



# The Gardens Gazette

## - Memory Care -



*Alejandro Medina: Director of Memory Care Activities*  
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## April 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!

- 4/6—Lazaro E.
- 4/7—Wayne R.
- 4/13—Esme W.
- 4/15—Mary Jo D.
- 4/16—Margaret A.
- 4/16—Thomas C.



### Outings



- 4/12—Pinecrest Gardens & Anthony's Coal Fried Pizza @ 9:30 am
- 4/19—Earl's at Dadeland 10:15 am

“Spring will  
come and so  
will happiness.  
Hold on.  
Life will  
get warmer.”

ANITA KRIZZAN

# 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	10:00-Latin Dancing w/ Katy 11:00-Walking Club + Trivia 12:00-Lunch 1:30-Exercise with Monica 2:00- Balloon Hot Potato 3:00-Happy Hour w/ Tony 4:00- Balloon Toss & Hand Massages	9:30-Ceramics w/ Terrie 11:00- Gardening 12:00-Lunch 1:30-Exercise with Monica 2:00-Balloon Volleyball 3:00-Happy Hour w/ Heriberto 4:00- Hand Massages	10:00- Kickball 10:30- Pool Noodle Exercise 11:00 Music Therapy w/ Inara 12:00-Lunch 1:30-Exercise with Monica 2:00-Conversation Cards 3:00-Happy Hour w/ Anabel 4:00-Multisensory Room Hour	10:00- Balloon Toss 10:30- Chair Aerobics 11:00- Balloon Volleyball 12:00-Lunch 1:30-Exercise with Monica 2:00-BINGO 3:00-Happy Hour w/ Javier 4:00-Relaxation & Hand Massages	10:00- Kickball 10:30 - Walking Club 11:00- Garden Hour 12:00-Lunch 2:00- Giant Jenga 3:00-Happy Hour w/ Freddie 4:00-Watercolor Relaxation Hour	10:00-Cornhole 10:30- Baking 11:15- Make a Smoothie 12:00-Lunch 1:30- Singalong w/ Mark 3:00-Happy Hour w/ Suo 4:00-Multisensory Room 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/ Anays 4:00- Relaxation Hour	10:00-Latin Dancing w/ Katy 11:00-Walking Club + Trivia 12:00-Lunch 1:30-Exercise with Monica 2:00- Balloon Hot Potato 3:00-Happy Hour w/ Tony 4:00- Balloon Toss & Hand Massages	9:45- Ceramics w/ Terrie 11:00- Dot Marker Art 12:00-Lunch 1:30- Exercise with Monica 2:00- Categories Word Game 3:00-Happy Hour w/ Heriberto 4:00- Hand Massages	10:00- Kickball 10:30- Pool Noodle Exercise 11:00 Music Therapy w/ Inara 12:00-Lunch 1:30-Exercise with Monica 2:00-Make a Fruit Bowl 3:00-Happy Hour w/ Anabel 4:00-Multisensory Room Hour	10:00- Balloon Toss 10:30- Light Sparring 11:00- Balloon Volleyball 12:00-Lunch 1:30-Exercise with Monica 2:00-BINGO 3:00-Happy Hour w/ Javier 4:00-Relaxation & Hand Massages	10:00- Kickball 10:30- Walking Club 11:00- Garden Hour 12:00- Lunch 1:30- Exercise w/ Monica 2:00- Adaptive Sports 3:00-Happy Hour w/ Cassio 4:00-Watercolor & Spa	10:00- Kickball 10:30 Bowling 11:00 Balloon Pickleball 12:00-Lunch 1:30- Singalong w/ Mark 3:00-Happy Hour w/ Suo 4:00-Multisensory Room Hour	
10:00- Morning Stretches 10:30- Adaptive Sports: Soccer 11:00 -Belly Dancing w/ Katy 12:00-Lunch 1:00 Movie Hour 2:15 BINGO 3:00- Happy Hour w/ Ariel 4:00- Relaxation Hour & Spa	10:00-Latin Dancing w/ Katy 11:00- Walking Club + Trivia 12:00-Lunch 1:15-Tai Chi w/ Grisell 2:00-Balloon Hot Potato 3:00-Happy Hour w/ Anays 4:00-Balloon Toss & Hand Massages	9:30-Ceramics w/ Terrie 11:00- Gardening 12:00-Lunch 1:30-Exercise with Monica 2:00- Balloon Volleyball 3:00-Happy Hour w/ Heriberto 4:00- Hand Massages	10:00- Kickball 10:30- Pool Noodle Exercise 11:00 Music Therapy w/ Inara 1:30-Exercise with Monica 2:00-Conversation Cards 3:00- Happy Hour w/ Pamir 4:00-Multisensory Room Hour	10:00-Kickball 10:30 Chair Aerobics 11:00 Balloon Volleyball 12:00-Lunch 1:30-Exercise with Monica 2:00-BINGO 3:00- Happy Hour w/ Javier 4:00-Relaxation & Hand Massages	10:00- Kickball 10:30- Walking Club 11:00-Garden Hour 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-Cornhole 10:30- Baking 11:15- Make a Smoothie 12:00-Lunch 1:30- Singalong w/ Mark 3:00-Happy Hour w/ Suo 4:00-Multisensory Room Hour	
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\*Activities are subject to change\*



# Looking back at March



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