



The Gables Gazette

Luxury Carefree Living for Active Seniors

Entertainment... The Spice of Life!

April, 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 APRIL

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

APRIL 3
ACTOR'S PLAYHOUSE
"Caroline or Change" Musical

APRIL 10
HARD ROCK CASINO
Visit the popular Guitar Hotel!

APRIL 17
MARGARITAVILLE
Lunch & Relax on the Ocean Boardwalk

APRIL 24
BRICKELL CITY CENTRE MALL
Shopping & Lunch at Brickell

JOIN US FOR A
PASSOVER SEDER

Monday, April 22nd, 5:30 PM

Immerse yourself in the beauty and meaning of Passover at The Palace. Join us for a captivating Seder celebration filled with warmth, tradition, and delicious cuisine.

LIMITED SEATING
RESERVATIONS ARE REQUIRED
WITH THE 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

Entertainment Director

Rene Rojas
786-441-8883

Rrojas@thepalaceus.com

Entertainment Assistant

Raquel Trinidad
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
	Ceramics Today! 1 11:00 Ceramics w/ Terri RSVP 10:30 Zumba Gold w/ Ileana 2:00 Chair Yoga with Vickie 2:00 Knitter's Circle with BJ 3:00 Mindful Meditation Hour 4:30 Happy Hour w/ Gabriel 7:00 First Run Movie Nite	2 10:30 Computers with Joan 10:30 InstruMix with Nicole 11:00 AI Lunch & Learn 1:30 Aquacise with Lidia 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Lissandra 7:00 Cards & Games w/Friends	3 10:30 TaiChi Class Exercise 11:00 Life Stories with Irina 1:00 Music Therapy w/ Sammy 1:15 Musical Excursion 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Rene 4:30 Happy Hour with Andres 7:00 Cards & Games w/Friends	4 10:30 Aquasize with Lidia 10:30 AM Strech with Amparo 11:00 Improv with Chris 1:30 Mixed Media Art w/Judith 2:00 Rummikub with Rene 3:00 Chorus with Dr. Greco 4:30 Happy Hour with Alex 7:00 Piano Ballad w/ Edgar P.	5 10:30 Chair Pilates with Aniko 1:00 Ballet Bar Class w/ Yami 2:00 Walking Club take the Mile 3:30 Shabbat Service w/Rabbi 4:30 Happy Hour with Lani 7:00 Residents Request Movie 7:15 Nite Owl Bingo W/ Raquel	6 10:30 Instrumix with Nicole 11:00 Painting with Aniko 1:00 Rummikub with Rene 2:00 Instrument Making w/ U of M 2:00 Virtual Reality RSVP 2:00 Rerun Movie Matinee 4:30 Happy Hour with Sasha 7:00 Resident Request Movie
Book Club Today 7 10:30 Book Club Luncheon 10:30 Advanced Exercise w/Hal 11:00 Catholic Mass in Theatre 1:00 Technology Workshop 2:00 Sunday Movie Matinee 3:00 Bingo Matinee w/Raquel 4:30 Happy Hour with Jackson 7:00 Residents Request Movie	8 10:30 Zumba Gold w/ Ileana 2:00 Chair Yoga with Vickie 2:00 Knitters Circle with BJ 2:00 Blackjack with Lauren 3:00 Mindful Meditation Hour 4:30 Happy Hour w/ Danny-O 7:00 First Run Movie Nite	9 10:30 Computers with Joan 10:30 InstruMix with Nicole 12:00 Mahjong Tournament 1:30 Aquacise with Lidia 2:00 Walking Club takes the Mile! 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Francisco 7:00 Resident Request Movie	10 10:15 Hard Rock Bus Loads 10:30 TaiChi Class Exercise 11:00 Life Stories with Irina 1:00 Music Therapy w/ Sammy 2:00 Chair Yoga with Vickie 3:00 Residents Food Council 3:00 Bingo Matinee w/ Rene 4:30 Happy Hour with Grace 7:00 Opera on the Big Screen	11 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 Karaoke Night w/ Danny-O	12 10:30 Chair Pilates with Aniko 11:00 New Osher Series Begins 11:00 Crochet with U of M 2:00 Bridge Class with Irina 2:00 Comedy Movie Matinee 3:30 Shabbat Services 4:30 Happy Hour with Ruby 7:00 Resident Request Movie 7:15 Nite Owl Bingo w/ Rene	13 10:30 InstruMix with Nicole 11:00 Painting with Aniko 1:00 Rummikub with Rene 2:00 Comedy Movie Matinee 2:00 Virtual Reality RSVP 4:30 Happy Hour with Sandro 7:00 Resident Request Movie
