



The Gables Gazette

Luxury Carefree Living for Active Seniors

Entertainment... The Spice of Life!

March, 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 leave your name
and apartment number.

~ Love, Helen Shaham
Owner, The Palace Group

**CLOCK FORWARD
ONE HOUR**



**TIME TO SPRING FORWARD
ON MARCH 10TH**

**FAMILY & FRIENDS
EASTER BRUNCH**



11:30AM **FOOD
MUSIC
GAMES
& MORE!** **MARCH 31ST**



**WE'VE ADDED
NEW ACTIVITIES!**

**Check Mailbox Daily so
you don't miss a beat!**
*Join us for the best
programming anywhere!*

**MAKE CLASS & EXCURSION
RESERVATIONS**
In Entertainment Office
MAKE EVENT RESERVATIONS
At Concierge Desk

ENTERTAINMENT TEAM

Rene Rojas

Entertainment Director

786-441-8883

Rrojas@thepalaceus.com

Raquel Trinidad

Activities Assistant

786-441-8884

RaquelT@thepalaceus.com

**PLEASE CONTACT US WITH ANY
SUGGESTIONS!**



Activities Abound



at The Palace Coral Gables

RED = EDUCATIONAL ACTIVITY **BLUE = PHYSICAL ACTIVITY** **GREEN = NEW ACTIVITY**

Calendar is subject to change...Check Daily Digital Listings for up-to-the-minute info

