



The Gables Gazette

Luxury Carefree Living for Active Seniors

Entertainment... The Spice of Life!

April 2025

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



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

Entertainment

Raquel Trinidad
786-441-8884
RaquelT@thepalaceus.com

Activities

Estibaly Garcia
786-441-8883
Estibaly@thepalaceus.com

Main Office Line:
786-441-8885

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 |
|--|---|---|--|--|--|---|
| | | Activities Council 1 10:30 Computers with Joan 10:30 Instrumix Exercise 1:00 Activities Council 1:30 Aquacise with Lidia 2:00 Karaoke with Esti 3:00 Sing-Along with Margaret 4:30 Happy Hour w/ Lisandra 7:15 Resident Request Movie | Actor's Playhouse 2 10:30 TaiChi Class Exercise 11:30 Tell Your Story Group 1:00 Excursion Bus Loads 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Esti 4:30 Happy Hour w/ Rayko 7:15 Musical Movie Night | 3 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 Songbirds w/ Dr. Greco 4:30 Happy Hour with Alex 7:15 Gary & David Perform | 4 10:30 Chair Pilates w/ Aniko 11:00 Painting with Lynn 11:00 Osher Series Continues 2:00 Zumba Gold Exercise 2:00 Bingo Matinee w/ Raquel 4:30 Happy Hour with Ruby 7:15 Resident Request Movie | Jewelry Design 11a & 2p 5 10:30 InstruMix Exercise 11:00 Painting with Aniko 11:00 Jewelry Design RSVP 2:00 Comedy Movie Matinee 2:00 Jewelry Design RSVP 4:30 Happy Hour Entertainment 7:15 Piano Show with Francisco |
| Book Club 6 10:30 Advanced Exercise w/Hal 10:30 Book Club Luncheon 11:00 Catholic Mass w/ F. Angulo 1:00 Acrylic Painting with Esti 2:00 Comedy Movie Matinee 3:00 Bingo Matinee w/ Esti 4:30 Happy Hour with David 7:15 Resident Request Movie | 7 10:30 Zumba Gold with Ileana 11:00 Air Dry Clay Sculpting 1:00 Meditation with Vickie 2:00 Chair Yoga with Vickie 2:00 Knitting for Babies 2:00 Comedy Movie Matinee 4:30 Happy Hour with Oman 7:15 Resident Request Movie | Food Council 8 10:30 Computers with Joan 10:30 Instrumix Exercise 1:30 Aquacise with Lidia 2:00 Food Council 3:00 Sing-Along with Margaret 4:30 Happy Hour Entertainment 7:15 Resident Request Movie | Miccosukee Casino 9 10:15 Excursion Bus Loads 10:30 TaiChi Class Exercise 11:30 Tell Your Story Group 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Raquel 4:30 Happy Hour w/ Rayko 7:15 Musical Movie Night | 10 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 Songbirds w/ Dr. Greco 4:30 Happy Hour with Alex 7:15 Karaoke with Danny-O | DMV & I.D. Clinic 11 10:00 DMV & I.D. Clinic 10:30 Chair Pilates w/ Aniko 11:00 Painting with Lynn 2:00 Zumba Gold Exercise 2:00 Bingo Matinee w/ Raquel 4:30 Happy Hour with Lani 7:15 Resident Request Movie | 12 10:30 Instrumix Exercise 11:00 Painting with Aniko 2:00 Comedy Movie Matinee 2:00 Bracelets with Esti 3:00 Virtual Reality RSVP 4:30 Happy Hour with Edgar 7:15 Cards & Games w/ Friends |
