



The Gardens Gazette

- Memory Care -



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December 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 Shaha
Owner, The Palace Group

December is a magical time filled with opportunities for celebration, reflection, and connection. Here are some meaningful and exciting things to consider for the month:

Festive Celebrations

- **Holiday Events:** Plan or attend community celebrations like tree lightings, holiday markets, or themed parties.
 - **Resident Activities:** Organize festive crafts, caroling, cookie decorating, or a holiday movie night to spread cheer.
- Giving Back:** Host a charity drive for toys, food, or clothing to support those in need during the holiday season.

Meaningful Connections

- **Family Time:** Encourage residents and families to spend quality time together with special family-oriented activities.
- Memory Sharing:** Create opportunities for storytelling or memory scrapbook-making to share holiday traditions and experiences.

Year-End Reflection

- **Gratitude Wall:** Create a space for people to share what they're thankful for or goals for the coming year.

HAPPY BIRTHDAY!

12/1- Robert G. 12/27- Barbara H.
 12/3- Gloria H.
 12/7- Gary L.
 12/15- Siomara D.
 12/17- Berta I.
 12/21- Daniel B.
 12/25- Blanca K.



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

- MegaBlocs building
- Jigsaw Puzzles
- Abacus for Fine Motor Skills
- Hand Massages and Nail Salon
- Remote Operated Cats and Dogs
- Sticker & Dot Marker Art
- Fingerpainting
- Sensory Fidget Boards
- Synthetic Flower Arranging (Reusable)
- Hand Massages & Shoulder Rubs




Outings



- 12/6- Pinecrest Gardens & The Big Cheese
- 12/13- Earl's Kitchen at Dadeland Outdoor Dining

