

# The Gables Gazette

Luxury Carefree Living for Active Seniors

Pamela Parker, Social Director

SEPTEMBER, 2016

#### 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. Love Helen Shaham, Owner, The Palace Group

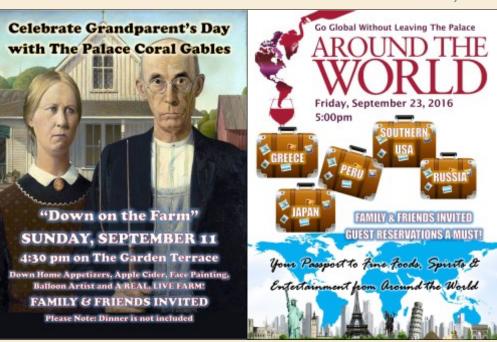
#### **Month at a Glance**

Please RSVP with Reservations Desk for all activities marked in RED

01 "It Takes Two" Performs

- 03 Latin Nite con Danny y Paola
- 05 Resident's Labor Day BBQ
- 05 1st Run Film "Me Before You"
- **06 Activities Council Meets**
- **07 Excursion to Mizner Park**
- 08 Susan Ashley Performs
- 10 Film Critic Dan Hudak Speaks
- 11 "Down on the Farm" Event
- 12 1st Run Film "Money Monster"
- 13 Food Council Meets
- 13 Current Events Discussion
- 14 Senior Center Health Fair
- 14 Dentist Sponsored Tea Party
- 15 Big Band Dance Night
- 17 A Little Night Classical Music
- 18 Community Flea Market
- 19 1st Run Film "Love & Friendship"
- 21 Excursion to Marlins Park
- 22 Outburst Game Night
- 23 Spirits Around the World Event
- 24 Film Critic Dan Hudak Speaks
- 25 Catholic Mass with Fr. O'Grady
- 25 High Stakes Bingo Night
- 26 1st Run Film "All the Way"
- 27 Dessert Ice Cream Bar
- 28 Excursion to Aventura Mall
- 29 Nite at the Met on Big Screen

If you have any suggestions, please contact me at (786) 441-8885 or email pam@thepalace.org



# DON'T BE LEFT OUT OF THE FUN! RSVP TODAY FOR SEPTEMBER EVENTS

Remember to check your in-house mailbox, located across the Lobby from your US Postal Service mailbox, daily for important fliers and announcements.

For your convenience, our RESERVATIONS DESK is open daily from 5:00-6:00pm at the Concierge Desk. Please make your monthly class, excursion and special events reservations here at those times.

The Digital Screens, located on every floor, are an up-to-the-minute listing of menus, activities and events.

When in doubt, ask any of our Staff Members!

Activities Abound at The Palace Coral Gables!

### RED = EDUCATIONAL ACTIVITY BLUE = PHYSICAL ACTIVITY

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

### MON

# SMPARABAR

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10:30 Barrerobics Gold 10:30 NEW OSHER NEXT WEEK! 2:00 Painting with Jim 1:30 Aquacise with Julian 2:00 Blackjack Casino with Adrian 2:00 LifeStories with Dorte

3:00 Move your Boombsey 3:30 Shabbat Services w/Rabbi 4:30 Happy Hour with Gabriela 4:30 Happy Hour with Michael B.

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8:00 Showtime at The Palace 7:45 Resident's Request Movie Starring dynamic duo "It Takes Two" 8:00 Cruise Ship Bingo with Adrian

10:30 Zumba Gold 2:00 Saturday Movie Encore 2:00 Blackjack Casino with Adrian 2:00 Theater Class with Lorenzo 3:30 Learn Spanish with Adrian 4:30 Happy Hour w/Lori 8:00 Latin Nite con Danny y Paola

10:30 Barrerobics Gold

1:45 Sunday Movie Matinee 2:00 Blackjack Casino with Pam 4:30 Happy Hour w/Pamir 7:45 Movie Encore 8:00 Cruise Ship Bingo Night