| Family & Friends Seder 13 10:30 Advanced Exercise w/Hal 11:00 Catholic Mass w/ F. Angulo 1:00 Bus Departs for Opera 4:30 Happy Hour with David 4:30 Non-Seder Dinner Served 5:30 Seder Service & Dinner | Ceramics 14 10:00 Advanced Ceramics 10:30 Zumba Gold w/ Ileana 11:00 Beginner Ceramics 1:00 Meditation with Vickie 2:00 Chair Yoga with Vickie 2:00 Knitting for Babies 2:30 Mahjong with Wendy 4:30 Happy Hour w/ Oman 7:15 Resident Request Movie | Easter Card Making 15 10:30 Computers with Joan 10:30 InstruMix Exercise 11:00 Floral Design with Jenna 1:30 Aquacise with Lidia 2:00 Easter Card Making 3:00 Sing-Along with Margaret 4:30 Happy Hour w/ Lisandra 7:15 Resident Request Movie | Bayside Marketplace 16 10:15 Excursion Bus Loads 10:30 TaiChi Class Exercise 11:30 Tell Your Story Group 2:00 Chair Yoga with Vickie 2:00 Residents Food Council 3:00 Bingo Matinee w/ Esti 4:30 Happy Hour w/ Grace 7:15 Musical Movie Night | 17 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 Songbirds w/ Dr. Greco 4:30 Happy Hour with Alex 7:15 Larry Brendler Performs | 18 10:30 Chair Pilates w/ Aniko 11:00 Painting with Lynn 11:00 Osher Series Continues 2:00 Zumba Gold Exercise 2:00 Bingo Matinee w/ Raquel 4:30 Happy Hour with Ruby 5:00 Residents Holiday Dinner 7:15 Resident Request Movie | Easter Mass 19 11:00 Easter Mass w/ F. Angulo 10:30 InstruMix Exercise 11:00 Painting with Aniko 11:00 Jewelry Design RSVP 2:00 Comedy Movie Matinee 2:00 Jewelry Design RSVP 4:30 Happy Hour with Edgar 7:15 Cards & Games w/ Friends |
| 20 HAPPY EASTER! FAMILY & FRIENDS EASTER BRUNCH PLEASE RSVP | 21 10:30 Zumba Gold with Ileana 11:00 Air Dry Clay Sculpting 1:00 Meditation with Vickie 2:00 Chair Yoga with Vickie 2:30 Mahjong with Wendy 2:00 Knitting for Babies with BJ 4:30 Happy Hour with Oman 7:15 Resident Request Movie | 22 10:30 Computers with Joan 10:30 InstruMix Exercise 1:30 Aquacise with Lidia 2:00 Karaoke with Esti 3:00 Sing-Along with Margaret 4:30 Happy Hour Entertainment 7:15 Resident Request Movie | Margaritaville 23 10:15 Excursion Bus Loads 10:30 TaiChi Class Exercise 11:30 Tell Your Story Group 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Raquel 4:30 Happy Hour w/ Rayko 7:15 Musical Movie Night | 24 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 Songbirds w/ Dr. Greco 4:30 Happy Hour with Alex 7:15 Steve Teague Performs | 25 10:30 Chair Pilates w/ Aniko 11:00 Painting with Lynn 11:00 Osher Series Continues 2:00 Zumba Gold Exercise 2:00 Bingo Matinee w/ Raquel 3:30 Shabbat Services w/ Rabbi 4:30 Happy Hour with Lani 7:15 Resident Request Movie | Makeup Presentation 26 10:30 InstruMix Exercise 11:00 Painting with Aniko 11:00 Makeup Presentation 2:00 Comedy Movie Matinee 2:00 Bracelets with Esti 3:00 Virtual Reality RSVP 4:30 Happy Hour with Edgar 7:15 First Run Movie Night |
| 27 10:30 Advanced Exercise w/Hal 11:00 Catholic Mass w/ F. Angulo 1:00 Acrylic Painting with Esti 2:00 Comedy Movie Matinee 3:00 Bingo Matinee w/ Esti 4:30 Happy Hour with David 7:15 Resident Request Movie | Residents Council 28 10:00 Advanced Ceramics 10:30 Zumba Gold w/ Ileana 11:00 Beginner Ceramics 1:00 Meditation with Vickie 2:00 Chair Yoga with Vickie 2:00 Knitting for Babies 3:00 Residents Council 4:30 Happy Hour w/ Oman 7:15 Resident Request Movie | 29 10:30 Computers with Joan 10:30 InstruMix Exercise 1:30 Aquacise with Lidia 2:00 Cardmaking w/ Esti 3:00 Sing-Along with Margaret 4:30 Happy Hour w/ Lisandra 7:15 Resident Request Movie | Rusty Pelican Restaurant 30 10:30 TaiChi Class Exercise 11:30 Tell Your Story Group 12:15 Excursion Bus Loads 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Esti 4:30 Happy Hour w/ Grace 7:15 Musical Movie Night | APRIL | | |

HIGHLIGHTS FROM OUR ST. PATRICK'S DAY CELEBRATION!



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