



The Gardens Gazette - Memory Care -

Suggestions for your loved one? Feel free to contact me!
Alejandro Medina: Director of Memory Care Activities
amedina@thepalaceus.com (305) 508-6046

October 2026

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



Autumn's Golden Grace

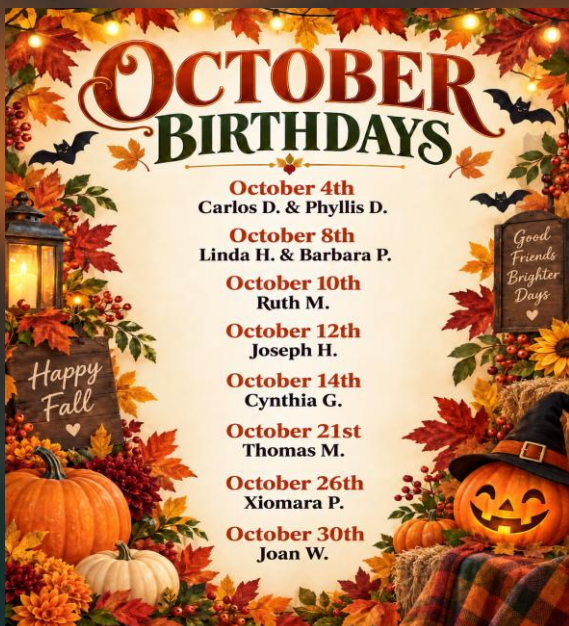
In the season of autumn's golden grace,
We gather 'round with thankful embrace.
For blessings abundant, our hearts do sing,
On this Thanksgiving, gratitude we bring.

The table is set with food so fine,
A feast for all, a grand design.
Family and friends, so dear and near,
In this moment, we hold them dear.

The turkey's aroma fills the air,
Pumpkin pies and spices to share.
But deeper still, it's love we find,
In every smile and hand entwined.

With humble hearts and joy aglow,
We thank the Earth from which blessings flow.
For health, for love, for each new day,
On this Thanksgiving, we give our sway.

Let's cherish this moment, together we thrive,
In gratitude, our spirits alive.
For in thanksgiving's humble art,
We find the essence of a grateful heart.



OCTOBER BIRTHDAYS

October 4th
Carlos D. & Phyllis D.

October 8th
Linda H. & Barbara P.

October 10th
Ruth M.

October 12th
Joseph H.

October 14th
Cynthia G.

October 21st
Thomas M.

October 26th
Xiomara P.

October 30th
Joan W.

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

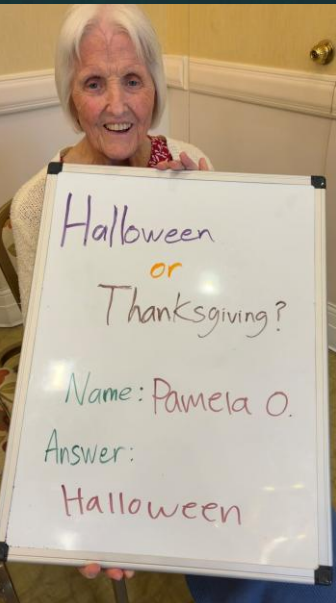
- Range of Motion Tools
- Music Players & Soothing Hand Massages
- Remote Operated Cats and Dogs
- Fingerpainting & Water coloring
- Sensory Fidget Books and Tools
- Abacus Training & Cognitive Activities
- Large Puzzles & Dominoes

