



# The Gables Gazette

*Luxury Carefree Living for Active Seniors*

*Entertainment... The Spice of Life!*

**July 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](mailto:Helen@ThePalace.org).  
Please leave your name  
and apartment number.

~ Love, Helen Shaham  
Owner, The Palace Group

JOIN US FOR A

**FAMILY & FRIENDS**

**FOURTH  
OF JULY**

**CELEBRATION!**

**FRIDAY, JULY 4TH**  
**AT 4:30PM**  
**IN OUR RESTAURANT**

ENJOY LIVE MUSIC & BBQ FOOD!

TRAVEL WITH  THE PALACE

**RSVP**  
with  
Entertainment Office  
for all excursions

*Excursions*

**WEDNESDAYS IN JULY**

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

**JULY 2ND**  
**LOWE ART MUSEUM**

**JULY 9TH**  
**BRICKELL CITY CENTER**

**JULY 16TH**  
**CHOCOLATE FACTORY**

**JULY 23RD**  
**ACTOR'S PLAYHOSUE**

**JULY 30TH**  
**PEREZ ART MUSEUM**

## 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

**Isabella Prida**

**786-441-8885**

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**Raquel Trinidad**

**786-441-8884**

**[RaquelT@thepalaceus.com](mailto:RaquelT@thepalaceus.com)**

**Esti Garcia**

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**[Estibaly@thepalaceus.com](mailto:Estibaly@thepalaceus.com)**

