



# The Gables Gazette

*Luxury Carefree Living for Active Seniors*

Pamela Parker, Social Director

FEBRUARY 2017

## *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**  
Pre-Purchased Activities in **GREEN**

- 01 Excursion Bal Harbour Shoppes
- 02 "Botanic Garden" Live Play
- 04 Old-Fashioned Hootnanny Nite
- 05 Family & Friends Super Bowl
- 06 Temple Judea Teens Visit
- 07 Shop Nellie's Closet in Theatre
- 07 1st Run Film "Bridget Jones Baby"
- 08 Lunch & Actor's Playhouse
- 09 Whipple & Morales Piano Duo
- 11 Film Critic Dan Hudak Speaks
- 12 Miami Royal Ballet Performs
- 13 1st Run Film "The Handmaiden"
- 14 Food Council Meets
- 14 Resident's Sweetheart's Dinner
- 15 Excursion to Jewish Museum
- 16 Ashley "Mr. Bojangles" Cooper
- 18 Larry "Piano Man" Brendler
- 20 Norman Gershman's "Besa"
- 21 Resident's Council Meets
- 21 Norman Gershman on "Besa"
- 22 Excursion Joe's Stone Crabs
- 22 Margarita Happy Hour
- 23 Big Band Dance Nite
- 25 Foreign Film Nite "Untouchables"
- 26 Catholic Mass w/Fr. O'Grady
- 26 Afternoon Champagne Tea
- 26 Academy Awards Watch Party
- 27 1st Run Film "Loving"
- 28 Activities Council Meets
- 28 Doggie Birthday Party
- 28 Resident's Mardi Gras Dinner

## *Happy Valentines Day, Friend*



What are friends for?  
To laugh with  
To giggle with  
to share your little corner  
of the world with.  
The joy to visit  
over lunch, over tea,  
to share little secrets  
discuss life's problems.  
The freedom, the closeness  
the bond of friendship.  
Open hearts, open minds  
just kind sharing.  
That's what friends are for!

## NEW THIS MONTH!

## Line Dancing & Special Interest Clubs

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  
5:00-6:00 pm 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.



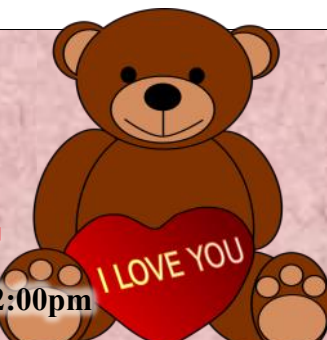
When in doubt, ask any of our Staff Members!

