THE GABLES GAZETTE

ACTIVITIES COUNCIL
TUESDAY, SEPTEMBER 1

And the first Tuesday of every month thereafter!
Bring your suggestions for programming

SPA DAY
In partnership with Macys
A full day of virtual skin care workshops & sample bar for men & women, Healthy Cafe & Juice Bar, Quiet Room with spiritual readings & MORE!

WHAT’S HAPPENING...
Celebrate Grandparents Day
SUNDAY, SEPTEMBER 13

In partnership with Macys
A full day of virtual skin care workshops & sample bar for men & women, Healthy Cafe & Juice Bar, Quiet Room with spiritual readings & MORE!

Please let us know how we’re doing!
Call Pam
786-441-8885
or E-mail
pam@thepalace.org

Check your Week at a Glance for additional holiday religious services including upcoming Jewish New Year Services

Remember to visit your In-House mailbox on a regular basis to pick up your Week at a Glance and other informative flyers.

University of Miami (OULL) & The Palace Continuing Educational Series
NEW ONLINE CLASSES

AUGUST 26 - SEPTEMBER 18
Dr. Michael Sheinbach
Presidents in Crisis
Their Responses, Their Resistance, Their Leadership
Don’t miss this fascinating lecture series, on-going at The Palace at Coral Gables every Wednesday & Friday at 11 am. Other Lectures are streamed live

The Gables Gazette
Luxury Carefree Living for Active Seniors

Pamela Parker, Social Director

Week at a Glance

MONDAY
Chair exercise, meditation, aqua aerobics, dance class, current events, Corn Hole, Bell orchestra, Trivial Pursuit, live Happy Hour, En Suite entertainment

TUESDAY
Computer & Zoom classes, meditation, chair exercise, acting class, crafting, book club, beginners Spanish, sing-along, fine wine social, En Suite entertainment

WEDNESDAY
Chair exercise, meditation, aqua aerobics, ping pong, Osher Learning Series, word games, Corn Hole, Bingo, dance class, bell orchestra, putting green, live Happy Hour, En Suite Virtual Cabaret

THURSDAY
Computer & Zoom classes, meditation, chair exercise, acting class, crafting, book club, beginners Spanish, sing-along, fine wine social, En Suite entertainment

FRIDAY
Chair exercise, Osher Learning Series, Bingo, Wii Sports, live Happy Hour, En Suite entertainment

SATURDAY
Chair exercise, ping pong, horse racing, Corn Hole, fine wine social, En Suite Virtual Cabaret

AND SUNDAY TOO!

At The Palace at Coral Gables...It’s all about enjoying life!
You won’t want to miss out on our “planned with you in mind” Lifestyle Activities & Entertainment so make plans to join us today and enjoy life The Palace Way!

Activities Abound at The Palace Coral Gables
Facial Masks, Social Distancing & all Posted Guidelines are required for all activities

If you have questions, please ask any Staff Member for assistance

Join us for Daily Happy Hour
4:30-6:00
Open Bar & Live Music

Birthday Celebrations
July 4th
Advisors to Class of 2020
Fathers Day
Bell Orchestra
Handcrafting
Dance Class
Gorgeous Grandma Day

Just have fun!
There’s not much difference between seasons here in South Florida but, somehow, the onset of autumn always brings back wonderful memories of seasons past. Close your eyes and remember the fall season once again...crisp bright days, the smell of burning leaves in the air, evening’s shadow coming sooner than before and cozy autumn nights wrapped in sweaters, sitting under a starry sky.

Our Entertainment Team is ready for FUN!
Assistant Activities Director Eddy Montes
is always ready for action with activities
such as Ping Pong, Computer Instruction,
Wil Sports, Indoor Puttng Green, Horse
Racing, Spanish Lessons & MORE!

Join Activities Assistant Monica Guerra
throughout the week for fun activities
such as Dance Class, Morning Stretch,
Water Aerobics, Crocheting, Bingo, Cardiole
Games & More!

Your Social Director Pamela Turner loves
to have fun and she’ll make sure you’re
always included in whatever she has
planned for you.

WE HOPE YOU’LL JOIN US!

Looking Ahead to Fun...

Watch your mailbox for information
on our Halloween & Thanksgiving
Resident Celebrations

Aqua Fitness

Join Monica in The Pool for the level of
instruction of your choice or just for fun!

TUESDAYS AT 1:30 pm
BEGINNERS AQUA STRETCH
A gentle, relaxing water-stretch class

THURSDAYS AT 1:30 pm
INTERMEDIATE AQUA CARDIO
Get your heart pumping with this invigorating class

SUNDAYS AT 1:30 pm
AQUA DANCE
Have fun & get a workout water dancing to upbeat music.
THE GABLES GAZETTE

RELIGIOUS SERVICES
FRIDAY
Shabbat Services
3:30 pm
SUNDAY
Catholic Mass in English
10:30 am
Catholic Mass in Spanish
12:30 pm
Protestant Services
1:30 pm
All religious services are shown on the Big Screen in the Theatre and En Suite on Channel 95
Check your Week at a Glance for additional holiday religious services including upcoming Jewish New Year Services

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Check your Week at a Glance for Sports Schedule and join us in the Theatre for virtual games on the Big Screen. Wii Sports include golf, tennis, bowling. Fun & Healthy!

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July 4th
Advice to Class of 2020
Fathers Day
July 4th
Gorgeous Grandma Day
Bell Orchestra
Dance Class
Handcrafting

Check out all the Special Event Photos at our web site www.palacecoralgableslife.com

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