4 RESIDENT'S LABOR DAY BBQ 5 10:30 Gentle Chair Yoga 2:00 Learn to Knit with BJ 2:00 Bridge Lessons with Silvia 3:00 Multi-Media Art w/Judith 4:30 Happy Hour with Lani 7:00 EARLY 1st Run Movie Night

"Me Before You" Drama

10:30 Silver Sneakers 2:00 Aqua Zumba 2:00 Club Latino with Adrian 2:00 Torah Study with Rabbi Stolik 3:00 Activities Council Meets 4:30 Happy Hour with Danny 8:00 Speakers Guild

10:30 Tai Chi 11:00 Mizner Park RSVP 2:00 Aquacise Class 2:30 Mah Jongg Lessons 4:30 Happy Hour with Gerry 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo

10:30 Barrerobics Gold 2:00 Painting with Jim 2:00 Blackjack Casino with Adrian 3:00 Move your Boombsey 4:30 Happy Hour with Ruby 8:00 Showtime at The Palace Starring exciting singer Susan Ashley 10:30 Osher University Learning 1:30 Aquacise with Julian 2:00 LifeStories with Dorte 3:30 Shabbat Services w/Rabbi 4:30 Happy Hour with Grace 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo with Adrian

10 10:30 Zumba Gold 2:00 Saturday Movie Encore 2:00 Blackjack Casino with Adrian 2:00 Theater Class with Lorenzo 3:30 Learn Spanish with Adrian 4:30 Happy Hour w/Rich 8:00 Film Critic Dan Hudak Speaks

FAMILY & FRIENDS EVENT 11 COMPUTERS WITH MAX TODAY

10:30 Barrerobics Gold 2:00 Sunday Movie Matinee 2:00 Reiki Circle w/Donna RSVP 4:30 Grandparents Day PartyRSVP

"Down on the Farm" 8:00 Cruise Ship Bingo Night 10:30 Gentle Chair Yoga 2:00 Learn to Knit with BJ 2:00 Bridge Lessons w/ Silvia

3:00 Multi-Media Art w/Judith 4:30 Elegant Happy Hour 8:00 1st Run Movie Night

10:30 Gentle Chair Yoga

2:00 Learn to Knit with BJ

2:00 Bridge Lessons w/ Silvia

4:30 Happy Hour with Lani

8:00 1st Run Movie Night

3:00 Multi-Media Art w/Judith

"Love & Friendship" Comedy

"Money Monster" Drama

3:00 Food Council Meets 4:30 Happy Hour with Baserva 8:00 Current Events Discussion

2:00 Yiddish Mit Chany

2:00 Club Latino with Adrian

10:30 Silver Sneakers

2:00 Aqua Zumba

10:30 Tai Chi 11:00 Senior Center Health Fair 2:00 Aquacise Class 2:30 Mah Jongg Lessons 3:00 Dentist Sponsored Tea Party 4:30 Happy Hour with Ralph

8:00 Cruise Ship Bingo

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28

2:00 Painting with Jim 2:00 Blackjack Casino with Adrian 3:00 Move your Boombsey 4:30 Elegant Happy Hour 7:30 Big Band Dance Night with "Rhythm & Emotion"

10:30 Barrerobics Gold

10:30 Osher University Learning 1:30 Aquacise with Julian 2:00 LifeStories with Dorte 3:30 Shabbat Services w/Rabbi 4:30 Happy Hour with Michael B. 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo with Adrian

22 FAMILY & FRIENDS EVENT 23

**10:30 Osher University Learning** 

17 10:30 Zumba Gold 2:00 Saturday Movie Encore 2:00 Theater Class with Lorenzo 3:30 Learn Spanish with Adrian 4:30 Happy Hour w/Lori

COMMUNITY FLEA MARKET 18

10:30 Barrerobics Gold 11:00-4:00 Community Flea Market Your junk is someone else's treasure...BUY & SELL

2:00 Jewelry Design w/Donna RSV 4:30 Happy Hour with Katherine 8:00 Cruise Ship Bingo Night+