*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*

SunMonTueWedThuFriSat						
Nellies Closet Fashion Trunk Show & Sale TUESDAY, FEBRUARY 7 11:00 am- 3:00 pm in the Theatre Priced-to-Sell Women’s Fashions & Accessories from Top Designers including Alfred Dunner, Chicos, Talbots & MORE!			1 10:30 Tai Chi for Health & Balance 11:00 Bal Harbour Shoppes <b>RSVP</b> 2:00 NEW! Portraitures w/ Judith 2:00 Aquacise Class with Julian 2:30 NEW! Learn to Play Canasta 4:30 Happy Hour with Gerry 8:00 Cruise Ship Bingo or Movie	2 10:30 Barrerobics Gold 2:00 Painting with Jim 2:00 Club Social Latino Con Nara 3:00 Spanish Lessons with Nara 3:00 Move your Boombsey 4:30 Happy Hour with Magrigal 8:00 “Botanic Garden” LIVE!	3 10:30 Osher Returns Next Week 10:30 Gym Work Out 1:30 Aquacise with Julian 2:00 Life Stories with Dorte 3:00 Shabbat Services w/Rabbi S. 4:30 Happy Hour with Michael B. 8:00 Cruise Ship Bingo with Steph	4 10:30 Zumba Gold 2:00 Spanish Lessons with Nara 3:00 NEW! Line Dancing w/Steph 4:30 Happy Hour w/Lori 8:00 Old-Fashioned Hootnanny with The Rambling String Band Enjoy S’Mores for Dessert Old-Fashioned Sing-Along
Family & Friends Tonight 5 10:30 Barrerobics Gold 2:00 Blackjack Casino with Pam 4:30 Happy Hour with Pamir 5:00 Tailgate Dinner in Restaurant 6:30 Kick-Off Superbowl 51 Invite Family & Friends for dinner and Big Game on the Big Screen	6 10:30 Gentle Chair Yoga 2:00 Learn to Knit with BJ 3:00 NEW! Line Dancing w/Katrina 3:00 Multi-Media Art w/Judith 4:30 Happy Hour with Lani 8:00 Temple Judea Teens Visit Enjoy a wonderful evening	7 10:30 Silver Sneakers 11:00-3:00 Shop Nellie’s Closet 2:00 Aqua Zumba 2:00 NEW! Learn to Speak French 2:00 Torah Study/ Trivia Challenge 4:30 Happy Hour with Danny 8:00 First Run Movie Night  “Bridget Jones Baby” Comedy	Actors Playhouse Today 8 10:30 Tai Chi for Health & Balance 11:30 Lunch & Actors Playhouse 2:00 NEW! Portraitures w/ Judith 2:00 Aquacise Class with Julian 2:30 NEW! Learn to Play Canasta 4:30 Happy Hour with Peter 8:00 Cruise Ship Bingo or Movie	9 10:30 Barrerobics Gold 2:00 Painting with Jim 2:00 Club Social Latino Con Nara 3:00 Spanish Lessons with Nara 3:00 Move your Boombsey 4:30 Happy Hour with Ruby 8:00 Whipple & Morales Piano Duo	10 10:30 Osher University Learning 1:30 Aquacise with Julian 2:00 Life Stories with Dorte 3:00 Shabbat Services w/Rabbi S. 4:30 Elegant Happy Hour 7:45 Resident’s Request Movie 8:00 Cruise Ship Bingo with Steph	11 10:30 Zumba Gold 2:00 Spanish Lessons with Nara 2:00 Jewelry Design with Donna 3:00 NEW! Line Dancing w/Steph 4:30 Happy Hour w/Rich 8:00 Film Critic Dan Hudak Speaks
12 10:30 Barrerobics Gold 1:45 Residents Request Movie 2:00 Blackjack Casino with Pam 4:30 Happy Hour with Katherine 7:30 Miami Royal Ballet LIVE “A Special Valentine for You” Don’t miss this live performance	13 10:30 Gentle Chair Yoga 2:00 Learn to Knit with BJ 3:00 NEW! Line Dancing w/Katrina 3:00 Multi-Media Art w/Judith 4:30 Elegant Happy Hour 8:00 New Release Movie Night “The Handmaiden” Drama	Happy Valentine’s Day 14 10:30 Silver Sneakers 2:00 Aqua Zumba 2:00 NEW! Learn to Speak French 2:00 Yiddish / Trivia Challenge 3:00 Food Council Meets 4:30 Happy Hour with Kevin 6:00 Sweethearts Dinner & Dessert	15 10:30 Tai Chi for Health & Balance 11:00 Jewish Museum <b>RSVP</b> 2:00 