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div>MARCH</div></div>						
					1	2
					10:30 Chair Pilates with Aniko 11:00 Crocheting w/ Samantha 2:00 Bridge Class with Irina 3:30 Shabbat Service w/Rabbi 4:30 Happy Hour with Ruby 7:00 Residents Request Movie 7:15 Nite Owl Bingo with Rene	10:30 Instrumix with Nicole 11:00 Computer Class w/Bryan 11:00 Painting with Aniko 1:00 Rummikub with Rene 2:00 Saturday Movie Matinee 2:00 Virtual Reality RSVP 4:30 Happy Hour with Lissandra 7:00 Dan Hudak Oscar Talk
Book Club Today 3	Ceramics Class 4	Activities Council 5	Festival Flea market 6		8	9
10:30 Book Club Luncheon 10:30 Advanced Exercise w/ Hal 11:00 Catholic Mass in Theatre 12:00 Technology Workshop 2:00 Sunday Movie Matinee 3:00 Bingo Matinee w/Raquel 4:30 Happy Hour with Jackson 7:00 Residents Request Movie	10:30 Zumba Gold with Ileana 11:00 Ceramics w/ Terri 2:00 Chair Yoga with Vickie 2:00 Knitters Circle with BJ 2:30 Mahjong with Wendy 3:00 Mindful Meditation Hour 4:30 Happy Hour with Danny-O 7:00 First Run Movie Nite	10:30 Computers with Joan 10:30 InstruMix with Nicole 12:00 Activities Council 1:30 Aquasize with Lidia 2:00 Current Events w/ Sam Rosen 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Lissandra 7:00 Resident Request Movie	10:00 Art Studio with KE ART 10:15 Festival Flea Market Bus Loads 10:30 TaiChi Class with Polly 11:00 Life Stories with Irina 1:00 Music Therapy with Sammy 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Rene 4:30 Happy Hour with Andres 7:00 Opera on the Big Screen	10:30 Aquasize with Lidia 10:30 AM Stretch with Amparo 1:00 Mixed Media Art w/Judith 3:00 Chorus with Dr. Greco 3:30 Innovations in Medicine 4:30 Happy Hour with Alex 7:00 Larry Brendler Performs Live	10:30 Chair Pilates with Aniko 2:00 Comedy Movie Matinee 2:00 Rummikub with Rene 3:30 Shabbat Services with Rabbi 4:30 Happy Hour with Lani 7:00 Resident Request Movie 7:15 Nite Owl Bingo with Rene	10:30 InstruMix with Nicole 11:00 Painting with Aniko 11:00 Computer Class w/ Bryan 1:00 Rummikub with Rene 2:00 Virtual Reality RSVP 4:30 Happy Hour with Sasha 7:00 Resident Request Movie
Daylight Saving Time 10					15	16
10:30 Book Club Luncheon 10:30 Advanced Exercise w/ Hal 11:00 Catholic Mass in Theatre 12:00 Technology Workshop 2:00 Sunday Movie Matinee 3:00 Bingo Matinee w/Raquel 4:30 Happy Hour with Jackson 7:00 Residents Request Movie	10:30 Zumba Gold with Ileana 2:00 Chair Yoga with Vickie 2:00 Knitter's Circle with BJ 2:30 Mahjong with Wendy 3:00 Mindful Meditation Hour 4:30 Happy Hour with Danny-O 7:00 First Run Movie Nite	10:30 Computers with Joan 10:30 InstruMix with Nicole 1:30 Aquasize with Lidia 2:00 History with Sam Rosen 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Francisco 7:00 Resident Request Movie	Miccosukee Casino 13 10:00 Art Studio with KE ART 10:30 TaiChi Class with Polly 11:00 Life Stories with Irina 1:00 Music Therapy w/ Sammy 2:00 Chair Yoga with Vickie 3:00 Food Council in Theatre 3:00 Bingo Matinee w/ Rene 4:30 Happy Hour with Grace 7:00 Opera on the Big Screen	10:30 Aquasize with Lidia 10:30 AM Strech with Amparo 1:00 Mixed Media Art w/Judith 3:00 Chorus with Dr. Greco 3:30 Innovations in Medicine 4:30 Happy Hour with Alex 7:00 Ashley Bojangles Cooper Live	10:30 Chair Pilates with Aniko 11:00 Crocheting w/ Samantha 2:00 Bridge Class with Irina 3:30 Shabbat Services w/Rabbi 4:30 Happy Hour with Ruby 7:00 Resident Request Movie 7:15 Nite Owl Bingo with Rene	Jewelry Design 11a & 2p 10:30 InstruMix with Nicole 10:30 Dog Therapy with Bella 11:00 Painting with Aniko 11:00 Computer Class w/ Bryan 12:00 St. Phillips Piano Recital 2:00 Virtual Reality RSVP 4:30 Happy Hour with Sandro 7:00 Cards and Games with Friends
St Patrick's Day 17	Ceramics Class 18	Floral Design 19	Benihana's Lunch 20		22	23
10:30 Advanced Exercise w/ Hal 11:00 Catholic Mass in Theatre 12:00 Technology Workshop 2:00 Sunday Movie Matinee 3:00 Bingo Matinee w/Raquel 4:30 St. Patricks HH w/ Jackson 7:00 Residents Request Movie	10:30 Zumba Gold with Ileana 11:00 Ceramics w/Terrie 2:00 Chair Yoga with Vickie 2:00 Knitter's Circle with BJ 2:30 Mahjong with Wendy 3:00 Mindful Meditation Hour 4:30 Happy Hour with Danny-O 7:00 First Run Movie Nite	10:30 Computers with Joan 10:30 InstruMix with Nicole 11:00 Floral Design with Jenna 1:30 Aquasize with Lidia 2:00 Current Events w/ Sam Rosen 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Lissandra 7:00 Resident Request Movie	10:00 Art Studio with KE ART 10:30 TaiChi Class with Polly 11:00 Lunch & Learn with Haim 11:00 Life Stories with Irina 1:00 Music Therapy with Sammy 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Rene 4:30 Happy Hour with Andres 7:00 Opera on the Big Screen	10:30 Aquasize with Lidia 10:30 AM Strech with Amparo 11:00 Improv with Chris RETURNS 1:00 Mixed Media Art w/Judith 3:00 Chorus with Dr. Greco 3:30 Innovations in Medicine 4:30 Happy Hour with Alex 7:00 Jaycee Dreisen Performs Live	10:30 Chair Pilates with Aniko 2:00 Rummikub with Rene 2:00 Movie Matinee in Theatre 3:30 Shabbat Services w/Rabbi 4:30 Happy Hour with Lani 7:00 Resident Request Movie 7:15 Nite Owl Bingo with Rene	Happy Purim 10:30 InstruMix with Nicole 11:00 Painting with Aniko 11:00 Computer Class w/ Bryan 1:00 Rummikub with Rene 2:00 Virtual Reality RSVP 4:30 Happy Hour with Sasha 7:00 Blockbuster Movie Night
Palm Sunday 24					29	30
3:00 Bingo Matinee w/ Raquel 4:30 Happy Hour with Jackson	10:30 Zumba Gold with Ileana 2:00 Chair Yoga with Vickie 2:00 Knitter's Circle with BJ 2:30 Mahjong with Wendy 3:00 Mindful Meditation Hour 4:30 Happy Hour with Danny-O 7:00 First Run Movie Nite	10:30 Computers with Joan 10:30 InstruMix with Nicole 1:30 Aquasize with Lidia 2:00 Painting with a Twist 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Francisco 7:00 Resident Request Movie	Wynwood Walls 27 10:00 Art Studio with KE ART 10:30 Wynwood Walls Bus Loads 10:30 TaiChi Class with Polly 11:00 Life Stories with Irina 1:00 Music Therapy w/ Sammy 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Rene 4:30 Happy Hour with Grace 7:00 Opera on the Big Screen	10:30 Aquasize with Lidia 10:30 AM Strech with Amparo 11:00 Lunch & Learn w/Alz Assoc 1:00 Mixed Media Art w/Judith 3:00 Chorus with Dr. Greco 4:30 Happy Hour with Oman 7:00 Plaza Personalities	Good Friday 10:30 Chair Pilates with Aniko 12:00 Crocheting w/ Samantha 2:00 Bridge Class with Irina 3:30 Shabbat Services w/Rabbi 4:30 Happy Hour with Ruby 7:00 Resident Request Movie 7:15 Nite Owl Bingo with Rene	10:30 InstruMix with Nicole 11:00 Painting with Aniko 11:00 Computer Class w/ Bryan 1:00 Rummikub with Rene 2:00 Virtual Reality RSVP 4:30 Happy Hour with Sandro 7:00 Blockbuster Movie Night
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Happy Easter! Family & Friends Brunch PLEASE RSVP						

ROSARY PRAYER GROUP TUESDAY: 10:00 am COMMUNION GROUP THURSDAY: 10:00 am

SHABBAT FRIDAY: 3:30 pm CATHOLIC MASS SUNDAY: 11:00 am

OUR CANDLELIT VALENTINE'S DAY DINNER- A FEBRUARY HIGHLIGHT



Check out all Event Photos

www.palacecoralgableslife.com

DINING ENJOYMENT

Breakfast 7:30 - 10:00 am

Lunch 12:00 - 1:30 pm

Dinner Served 4:30-7:00 pm

HEALTH & WELLNESS

MONDAY: ZUMBA ♦ YOGA ♦ MEDITATION

TUESDAY: INSTRUMIX ♦ AQUACISE

WEDNESDAY: TAI CHI ♦ YOGA

THURSDAY: AQUACISE

FRIDAY: PILATES

SATURDAY: INSTRUMIX EXERCISE PARTY