br>2:00 Ceramic Class with Terrie<br>3:00 Ice Cream Social / Harp by Heriberto<br>3:00 Therapeutic Thursday/Sensory<br>3:00 Guitar Entertainment with Robert<br>4:00 Mix & Match Table Games                           | 9:30 Morning Stretch<br>10:00 Puppet Fun Time<br>11:00 Feel-Good Fridays / S-R<br>11:00 Coloring for Calmness<br>11:00 Music & Trivia<br>1:30 Music Therapy<br>3:00 Social Hour with Dragan<br>3:00 Ice Cream Social / Humberto<br>4:00 Shabbat Services/Ice Cream P<br>6:00 Movie Night...TBA | 9:30 Morning Stretch<br>10:00 Catholic Service/Act-R<br>11:00 Watercolor Classes / Katy<br>11:00 Music & Trivia<br><b>1:00 Friendly Dog Visits</b><br>1:30 Discover the power of your voice!<br>2:00 Music Time / Lobby<br>3:00 Trumpet with Soul by Humberto<br>3:00 Ice Cream Social /Violin<br>3:00 Travel Memories Club<br>6:00 Movie Night...TBA |
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This calendar is subject to change. Be sure to check your weekly calendar and bulletin boards for the latest updates and additions.

For questions regarding the Activities Program please contact Maggie Miranda, Director of Entertainment, at 786-924-2585 or email at Maggie@thepalaceus.com

# October Outings 2026

*Dress Up for the Occasion!*  
All outings depart at 10:30 AM



**Monday, October 6**  
Indian Hammock's Park



**Monday, October 12**  
Tropical Park



**Monday, October 19**  
Crandon Park



**Monday, October 26**  
Cape Florida Lighthouse

*Make New Friends, See Beautiful Sights & Create Wonderful Memories!*  
**Sign Up Today at the Activities Department!**

# GARDEN CLUB

*Planting Friendships, Growing Happiness!*  
*Everyone Is Welcome!*









*Come and Grow With Us!*

Contact Us to Join Today  
**(786) 924-2585**  
maggie@thepalaceus.com

# The PALACE RENAISSANCE Halloween Celebration 2026

**Wednesday, October 21**  
**11:00 AM • Pumpkin Decorating**  
Bring your creativity and join the fun!

**Friday, October 30**  
**12:00 PM • Halloween Parade**  
Enjoy a Halloween parade by our managers during lunch!

**3:00 PM • Halloween Celebration**  
Join us for a festive afternoon filled with lots of surprises!

*Let's make wonderful Halloween memories together!*

With all my love,  
**Maggie Miranda**  
Director of Activities

# Happy Birthday October 2026

**October 2**  
**Estela Rodriguez**

**October 8**  
**Janis Webster**

**October 17**  
**Maritza Velazquez**

**October 20**  
**Sharrie Waldrip**

**October 30**  
**Mary Elliott**

*Wishing you a wonderful birthday filled with love, laughter, and beautiful memories!*