



The Gables Gazette

Luxury Carefree Living for Active Seniors

Entertainment... The Spice of Life!

MAY 2026

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

MOTHER'S DAY BRUNCH

MOM'S BEACH CLUB

SATURDAY, MAY 9 • 11AM

Join us for a toast to mom over live music and a seaside inspired brunch

KINDLY RSVP WITH CONCIERGE AT 786-441-8787

OLLI UNIVERSITY OF MIAMI

"Lunch and Learn Series"

Strings Across the Sea:

The Early Guitar in Latin America

Explore the early guitar traditions of Latin America

- Explore the early guitar traditions of Latin America
- From vihuela songs to lively Baroque dances
- European, Indigenous, and African influences
- Live performance, storytelling & guided listening!

Series Begins Friday, May 22nd at 11:00 AM - Reservations Required

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

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Activities Abound



at The Palace Coral Gables

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

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>31</p> <p>11:00 Catholic Mass 11:30 Book Club 2:00 Movie Matinee 3:00 Bingo with Activities 4:30 Happy Hour with David 7:15 Resident Request Movie</p>	<h1>MAY</h1>				<p>1</p> <p>10:30 Chair Pilates w/Aniko 2:00 Bingo w/ Activities 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ William 7:15 First Run Movie Night</p>	<p>2</p> <p>10:30 Instrumix Exercise 11:00 Jewelry Design 2:00 Water Aerobics 4:30 Happy Hour w/ Edgar 7:15 Musical Movie Night</p>
<p>3</p> <p>11:00 Catholic Mass 1:00 Bereavement Group 3:00 Bingo with Activities 4:30 Happy Hour with David 7:15 Resident Request Movie</p>	<p>4</p> <p>10:30 Zumba Gold w/ Diony 11:00 Spanish Class 2:00 Chair Yoga with Vickie 2:00 Knitting with Bj 2:30 Mahjong with Wendy 4:30 Happy Hour w/ Oman 7:15 Name That Tune w/ Rozz</p>	<p>5</p> <p>10:30 Tai chi Class 3:00 Activities Council 4:00 Cinco de Mayo Resident Happy Hour featuring Mariachis and tunes by Lissandra 7:15 Documentary Movie Night</p>	<p>6</p> <p>VIZCAYA MUSEUM 10:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Maria 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Humberto</p>	<p>7</p> <p>10:30 Tai chi Class 11:00 Improvisation Class 1:30 Mixed Media Art w Judith 4:30 Happy Hour w /Dragan 7:15 Special Musical Guest, Mia Vassilev</p>	<p>8</p> <p>10:30 Chair Pilates w/Aniko 2:00 Bingo w/ Activities 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ Lani 7:15 First Run Movie Night</p>	<p>9</p> <p><i>Friends & Family Mother's Day Brunch "Mom's Beach Club"</i></p> <p><i>RSVP with Concierge</i></p>
<p>10</p> <p>11:00 Catholic Mass 2:00 Painting with Lynn 3:00 Bingo with Activities 4:30 Happy Hour with David 7:15 Resident Request Movie</p>	<p>11</p> <p>10:30 Zumba Gold w/ Diony 11:00 Spanish Class 2:00 Chair Yoga with Maria 2:30 Resident Food Council 4:30 Happy Hour w/ Oman 7:15 Comedy Movie Night</p>	<p>12</p> <p>10:30 Tai chi Class 2:00 Lecture by James Todd 4:30 Happy Hour w/ Grace 7:15 Documentary Movie Night</p>	<p>13</p> <p>RIVER LANDING SHOPS 10:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Humberto</p>	<p>14</p> <p>10:30 Tai chi Class 11:00 Improvisation Class 1:30 Mixed Media Art w Judith 4:30 Happy Hour w / Rayko 7:15 Special Musical Guest, Jonathan from UM</p>	<p>15</p> <p>10:30 Chair Pilates w/Aniko 2:00 Bingo w/ Activities 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ William 7:15 First Run Movie Night</p>	<p>16</p> <p>10:30 Instrumix Exercise 11:00 Cooking Class w/ Maggie 3:00 iPhone Class 4:30 Happy Hour w/ Edgar 7:15 Musical Movie Night</p>
<p>17</p> <p>11:00 Catholic Mass 2:00 Gardening Class with Erika 3:00 Bingo with Activities 4:30 Happy Hour with David 7:15 Resident Request Movie</p>	<p>18</p> <p>10:30 Zumba Gold w/ Diony 11:00 Spanish Class 2:00 Chair Yoga with Vickie 2:00 Knitting with Bj 4:30 Happy Hour w/ Oman 7:15 Name That Tune w/ Rozz</p>	<p>19</p> <p>10:30 Tai chi Class 2:00 Jewelry making with Activities 4:30 Happy Hour w/ Lissandra 7:15 Lecture by Michael Gold</p>	<p>20</p> <p>ACTORS PLAYHOUSE 10:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 3:00 Bingo w/ Activities 4:30 Cuban Independence Day Resident Happy Hour</p>	<p>21</p> <p>10:30 Tai chi Class 11:00 Improvisation Class 1:30 Mixed Media Art w Judith 3:00 Songbirds w/ Dr. Greco 4:30 Happy Hour w / Dragan 7:15 Special Musical Guest, Paul Anthony</p>	<p>22</p> <p>10:30 Chair Pilates w/Aniko 11:00 Osher Lecture Series W1 2:00 Bingo w/ Activities 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ Lani 7:15 First Run Movie Night</p>	<p>23</p> <p>10:30 Instrumix Exercise 11:00 Jewelry Design 2:00 Water Aerobics 4:30 Happy Hour w/ Edgar 7:15 Musical Movie Night</p>
<p>24</p> <p>11:00 Catholic Mass 11:30 Book Club & Lunch 2:00 Painting with Lynn 3:00 Bingo with Activities 4:30 Happy Hour with David 7:15 Resident Request Movie</p>	<p>25</p> <p>10:30 Zumba Gold w/ Diony 11:00 Spanish Class 2:00 Chair Yoga with Vickie 2:00 Knitting with Bj 3:00 Resident Council 4:30 Memorial Day Resident Happy Hour</p>	<p>26</p> <p>10:30 Tai chi Class 2:00 Pedal Around the World 4:30 Happy Hour w/ Grace 7:15 Dr. Hal Silberman's Lecture</p>	<p>27</p> <p>FROST SCIENCE MUSEUM 11:30 Instrumix Class 12:15 Excursion Bus Loads 2:00 Chair Yoga w/ Vickie 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Humberto</p>	<p>28</p> <p>10:30 Tai chi Class 11:00 Improvisation Class 1:30 Mixed Media Art w Judith 3:00 Songbirds w/ Dr. Greco 4:30 Happy Hour w /Rayko 7:15 Special Musical Guest, Adam Chevitz</p>	<p>29</p> <p>10:30 Chair Pilates w/Aniko 11:00 Osher Lecture Series W2 2:00 Bingo w/ Activities 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ William 7:15 First Run Movie Night</p>	<p>30</p> <p>10:30 Instrumix Exercise 3:00 iPhone Class 4:30 Happy Hour w/ Edgar 7:15 Musical Movie Night</p>

HIGHLIGHTS FROM OUR ENCHANTED EASTER 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