



The Gables Gazette

Luxury Carefree Living for Active Seniors

Entertainment... The Spice of Life!

May, 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

TRAVEL WITH  THE PALACE

RSVP
with Entertainment Office for all excursions

Excursions
WEDNESDAYS IN MAY

Travel in the comfort & security of our air-conditioned, easily accessible tour bus. Every excursion is hosted by Entertainment Staff

MAY 1
COCOWALK MALL

MAY 8
FESTIVAL FLEA MARKET

MAY 15TH
FAIRCHILD BOTANICAL GARDEN

MAY 22
ACTORS PLAYHOUSE
"A Rock Sails By"

MAY 29
HIALEAH PARK CASINO

Please join us for our
Family and Friends
Mother's Day Brunch



When?
Sunday, May 12th
at 11:30am

Where?
The Palace Coral Gables
Restaurant and Theatre

Please Note:
Limited seating
Reservations are required
with Concierge
786 - 441 - 8787

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

Activities Director

Rene Rojas

786-441-8885

Rrojas@thepalaceus.com

Activities Assistants

Raquel Trinidad

786-441-8884

RaquelT@thepalaceus.com

Lauren Alvarez

786-441-8883

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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

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			Cocowalk Mall 1 10:15 Cocowalk Bus Loads 10:30 TaiChi Class Exercise 11:00 Life Stories with Irina 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Rene 4:30 Happy Hour with Andres 7:15 Resident Request Movie	2 10:30 Aquasize with Lidia 10:30 AM Strech with Amparo 11:00 Improv with Chris 1:30 Mixed Media Art w/Judith 3:00 Chorus with Dr. Greco 4:30 Happy Hour with Alex 7:00 Larry B. Performs Live	3 10:30 Chair Pilates with Aniko 11:00 Osher Series Continues 1:30 Rummikub Lessons w/ Rene 3:30 Shabbat Service w/Rabbi 4:30 Happy Hour with Lani 7:15 Nite Owl Bingo W/ Rene	4 10:30 Instrumix with Erik 11:00 Painting with Aniko 2:00 Dominos & Cafecito 2:00 Virtual Reality RSVP 3:00 Walking Club Take the mile! 4:30 Happy Hour with Edgar 7:15 Cards & Games w Friends
Cinco De Mayo 5 10:30 Advanced Exercise w/Hal 11:00 Catholic Mass w/ F. Angulo 1:00 Technology Workshop 2:00 Sunday Movie Matinee 3:00 Bingo Matinee w/Lauren 4:30 Cinco De Mayo Happy Hour 7:15 Cards & Games w/ Friends	Ceramics Class 6 10:30 Zumba Gold w/ Ileana 11:00 Ceramics w/Terrie RSVP 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 w/ Oman 7:00 Ballerina Performance	7 10:30 Computers with Joan 10:30 InstruMix with Erik 1:30 Aquacise with Lidia 2:00 Walking Club takes the Mile! 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Lissandra 7:15 Resident Request Movie	Festival Flea Market 8 10:00 Flea Market Bus Loads 10:30 TaiChi Class Exercise 11:00 Life Stories with Irina 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Rene 4:30 Happy Hour with Grace 7:15 Opera on the Big Screen	Yaya Jewelry Sale 9 10:00 Yaya Jewelry Sale 10:30 Aquasize with Lidia 10:30 AM Stretch with Amparo 11:00 Improv with Chris 1:30 Mixed Media Art w/Judith 3:00 Chorus with Dr. Greco 3:30 Innovations in Medicine 4:30 Happy Hour with Alex 7:00 James Perkowski Live	10 10:30 Chair Pilates with Aniko 11:00 Osher Series Continues 1:30 Rummikub Lessons w/ Rene 3:30 Shabbat Services w/ Rabbi 4:30 Happy Hour with Ruby 7:15 Nite Owl Bingo w/ Raquel	Jewelry Design 11a & 2p 11 10:30 InstruMix with Erik 10:30 Dog Therapy with Bella 11:00 Painting with Aniko 11:00 Jewelry Design RSVP 2:00 Virtual Reality RSVP 2:00 Jewelry Design RSVP 4:30 Happy Hour with Sandro 7:15 Cards & Games with Friends
