



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

November 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**

Thanksgiving

A Time to Be Grateful

Thanksgiving is a gentle reminder
of all the good that fills our days—
the people we love, the simple joys,
and the blessings in so many ways.

It's in the warmth of a shared meal,
the comfort of a familiar place,
the laughter, the kindness,
and the memories that we hold dear.

Today we pause to give thanks
for family, friends, and all the little things—
for health, for hope, for second chances,
and for the love that each new day brings.

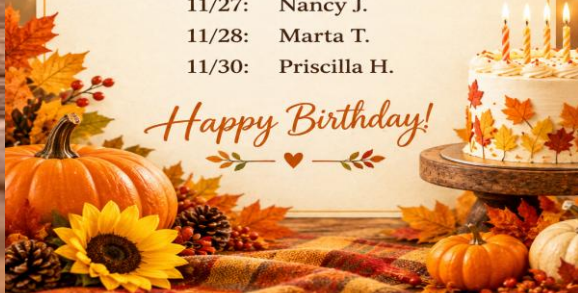
May your heart be filled with gratitude,
not just today, but always.



November Birthdays

11/9: Eileen M.
11/14: Donald W.
11/16: Phyllis L.
11/19: Maria V.
11/26: Harry B.
11/27: Nancy J.
11/28: Marta T.
11/30: Priscilla H.

Happy Birthday!



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
10:00: Chair Zumba 10:30: Balloon Tennis 11:00: Coloring & Music 11:30: Roll the Dice Topics Game 1:00: Dolphins vs Lions at the Plaza 1:00: Tailgating Activities 1:30: Jumbo Jenga 2:00: Balloon Volleyball 3:00: Happy Hour 4:00: Watercolor & Spa	19:30: Quick Math Solving 10:00: Brain Crunch: Guess that Celebrity 10:30: Mind & Melody Music Therapy 1:30: Creative Exercises with Monica 2:00: Jewelry Design 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: BINGO 11:00: Ice Cream Taco Tuesday in the Ice Cream Parlor 1:30: Creative Exercises with Monica 2:00: Flower Arranging 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: A Chill Relaxation at the Garden	9:30: Balloon Tennis 10:00: Cornhole 10:30: Bowling 11:00: Coloring & Music 1:30: Creative Exercises with Monica 2:00: Piano Trivia with Susan 3:00: Happy Hour 4:00: Educational Documentary and Aroma Relaxation	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: Waffle Making Class 11:00: Coloring & Music 11:30: Roll the Dice Topics Game 1:00: Dolphins vs Lions at the Plaza 1:00: Tailgating Activities 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: Mind & Melody Music Therapy 11:30: Balloon Toss 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: Memory Scrapbooking: Fall Edition 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: A Chill Relaxation at the Garden Happy Veterans Day!	9:30: Balloon Tennis 10:00: Cornhole 10:30: Bowling 11:00: Coloring & Music 1:30: Creative Exercises with Monica 2:00: Piano Trivia with Susan 3:00: Happy Hour 4:00: Educational Documentary and Aroma Relaxation	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: Shooting Range Practice 11:30: Roll the Dice Topics Game 1:00: Dolphins at Colts at the Plaza 1:00: Tailgating Activities 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: Mind & Melody Music Therapy 1:30: Creative Exercises with Monica 2:00: Jewelry Design 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: BINGO 11:00: Harvest Tote Bag Resident Mixer 12:00: Lunch 1:30: Creative Exercises with Monica 2:00: Flower Arranging 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: A Chill Relaxation at the Garden	9:30: Balloon Tennis 10:00: Cornhole 10:30: Bowling 11:00: Coloring & Music 1:30: Creative Exercises with Monica 2:00: Piano Trivia with Susan 3:00: Happy Hour 4:00: Educational Documentary and Aroma Relaxation	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 11:00 Singalong with Mark 11:15: Watercolor & Music 12:00: Harvest & Honky Tonk Party! Call (305) 247-0446 to RSVP! 2:30: Balloon Tennis 3:00: Happy Hour 4:00: Yoga & Meditation
10:00: Chair Zumba 10:30: Waffle Making Class 11:00: Coloring & Music 11:30: Roll the Dice Topics Game 1:00: Dolphins at Bills at the Plaza 1:00: Tailgating Activities 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: Mind & Melody Music Therapy 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: BINGO 11:00: Ice Cream Taco Tuesday in the Ice Cream Parlor 1:30: Creative Exercises with Monica 2:00: Flower Arranging 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: A Chill Relaxation at the Garden	9:00: Macy's Thanksgiving Parade 9:30: Thanksgiving Turkey Hand Crafts 10:30: Thanksgiving Trivia 11:00 Thanksgiving Canvas Painting 12:30: Thanksgiving Luncheon in the Theater 1:30: Creative Exercises with Monica 3:00: Happy Hour 4:00: Yoga & Meditation Happy Thanksgiving!	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: 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
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Activities are subject to change.

October Chronicles



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