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19 10:30 Silver Sneakers

> 2:00 Agua Zumba 2:00 Club Latino with Adrian 2:00 Torah Study with Rabbi Stolik

3:00 Resident's Council Meets 4:30 Elegant Happy Hour 8:00 Speakers Guild

10:30 Tai Chi 2:00 Aquacise Class

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2:30 Mah Jongg Lessons 4:30 Happy Hour with Ileana 5:30 Marlins Park RSVP 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo

10:30 Barrerobics Gold 2:00 Painting with Jim 2:00 Blackjack Casino with Adrian 3:00 Move your Boombsey 4:30 Happy Hour with Ruby 8:00 Outburst Game Night

Join Pam & Adrian for this fun game

5:00 Spirits 'Round the WorldRSVP Invite Family & Friends for a Global Tour of Food, Drink & Entertainment

**10:30 Osher University Learning** 

3:30 Shabbat Services w/Rabbi

7:45 Resident's Request Movie

1:30 Aquacise with Julian

2:00 LifeStories with Dorte

4:30 Happy Hour w/Grace

2:00 Blackjack Casino with Adrian 8:00 A Little Night Classical Music

10:30 Zumba Gold

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CATHOLIC MASS TODAY

10:30 Barrerobics Gold 1:45 Sunday Movie Matinee 2:00 Blackjack Casino with Pam 2:00 Reiki Circle w/Donna RSVP 4:30 Happy Hour w/Sasha 7:45 Movie Encore

7:30 High Stakes Bingo Night

10:30 Gentle Chair Yoga 2:00 Learn to Knit with BJ 2:00 Bridge Lessons w/ Silvia 3:00 Multi-Media Art w/Judith 4:30 Elegant Happy Hour 8:00 1st Run Movie Night

"All the Way" Drama

26 10:30 Silver Sneakers 2:00 Aqua Zumba 2:00 Club Latino with Adrian 2:00 Yiddish Mit Chany 3:00 Yappy Hour for Palace Pups

4:30 Happy Hour with Steve

8:00 Current Events Discussion

10:30 Tai Chi 11:00 Aventura Mall RSVP 2:00 Aquacise Class 2:30 Mah Jongg Lessons 4:30 Happy Hour with Peter 7:45 Resident's Request Movie

8:00 Cruise Ship Bingo

29 10:30 Barrerobics Gold 2:00 Painting with Jim 2:00 Blackjack Casino with Adrian 3:00 Move your Boombsey 4:30 Happy Hour with Gabriela 8:00 Night at the Met on Big Screen Puccini's "La Boheme"

1:30 Aquacise with Julian 11:30 Book Club with Lisa 2:00 LifeStories with Dorte 2:00 Saturday Movie Encore 3:30 Shabbat Services w/Rabbi 2:00 Theater Class with Lorenzo 3:30 Learn Spanish with Adrian 4:30 Happy Hour w/Rich 8:00 Film Critic Dan Hudak Speaks **30** 

8:00 Cruise Ship Bingo with Adrian

REMEMBER TO RSVP EARLY FOR EVENTS, CLASSES & ACTIVITIES RESERVATIONS DESK OPEN DAILY FROM 5:00 - 6:00 pm

### **SUMMER OLYMPICS AT THE PALACE WAS A HUGE HIT!**



### **DINING ENJOYMENT**

Continental Breakfast 7:30-10:30 am
Lunch 12:30-2:00 pm
Daily Happy Hour 4:30-6:00 pm
Dinner Served 4:30-7:30 pm

#### **HEALTH & WELLNESS**

MONDAY: YOGA (10:30) BALANCE (2:00)

**TUESDAY: SILVER SNEAKERS (10:30)** 

TUESDAY: AQUA ZUMBA (2:00)

WEDNESDAY: TAI CHI (10:30) AQUACISE (2:00)

THURSDAY: BARREROBICS (10:30) MOVE YOUR BOOMBSEY (3:00)

FRIDAY: MAKE-UP SPA (2:00)

SATURDAY: ZUMBA (10:30)

SUNDAY: BARREROBICS (10:30) REIKI CIRCLE (2:00)