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 - Morning Stretches 10:30- Tai Chi & Meditation 11:00-Belly Dancing w/ Katy 12:00-Lunch 1:00 Movie Club Hour 1:00: In Room Visits: Hand Massages 2:15 BINGO 3:00- Happy Hour w/ Ariel 4:00- Aroma & Relaxation Hour</p> <p>1</p>	<p>10:00- Kickball 10:30- Balloon Tennis 11:00-Conversations at the Garden with Maggie 12:00-Lunch 1:00- Walking Club 1:30-Exercise with Monica 2:00- Categories Word Game 3:00-Happy Hour w/ Gustavo 4:00-Relaxation at the Garden</p> <p>2</p>	<p>9:30-Ceramics & Karaoke w/ Terrie 11:00- Train your Brain: Math 12:00-Lunch 1:00- Tai Chi 1:30- Exercise with Monica 2:00- Balloon Volleyball 3:00-Happy Hour w/ Heriberto 4:00- Hand Massages & Shoulder Rubs</p> <p>3</p>	<p>10:00- Latin Dancing w/ Katy 11:00- Music Therapy w/ Inara 12:00-Lunch 1:00- Walking Club 1:30-Exercise with Monica 2:00- Picture Based Trivia 3:00- Happy Hour w/ Anabel 4:00- Relaxation at the Garden</p> <p>4</p>	<p>9:30- Garden Hour/Watering 11:00- Singalong w/ Mark 12:00-Lunch 1:30-Exercise with Monica 2:00- Body Sculpting with Pure-Health 3:00-Happy Hour w/ Tina 4:00- Hand Massages & Shoulder Rubs</p> <p>5</p>	<p>10:00- Chair Zumba 10:30- Jewelry Design 11:00- In-Room Singalongs 12:00-Lunch 1:00- Walking Club 1:30- Exercise w/ Monica 2:00- Jumbo Jenga 3:00-Happy Hour w/ Arnoldo 4:00-Watercolor & Spa</p> <p>6</p>	<p>10:00- Kickball 10:30- Baking 11:15- Train your Brain: Math 12:00-Lunch 1:30- Singalong w/ Mark 3:00-Happy Hour w/ Ambori 4:00- Chair Yoga & Meditation</p> <p>7</p>
<p>10:00 - Morning Stretches 10:30- Tai Chi & Meditation 11:00-Belly Dancing w/ Katy 12:00-Lunch 1:00 Movie Club Hour 1:00: In Room Visits: Hand Massages 2:15 BINGO 3:00- Happy Hour w/ Bert 4:00- Aroma & Relaxation Hour</p> <p>8</p>	<p>10:00- Chair Zumba 10:30- Balloon Tennis 11:00-Conversations at the Garden with Maggie 12:00-Lunch 1:00- Walking Club 1:30-Exercise with Monica 2:00- Categories Word Game 3:00-Happy Hour w/ Tony 4:00- Relaxation at the Garden</p> <p>9</p>	<p>10:00- Gardening Club Class 11:00-Ceramics & Karaoke w/ Terrie 12:00-Lunch 1:00- Tai Chi 1:30-Exercise with Monica 2:00- Balloon Volleyball 3:00-Happy Hour w/ Heriberto 4:00- Hand Massages & Shoulder Rubs</p> <p>10</p>	<p>10:00- Latin Dancing w/ Katy 11:00- Music Therapy w/ Inara 12:00-Lunch 1:00- Walking Club 1:30-Exercise with Monica 2:00- Picture Based Trivia 3:00- Happy Hour w/ Anabel 4:00- Relaxation at the Garden</p> <p>11</p>	<p>9:30- Garden Hour/Watering 11:00- Singalong w/ Mark 12:00-Lunch 1:30-Exercise with Monica 2:00- Body Sculpting with Pure-Health 3:00-Happy Hour w/ Tina 4:00- Hand Massages & Shoulder Rubs</p> <p>12</p>	<p>10:00- Chair Zumba 10:30- Jewelry Design 12:00- Lunch 1:00- Walking Club 1:30- Exercise w/ Monica 2:00- Jumbo Jenga 3:00-Happy Hour w/ Tony 4:00-Watercolor & Spa</p> <p>13</p>	<p>10:00- Kickball 10:30- Penalty Kicks 11:00- Balloon Pickleball 12:00-Lunch 1:30- Singalong w/ Mark 2:00- Pet Therapy w/ Endo 3:00-Happy Hour w/ Suo 4:00- Chair Yoga & Meditation</p> <p>14</p>
<p>10:00- Morning Stretches 10:30- Tai Chi & Meditation 11:00 -Belly Dancing w/ Katy 12:00-Lunch 1:00 Movie Club Hour 1:00- In Room Visits: Caching up with Silly Hats 2:15 BINGO 3:00- Happy Hour w/ Bert 4:00 Aroma & Relaxation Hour</p> <p>15</p>	<p>10:00- Chair Zumba 10:30- Balloon Tennis 11:00-Conversations at the Garden with Maggie 12:00-Lunch 1:00- Walking Club 1:30- Exercise w/ Monica 2:00- Categories Word Game 3:00-Happy Hour w/Freddie 4:00-Relaxation at the Garden</p> <p>16</p>	<p>9:30-Ceramics & Karaoke w/ Terrie 11:00- Train your Brain: Math 12:00-Lunch 1:00- Tai Chi 1:30- Exercise with Monica 2:00- Balloon Volleyball 3:00-Happy Hour w/ Heriberto 4:00- Hand Massages & Shoulder Rubs</p> <p>17</p>	<p>10:00- Latin Dancing w/ Katy 11:00- Music Therapy w/ Inara 12:00-Lunch 1:00- Walking Club 1:30-Exercise with Monica 2:00- Picture Based Trivia 3:00- Happy Hour w/ Pamir 4:00- Relaxation at the Garden</p> <p>18</p>	<p>9:30- Garden Hour/Watering 11:00- Singalong w/ Mark 12:00-Lunch 1:30-Exercise with Monica 2:00- Body Sculpting with Pure-Health 3:00-Happy Hour w/ Tina 4:00- Hand Massages & Shoulder Rubs</p> <p>19</p>	<p>10:00- Chair Zumba 10:30- Jewelry Design 11:00- In-Room Singalongs 12:00-Lunch 1:00- Walking Club 1:30- Exercise w/ Monica 2:00- Jumbo Jenga 3:00- Happy Hour w/ Arnoldo 4:00-Watercolor & Spa</p> <p>20</p>	<p>Holiday Party 2024! 12-2 PM Call (305) 247-0446 to RSVP</p> <p>21</p>
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Activities are subject to change. Please find 1 on 1 & Montessori Activities/Outings in Newsletter

Looking Back at November



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