## Activities Abound




*at The Palace Coral Gables*



**ORANGE = EDUCATIONAL ACTIVITY    BLUE = PHYSICAL ACTIVITY    \*\* = NEW ACTIVITY**

***Calendar is subject to change...Check Daily Digital Displays for Updates***

SUN	MON	TUE	WED	THUR	FRI	SAT
		<b>1</b> 10:30 Instrumix Exercise 1:00 Activities Council 1:30 Water Aerobics w/ Lidia 2:00 Indoor Volleyball 3:00 iPhone Class 4:30 Happy Hour w/ Nicole G.	<b>2</b> <b>LOWE ART MUSEUM</b> 10:15 Excursion Bus Loads 10:30 Tai Chi Class 11:00 Painting w/ Lynn 2:00 Chair Yoga w/ Vickie 3:00 Bingo w/ Isabella 4:30 Happy Hour w/ Colin	<b>3</b> 10:30 Water Aerobics w/ Lidia 10:30 AM Stretch w/ Amparo 11:00 Improv Class w/ Chris 1:00 Mixed Media Art w Judith 3:00 Tell Your Story Group 4:30 Happy Hour w/ Dragan	<b>4</b> HAPPY INDEPENDENCE DAY! 4:30 FRIENDS AND FAMILY BBQ DINNER	<b>5</b> 10:30 Instrumix Exercise 11:30 Salsa Class w/ Jessica 2:00 Comedy Movie Matinee 3:00 Bracelets w/ Esti 4:30 Happy Hour w/ Edgar 7:15 Musical Movie Night
	<b>6</b> 10:30 Advanced Exercise w/ Hal 10:30 Book Club Lunch 11:00 Catholic Mass w/ Father Angulo 1:00 Acrylic Painting w/ Esti 3:00 Bingo w/ Esti 4:30 Happy Hour w/ David	<b>7</b> 10:30 Zumba Gold w/ Ileana 11:00 Air Dry Clay Sculpting 2:00 Knitting for Babies 2:00 Chair Yoga w/ Vickie 3:00 Meditation w/ Vickie 4:30 Happy Hour w/ Oman 7:15 Comedy Movie Night	<b>8</b> 10:30 Instrumix Exercise 1:30 Water Aerobics w/ Lidia 2:00 Indoor Volleyball 3:00 iPhone Class 4:30 Happy Hour w/ Lisandra 7:15 Lecture from Retired Colonel Octavio Perez	<b>9</b> <b>BRICKELL CITY CNTR</b> 10:15 Excursion Bus Loads 10:30 Tai Chi Class 11:00 Painting w/ Lynn 2:00 Chair Yoga w/ Vickie 3:00 Bingo w/ Isabella 4:30 Happy Hour w/ Taylor 7:15 Documentary Movie Night	<b>10</b> 10:30 Water Aerobics w/ Lidia 10:30 AM Stretch w/ Amparo 11:00 Improv Class w/ Chris 1:00 Mixed Media Art w Judith 3:00 Tell Your Story Group 4:30 Happy Hour w/ Dragan 7:15 Special Guest Tywon B.	<b>11</b> 10:30 Chair Pilates w/Aniko 11:00 Osher Lecture Series 2:00 Zumba w/ Julissa 2:00 Bingo w/ Raquel 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ Lani 7:15 First Run Movie Night
	<b>13</b> 10:30 Advanced Exercise w/ Hal 11:00 Catholic Mass w/ Father Angulo 3:00 Bingo w/ Esti 4:30 Happy Hour w/ David 7:15 Resident Request Movie	<b>14</b> 10:00 Advanced Ceramics 10:30 Zumba Gold w/ Ileana 11:00 Beginner Ceramics 2:00 Knitting for Babies 2:00 Chair Yoga w/ Vickie 3:00 Meditation w/ Vickie 3:30 Food Council	<b>15</b> 10:30 Instrumix Exercise 1:30 Water Aerobics w/ Lidia 2:00 Indoor Volleyball 3:00 iPhone Class 4:30 Happy Hour w/ John W. 7:15 Lecture on Russian Literature	<b>16</b> <b>CHOCOLATE FACTORY</b> 10:15 Excursion Bus Loads 10:30 Tai Chi Class 11:00 Painting w/ Lynn 2:00 Chair Yoga w/ Vickie 3:00 Bingo w/ Isabella 4:30 Happy Hour w/ Colin 7:15 Documentary Movie Night	<b>17</b> 10:30 Water Aerobics w/ Lidia 10:30 AM Stretch w/ Amparo 11:00 Improv Class w/ Chris 1:00 Mixed Media Art w Judith 3:00 Tell Your Story Group 4:30 Happy Hour w /Dragan 7:15 Trivia Night	<b>18</b> 10:30 Chair Pilates w/Aniko 11:00 Osher Lecture Series 2:00 Zumba w/ Julissa 2:00 Bingo w/ Raquel 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ 7:15 First Run Movie Night
	<b>20</b> 10:30 Advanced Exercise w/ Hal 11:00 Catholic Mass w/ Father Angulo 1:00 Acrylic Painting w/ Esti 3:00 Bingo w/ Esti 4:30 Happy Hour w/ David 7:15 Resident Request Movie	<b>21</b> 10:30 Zumba Gold w/ Ileana 11:00 Air Dry Clay Sculpting 2:00 Knitting for Babies 2:00 Chair Yoga w/ Vickie 3:00 Meditation w/ Vickie 4:30 Happy Hour w/ Oman 7:15 Comedy Movie Night	<b>22</b> 10:30 Instrumix Exercise 1:30 Water Aerobics w/ Lidia 2:00 Indoor Volleyball 3:00 iPhone Class 4:30 Happy Hour w/ Lisandra 7:15 Resident Request Movie	<b>23</b> <b>ACTOR'S PLAYHOUSE</b> 10:30 Tai Chi Class 11:00 Painting w/ Lynn 2:00 Chair Yoga w/ Vickie 1:00 Excursion Bus Loads 3:00 Bingo w/ Isabella 4:30 Happy Hour w/ Taylor 7:15 Documentary Movie Night	<b>24</b> 10:30 Water Aerobics w/ Lidia 10:30 AM Stretch w/ Amparo 11:00 Improv Class w/ Chris 1:00 Mixed Media Art w Judith 3:00 Tell Your Story Group 4:30 Happy Hour w /Dragan 7:15 Special Guest Isabell S.	<b>25</b> 10:30 Chair Pilates w/Aniko 11:00 Osher Lecture Series 2:00 Zumba w/ Julissa 2:00 Bingo w/ Raquel 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ Lani 7:15 First Run Movie Night
	<b>27</b> 10:30 Advanced Exercise w/ Hal 11:00 Catholic Mass w/ Father Angulo 2:00 "Roll In Style" Crafting 3:00 Bingo w/ Esti 4:30 Happy Hour w/ David 7:15 Special Guest Terry Cooper	<b>28</b> 10:00 Advanced Ceramics 10:30 Zumba Gold w/ Ileana 2:00 Knitting for Babies 2:00 Chair Yoga w/ Vickie 3:00 Meditation w/ Vickie 3:30 Residents Council 4:30 Happy Hour w/ Oman	<b>29</b> 10:30 Instrumix Exercise 1:30 Water Aerobics w/ Lidia 2:00 Indoor Volleyball 3:00 iPhone Class 4:30 Happy Hour w/ Nicole G. 7:15 Lecture on Film History	<b>30</b> <b>PEREZ ART MUSEUM</b> 10:15 Excursion Bus Loads 10:30 Tai Chi Class 11:00 Painting w/ Lynn 2:00 Chair Yoga w/ Vickie 3:00 Bingo w/ Isabella 4:30 Happy Hour w/ Colin 7:15 Documentary Movie Night	<b>31</b> 10:30 Water Aerobics w/ Lidia 10:30 AM Stretch w/ Amparo 11:00 Improv Class w/ Chris 1:00 Mixed Media Art w Judith 3:00 Tell Your Story Group 4:30 Happy Hour w /Dragan 7:15 Resident Request Movie	

**ROSARY PRAYER GROUP TUESDAY: 10:00 am    COMMUNION GROUP THURSDAY: 10:00 am    SHABBAT FRIDAY: 3:30 pm    CATHOLIC MASS SUNDAY: 11:00 am**



**HIGHLIGHTS FROM OUR FATHER'S DAY CASINO CELEBRATION!**



**Check out all Event Photos**

**[www.palacecoralgableslife.com](http://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**