FAMILY & FRIENDS MOTHERS DAY BRUNCH 11:30AM RSVP WITH CONCIERGE 786-441-8787	12 10:30 Zumba Gold w/ Ileana 2:00 Chair Yoga with Vickie 2:00 Knitter's Circle with BJ 2:00 Rummikub with Lauren 3:00 Mindful Meditation Hour 4:30 HH w/ Klezmer Band 7:15 Cards & Games w/ Friends	13 10:30 Computers with Joan 10:30 InstruMix with Erik 1:30 Aquacise with Lidia 2:00 Walking Club takes the Mile! 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Francisco 7:15 Resident Request Movie	Fairchild Tropical Park 14 10:30 TaiChi Class Exercise 11:00 Life Stories with Irina 10:00 Fairchild Bus Loads 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Lauren 4:30 Happy Hour with Andres 7:15 Cards & Games w/ Friends	15 10:30 Aquasize with Lidia 10:30 AM Strech with Amparo 11:00 Improv with Chris 1:30 Mixed Media Art w/Judith 3:00 Chorus with Dr. Greco 4:30 Happy Hour with Alex 7:00 Adam Chevits Live	16 10:30 Chair Pilates w/ Aniko 11:00 Osher Series Continues 1:30 Rummikub Lessons w/ Rene 2:00 Beginner Bridge w/ Irina 3:00 Advanced Bridge w/ Irina 3:30 Shabbat Services w/Rabbi 4:30 Happy Hour with Lani 7:00 Resident Request Movie	17 10:30 InstruMix with Erik 11:00 Painting with Aniko 2:00 Dominos & Cafecito 3:00 Walking Club Take the Mile 2:00 Virtual Reality RSVP 4:30 Happy Hour with Edgar 7:15 Resident Request Movie
19 10:30 Advanced Exercise w/Hal 11:00 Catholic Mass w/ F. Angulo 1:00 Technology Workshop 2:00 Sunday Movie Matinee 3:00 Bingo Matinee w/Lauren 4:30 Happy Hour with Jackson 7:15 Residents Request Movie	Ceramics Class 20 10:30 Zumba Gold w/ Ileana 11:00 Ceramics w/Terrie RSVP 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 w/ Danny-O 7:15 Cards & Games w/Friends	Floral Design Today 21 10:30 Computers with Joan 10:30 InstruMix with Erik 11:00 Floral Design with Jenna 1:30 Aquacise with Lidia 2:00 Walking Club takes the Mile! 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Lissandra 7:15 Resident Request Movie	Actor's Playhouse 22 10:30 TaiChi Class Exercise 10:30 Bus Loads for Excursion 11:00 Life Stories with Irina 1:15 Bus Loads for Excursion 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Rene 4:30 Happy Hour with Grace 7:15 Opera on the Big Screen	23 10:30 Aquasize with Lidia 10:30 AM Strech with Amparo 11:00 Improv with Chris 1:30 Mixed Media Art w/Judith 3:00 Chorus with Dr. Greco 3:30 Innovations in Medicine 4:30 Happy Hour with Alex 7:00 Gary & David Duo	24 10:30 Chair Pilates w/ Aniko 1:30 Rummikub Lessons w/ Rene 2:00 Beginner Bridge w/ Irina 3:00 Advanced Bridge w/ Irina 3:30 Shabbat Services w/Rabbi 4:30 Happy Hour with Ruby 7:00 Resident Request Movie 7:15 Nite Owl Bingo with Raquel	25 10:30 InstruMix with Erik 11:00 Painting with Lynn 2:00 Comedy Movie Matinee 2:00 Dominos & Cafecito 3:00 Walking Club ake the Mile 2:00 Virtual Reality RSVP 4:30 Happy Hour with Sasha 7:15 Blockbuster Movie Night
26 10:30 Advanced Exercise w/Hal 11:00 Catholic Mass w/ F. Angulo 1:00 Technology Workshop 2:00 Comedy Movie Matinee 3:00 Bingo Matinee w/Lauren 4:30 Happy Hour with Jackson 7:15 Residents Request Movie	Memorial Day 27 10:30 Zumba Gold with Ileana 2:00 Chair Yoga with Vickie 2:00 Knitter's Circle with BJ 2:00 Rummikub with Lauren 3:00 Mindful Meditation Hour 4:30 Happy Hour with Oman 7:15 First Run Movie Nite	28 10:30 Computers with Joan 10:30 InstruMix with Erik 1:30 Aquasize with Lidia 2:00 Walking Club takes the Mile! 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Francisco 7:15 Resident Request Movie	Hialeah Racetrack Casino 29 10:15 Casino Bus Loads 11:00 Bitcoin Lecture w/ Haim 10:30 TaiChi Class Exercise 11:00 Life Stories with Irina 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Rene 4:30 Happy Hour with Edgar 7:15 Opera on the Big Screen	30 10:30 Aquasize with Lidia 10:30 AM Strech with Amparo 11:00 Improv with Chris 1:30 Mixed Media Art w/Judith 3:00 Chorus with Dr. Greco 3:30 Innovations in Medicine 4:30 Happy Hour with Alex 7:00 Jimmy Barkan Live	31 10:30 Chair Pilates with Aniko 1:30 Rummikub Lessons w/ Rene 2:00 Beginner Bridge w/ Irina 3:00 Advanced Bridge w/ Irina 3:30 Shabbat Service w/Rabbi 4:30 Happy Hour with Lani 7:00 Residents Request Movie 7:15 Nite Owl Bingo W/ Rene	

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

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

APRIL SHOWERS BRING MAY FLOWERS—HAPPY EASTER BRUNCH



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