Spring Rummage Sale 14 10-3:30 Spring Cleaning Sale! 10:30 Advanced Exercise w/Hal 11:00 Catholic Mass in Theatre 1:00 Technology Workshop 3:00 Bingo Matinee w/Raquel 4:30 Happy Hour with Jackson 7:00 Residents Request Movie	Ceramics Class 15 10:30 Zumba Gold w/ Ileana 2:00 Chair Yoga with Vickie 2:00 Knitter's Circle with BJ 2:30 Blackjack with Lauren 3:00 Mindful Meditation Hour 4:30 Happy Hour with Oman 7:00 First Run Movie Nite	16 10:30 Computers with Joan 10:30 InstruMix with Nicole 1:30 Aquacise with Lidia 2:00 Walking Club takes the Mile! 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Lissandra 7:00 Resident Request Movie	Margaritaville 17 10:30 TaiChi Class Exercise 11:00 Life Stories with Irina 11:00 Bus Departs for Excursion 1:00 Music Therapy w/ 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	18 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 Plaza Personalities	19 10:30 Chair Pilates w/ Guayana 11:00 Osher Series Continues 1:00 Bridge Bar Class w/ Yami 2:00 Bridge Class with Irina 2:00 Comedy Movie Matinee 3:30 Shabbat Services w/Rabbi 4:30 Happy Hour with Lani 7:00 Resident Request Movie 7:15 Nite Owl Bingo with Rene	Jewelry Design 11a & 2p 20 10:30 InstruMix with Nicole 11:00 Painting with Lynn 11:00 Jewelry Design RSVP 1:00 Rummikub with Rene 2:00 Virtual Reality RSVP 2:00 Jewelry Design RSVP 4:30 Happy Hour with Javier 7:00 Resident Request Movie
Piano Recital 21 10:30 Advanced Exercise w/Hal 11:00 Catholic Mass in Theatre 1:00 Technology Workshop 2:00 U of M Piano Recital 3:00 Bingo Matinee w/Lauren 4:30 Happy Hour with Jackson 7:00 Residents Request Movie	Passover F&F 22 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 5:30 Passover Seder F&F 7:00 Cards & Games w/Friends	Floral Design Today 23 10:30 Computers with Joan 10:30 InstruMix with Nicole 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/Francisco 7:00 Resident Request Movie	Brickell City Centre Mall 24 10:30 TaiChi Class Exercise 10:30 Bus Loads for Excursion 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	25 10:30 Aquasize with Lidia 10:30 AM Strech with Amparo 11:00 Improv with Chris 1:30 Mixed Media Art w/Judith 2:00 Blackjack with Lauren 3:00 Chorus with Dr. Greco 4:30 Happy Hour with Alex 7:00 Big Band Dance Night	26 10:30 Chair Pilates w/ Guayana 11:00 Osher Series Continues 11:00 Crochet with U of M 2:00 Bridge Class with Irina 2:00 Movie Matinee in Theatre 3:30 Shabbat Services w/Rabbi 4:30 Happy Hour with Ruby 7:00 Resident Request Movie	Ladies who Lunch 27 10:30 InstruMix with Nicole 11:00 Painting with Lynn 1:00 Rummikub with Rene 2:00 Ladies who Lunch RSVP 2:00 Comedy Movie Matinee 2:00 Virtual Reality RSVP 4:30 Happy Hour with Lissandra 7:00 Blockbuster Movie Night
28 10:30 Advanced Exercise w/Hal 11:00 Catholic Mass in Theatre 1:00 Technology Workshop 2:00 Comedy Movie Matinee 3:00 Bingo Matinee w/Lauren 4:30 Happy Hour with Jackson 7:00 Residents Request Movie	Ceramics Class 29 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 Oman 7:00 First Run Movie Nite	30 10:30 Computers with Joan 10:30 InstruMix with Nicole 1:30 Aquasize with Lidia 2:00 Walking Club takes the Mile! 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Lissandra 7:00 Resident Request Movie	<h1>APRIL</h1>			

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

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

HAVE A WONDERFUL APRIL—HERES A RECAP OF THE YEAR SO FAR!



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