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Outings for October 10/9- Pinto's Farm at 11:30 am 10/16- Build a Bear Workshop & Sokai Sushi Bar at 11:00 am 10/23- Picnic at Losner Park at 11:00 am	OCTOBER			9:30: Balloon Tennis 10:00: Cornhole 10:30: Mind & Melody Music Therapy 11:30: Balloon Toss 1:30: Creative Exercises with Monica 2:00: Piano Trivia with Susan 3:00: <i>Oktoberfest Special Happy Hour</i> 4:00: Yoga & Meditation 4:00: In Room Visits: Hand Massages	9:30: Kickball 10:00: Chair Zumba 10:30: Jumbo Jenga 11:00: BINGO 1:30: Creative Exercises with Monica 2:00: Inflatable Bullseye 3:00: Happy Hour 4:00: Watercolor & Spa 4:00: Room Visits: Trivia	9:30: Belly Dancing with Katy 10:30: Baking Class 11:15: Watercolor & Music 11:30: Pop A Shot Basketball Tournament 1:30: Singalong with Mark 2:30: Balloon Tennis 3:00: Happy Hour 4:00: Yoga & Meditation
10:00: Chair Zumba 10:30: Balloon Tennis 11:00: Coloring & Music 11:30: Roll the Dice Topics Game 1:30: Jumbo Jenga 2:00: Balloon Volleyball 3:00: Happy Hour 4:00: Watercolor & Spa 4:05: <i>Dolphins at Vikings at the Plaza</i>	9:30: Quick Math Solving 10:00: Brain Crunch: Hangman 10:30: Pop A Shot Basketball Tournament 11:00: BINGO 1:30: Creative Exercises with Monica 2:00: Canvas Painting & Smoothies 3:00: Happy Hour 4:00: Watercolor Relaxation & Spa 4:00: In Room Visits: Steel Drums	9:30: Ceramics & Karaoke with Terrie 10:30: Coloring & Music 10:30: Walking Club 11:00: <i>Memory Scrapbooking</i> 1:30: Creative Exercises with Monica 2:00: Flower Arranging 2:30: In-Room Flower Arranging/Delivery 3:00: Happy Hour 4:00: Hand Massages & Aroma	10:00: Music Therapy & Blowing Bubbles with Inara 11:00: Latin Dancing with Katy 12:00: Room Visits with Boujee Cattle 1:00: Animal Therapy with Boujee Cattle 1:30: Creative Exercises with Monica 2:00: Categories Word Game 3:00: Happy Hour 4:00: Watercolor Relaxation & Spa 4:30: <i>Famer's Market in Main Plaza</i>	9:30: Balloon Tennis 10:00: Cornhole 10:30: Mind & Melody Music Therapy 11:30: Balloon Toss 1:30: Creative Exercises with Monica 2:00: Piano Trivia with Susan 3:00: Happy Hour 4:00: Yoga & Meditation 4:00: In Room Visits: Hand Massages	9:30: Kickball 10:00: Chair Zumba 10:30: Jumbo Jenga 11:00: BINGO 1:30: Creative Exercises with Monica 2:00: Inflatable Bullseye 3:00: Happy Hour 4:00: Watercolor & Spa 4:00: Room Visits: Trivia 6:00: <i>Breast Cancer Awareness Paint & Sip</i>	9:30: Belly Dancing with Katy 10:30: Baking Class 11:15: Watercolor & Music 11:30: Pop A Shot Basketball Tournament 1:30: Singalong with Mark 2:30: Balloon Tennis 3:00: Happy Hour 4:00: Yoga & Meditation
10:00: Chair Zumba 10:30: Balloon Tennis 11:00: Shooting Range Practice 11:30: Roll the Dice Topics Game 1:00: <i>Dolphins vs Bengals at the Plaza</i> 1:30: Jumbo Jenga 2:00: Balloon Volleyball 3:00: Happy Hour 4:00: Watercolor & Spa	9:30: Quick Math Solving 10:00: Brain Crunch: Guess that Animal 10:30: Pop A Shot Basketball Tournament 11:00: Trumpet Freestyle Music with Humberto 1:30: Creative Exercises with Monica 2:00: Jumbo Jenga 3:00: Happy Hour 4:00: Watercolor Relaxation & Spa 4:00: In Room Visits: Steel Drums	9:30: Ceramics & Karaoke with Terrie 10:30: Coloring & Music 10:30: Walking Club 11:00: Large Puzzle Assembling 12:00: Lunch 1:30: Creative Exercises with Monica 2:00: Inflatable Bullseye 2:00: <i>Baila Bingo Resident Mixer</i> 3:00: Happy Hour 4:00: Hand Massages & Aroma	10:00: Latin Dancing with Katy 11:00: Cornhole 11:30: Boxing Combos 12:00: Room Visits with Boujee Cattle 1:00: Animal Therapy with Boujee Cattle 1:30: Creative Exercises with Monica 2:00: Categories Word Game 3:00: Happy Hour 4:00: Watercolor Relaxation & Spa	9:30: Balloon Tennis 10:00: Cornhole 10:30: Mind & Melody Music Therapy 11:30: Balloon Toss 1:30: Creative Exercises with Monica 2:00: Piano Trivia with Susan 3:00: Happy Hour 4:00: Yoga & Meditation 4:00: In Room Visits: Hand Massages	9:30: Kickball 10:00: Chair Zumba 10:30: Jewelry Design 11:00: Miami Dolphins Fan Club Mix & Mingle 11:00: BINGO 1:30: Creative Exercises with Monica 2:00: Inflatable Bullseye 3:00: Happy Hour 4:00: Watercolor & Spa 4:00: Room Visits: Trivia	9:30: Belly Dancing with Katy 10:30: Baking Class 11:15: Watercolor & Music 11:30: Pop A Shot Basketball Tournament 1:30: Singalong with Mark 2:30: Balloon Tennis 3:00: Happy Hour 4:00: Yoga & Meditation