NEW! Portraitures w/ Judith 2:00 Aquacise Class with Julian 2:30 NEW! Learn to Play Canasta 4:30 Happy Hour with Ralph 8:00 Cruise Ship Bingo or Movie	16 10:30 Barrerobics Gold 2:00 Painting with Jim 2:00 Club Social Latino Con Nara 3:00 Spanish Lessons with Nara 3:00 Move your Boombsey 4:30 Happy Hour with Magrigal 8:00 Ashley “Bojangles” Cooper	17 10:30 Osher University Learning 1:30 Aquacise with Julian 2:00 Life Stories Returns Next Week 3:00 Shabbat Services w/Rabbi S. 4:30 Happy Hour with Michael B. 7:45 Resident’s Request Movie 8:00 Cruise Ship Bingo with Steph	18 10:30 Zumba Gold 2:00 Spanish Lessons with Nara 2:00 Jewelry Design with Donna 3:00 NEW! Line Dancing w/Steph 4:30 Happy Hour w/Lori 8:00 Larry “Piano Man” Brendler
19 10:30 Barrerobics Gold 1:45 Residents Request Movie 2:00 Blackjack Casino with Pam 4:30 Happy Hour with Sasha 7:45 Resident’s Movie Encore 8:00 Cruise Ship Bingo Night	20 10:30 Gentle Chair Yoga 2:00 Learn to Knit with BJ 3:00 NEW! Line Dancing w/Katrina 3:00 Multi-Media Art w/Judith 4:30 Happy Hour with Lani 8:00 Norman Gershman Presents... “Besa, The Promise” “Loving” Drama	21 10:30 Silver Sneakers 2:00 Aqua Zumba 2:00 NEW! Learn to Speak French 2:00 Torah Study/ Trivia Challenge 3:00 Resident’s Council Meets 4:30 Happy Hour with Kenny 8:00 Norman Gershman Speaks	22 10:30 Tai Chi for Health & Balance 11:00 Joe’s Stone Crabs <b>RSVP</b> 2:00 NEW! Portraitures w/ Judith 2:00 Aquacise Class with Julian 2:30 NEW! Learn to Play Canasta 4:30 Margarita Happy Hr. w/Steve 8:00 Cruise Ship Bingo or Movie	23 10:30 Barrerobics Gold 2:00 Painting with Jim 2:00 Club Social Latino Con Nara 3:00 Spanish Lessons with Nara 3:00 Move your Boombsey 4:30 Happy Hour with Kevin 7:30 Big Band Dance Night	24 10:30 Osher University Learning 1:30 Aquacise with Julian 2:00 Life Stories with Dorte 3:00 Shabbat Services w/Rabbi S. 4:30 Elegant Happy Hour 7:45 Resident’s Request Movie 8:00 Cruise Ship Bingo with Steph	25 10:30 Zumba Gold 2:00 Spanish Lessons with Nara 2:00 Jewelry Design with Donna 3:00 NEW! Line Dancing w/Steph 4:30 Happy Hour w/Rich 8:00 Foreign Film Night
Tea Party Today 26 10:30 Barrerobics Gold 11:30 Catholic Mass w/Fr. O’Grady 1:45 Residents Request Movie 2:00 Blackjack Casino with Pam 4:30 Happy Hour with Laurie 7:30 Academy Awards Party Enjoy the Red Carpet & Awards	27 10:30 Gentle Chair Yoga 2:00 Learn to Knit with BJ 3:00 NEW! Line Dancing w/Katrina 3:00 Multi-Media Art w/Judith 4:30 Elegant Happy Hour 8:00 New Release Movie Night” “Loving” Drama	Doggie Birthday Party 28 10:30 Silver Sneakers 2:00 Aqua Zumba 2:00 NEW! Learn to Speak French 2:00 Yiddish / Trivia Challenge 3:00 Activities Council Meets 4:30 Mardi Gras Happy Hour 7:30 Armchair Tour of New Orleans	   BLACKJACK CASINO WEDNESDAY, THURSDAY & SUNDAY AT 2:00pm			

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



## A YEAR OF HAPPY FACES & SMILES AT THE PALACE...



**AT THE PALACE CORAL GABLES, WE LOVE HAPPY FACES & SMILES. IT MEANS SOMEONE'S HAVING FUN! FEBRUARY SMILES WILL BE PLENTIFUL...MAKE PLANS TO JOIN IN ON EVERYTHING THAT MAKES YOU HAPPY!**

### 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 & SATURDAY: LINE DANCING (3:00)

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: AQUACISE (2:00)

SATURDAY: ZUMBA (10:30)

SUNDAY: BARREROBICS (10:30)