10:00: Chair Zumba 10:30: Balloon Tennis 11:00: Coloring & Music 11:30: Roll the Dice Topics Game 1:30: Jumbo Jenga 2:00: Balloon Volleyball 3:00: Happy Hour 4:00: Watercolor & Spa	9:30: Quick Math Solving 10:00: Brain Crunch: Hangman 10:30: Pop A Shot Basketball Tournament 11:00: BINGO 1:30: Creative Exercises with Monica 2:00: Canvas Painting & Smoothies 3:00: Happy Hour 4:00: Watercolor Relaxation & Spa 4:00: In Room Visits: Steel Drums	9:30: Ceramics & Karaoke with Terrie 10:30: Coloring & Music 10:30: Walking Club 11:00: Large Puzzle Assembling 11:00: Ice Cream Taco Tuesday in the Ice Cream Parlor 1:30: Creative Exercises with Monica 2:00: Inflatable Bullseye 3:00: Happy Hour 4:00: Hand Massages & Aroma	10:00: Music Therapy & Blowing Bubbles with Inara 11:00: Latin Dancing with Katy 12:00: Room Visits with Boujee Cattle 1:00: Animal Therapy with Boujee Cattle 1:30: Creative Exercises with Monica 2:00: Categories Word Game 2:00: Rooted in Friendship Mixer 3:00: Happy Hour 4:00: Educational Documentary and Aroma Relaxation	9:30: Balloon Tennis 10:00: Cornhole 10:30: Mind & Melody Music Therapy 11:30: Balloon Toss 1:30: Creative Exercises with Monica 2:00: Piano Trivia with Susan 3:00: Happy Hour 4:00: Yoga & Meditation 4:00: In Room Visits: Hand Massages	9:30: Kickball 10:00: Chair Zumba 10:30: Jumbo Jenga 11:00: BINGO 1:30: Creative Exercises with Monica 2:00: Shooting Range Practice 3:00: Happy Hour 4:00: Watercolor & Spa 4:00: In Room Visits: Trivia	9:30: Belly Dancing with Katy 10:00: Kickball 10:30: Baking 11:15: Watercolor & Music 11:30: Pop A Shot Basketball Tournament 1:30: Piano Hour Lois 2:30: Balloon Tennis 3:00: Happy Hour 4:00: Yoga & Meditation
10:00: Chair Zumba 10:30: Balloon Tennis 11:00: Coloring & Music 11:30: Roll the Dice Topics Game 1:00: <i>Dolphins at Jets at the Plaza</i> 1:30: Jumbo Jenga 2:00: Balloon Volleyball 3:00: Happy Hour 4:00: Watercolor & Spa 7:00 <i>Spanish Meets Soul: Celia, Aretha, & Friends Theater Show</i>	9:30: Quick Math Solving 10:00: Brain Crunch: Guess that Celebrity 10:30: Pop A Shot Basketball Tournament 11:00: BINGO 1:30: Creative Exercises with Monica 2:00: Jumbo Jenga 3:00: Happy Hour 4:00: Watercolor Relaxation & Spa 4:00: In Room Visits: Steel Drums	9:30: Ceramics & Karaoke with Terrie 10:30: Coloring & Music 10:30: Walking Club 11:00: Large Puzzle Assembling 1:30: Creative Exercises with Monica 2:00: Flower Arranging 2:30: In-Room Flower Arranging/Delivery 3:00: Happy Hour 4:00: Hand Massages & Aroma	10:00: Latin Dancing with Katy 11:00: Cornhole 11:30: Boxing Combos 12:00: Room Visits with Boujee Cattle 1:00: Animal Therapy with Boujee Cattle 1:30: Creative Exercises with Monica 2:00: Categories Word Game 3:00: Happy Hour 4:00: Watercolor Relaxation & Spa 4:00: Educational Documentary and Aroma Relaxation 5:00: <i>German Goumet Night</i>	9:30: Balloon Tennis 10:00: Cornhole 10:30: Mind & Melody Music Therapy 11:30: Balloon Toss 1:30: Creative Exercises with Monica 2:00: Piano Trivia with Susan 3:00: Happy Hour 4:00: Yoga & Meditation 4:00: In Room Visits: Hand Massages	9:30: Kickball 10:00: Chair Zumba 10:30: Jewelry Design 11:00: Large Puzzle Assembling 11:00: BINGO 1:30: Creative Exercises with Monica 2:00: Shooting Range Practice 3:00: Happy Hour 4:00: Watercolor & Spa 4:00: Room Visits: Trivia	9:30: Belly Dancing with Katy 10:30: Baking Class 11:15: Watercolor & Music 11:30: Pop A Shot Basketball Tournament 1:30: Singalong with Mark 2:30: Balloon Tennis 3:00: Happy Hour 4:00: Yoga & Meditation 5:00: <i>A Very Burton Halloween Party! Call (305) 247-0446 to RSVP</i>

Activities are subject to change.

When September Ends...



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