



The Gables Gazette

Luxury Carefree Living for Active Seniors

Pamela Parker, Social Director

MAY 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 1st Run Film "Manchester by the Sea"
- 02 Nite at the Opera on Big Screen "Lulu"
- 03 Excursion to Festival Flea Market
- 04 Terry Cooper Performs in Plaza
- 05 Resident's Cinco de Mayo Buffet Dinner
- 05 Travel to Mexico on Big Screen
- 06 Excursion to MISO Concert Tonight
- 06 Nite at the Opera on Big Screen "Norma"
- 08 1st Run Film "A Dog's Purpose"
- 09 Food Council Meeting
- 09 Dominoes Tournament Night
- 10 Excursion to New Palace Gardens
- 10 Play Reading Club w/Norman Gershman
- 11 Diner's Club Monthly Meeting
- 11 Foreign Film Night "The Innocents"
- 13 AMC "Live at the Met" Excursion
- 13 Larry "Piano Man" Brendler Performs
- 14 Family & Friends Mother's Day Dinner
- 15 Resident's Council Meeting
- 15 1st Run Film "Unleashing Mr. Darcy"
- 16 Diner's Club Outing with Gail Manning
- 16 Nite at Opera on Screen "La Rondine"
- 17 Excursion to Gulfstream Racing & Casino
- 18 Resident's Cuban Independence Dinner
- 18 Tropicana Big Band Dance Nite
- 20 Diner's Club Lunch Out w/Gail Manning
- 20 Resident's Theatre Performance
- 22 1st Run Film "50 Shades Darker"
- 23 Activity Council Meeting
- 23 Rummy Q Tournament Nite
- 24 Lunch & Play at Actor's Playhouse
- 24 Play Reading Club w/Norman Gershman
- 25 Family & Friends Sr. Prom Dinner Dance
- 27 LA Musician Ileana Rose Performs
- 29 Resident's Memorial Day BBQ Buffet
- 29 Holiday Film "Saving Private Ryan"
- 30 Nite at the Opera on Big Screen "Elektra"
- 31 Monthly Birthday Cake Tonite

Make your Guest Reservations Early for our May FAMILY & FRIENDS EVENTS

**Family & Friends
MOTHER'S DAY**

Celebrate at The Palace Coral Gables

Join us as we honor
The Queen Who Rules Our Heart

Sunday, May 14th at 4:30 pm

*Enjoy a delightful Champagne Buffet Dinner
with your special queen*

Reservations are now being accepted
786-441-8787

**Diamonds & Rubies
Senior Prom**

Thursday, May 25, 2017
4:30 until 9:00 pm
The Palace Coral Gables

*Family & Friends cordially invited to attend
Please RSVP with The Concierge
786.441.8787*

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!*

By Popular Demand...Blackjack Casino every Monday, Thursday & Sunday at 2:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Happy Mother's Day	French Club 1 10:30 Gentle Chair Yoga 2:00 Learn to Knit with BJ 3:00 Aqua Zumba 3:00 Multi-Media Art w/Judith 4:30 Happy Hour with Lani 8:00 First Run Film "Manchester By the Sea"	2 10:30 Silver Sneakers 11:30 Learn to Speak French w/Debby 2:00 Trivia Challenge with Steph 2:00 Line Dancing with Katrina 3:00 Spanish Lessons with Nara 4:30 Happy Hour with Freddy 8:00 Nite at the Opera on Big Screen	3 10:30 Tai Chi for Health & Balance 11:00 Excursion Festival Flea Mkt. RSVP 2:00 Senior Spinning Class with Julian 4:30 Happy Hour with Gerry 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo	Religion Club 4 10:30 Barrerobics Gold with Edgar 11:30 Move Your Boombsey w/Kukuwa 2:00 Learn to Paint with Judith 2:00 Club Social Latino Con Nara 3:00 Spanish Lessons with Nara 4:30 Happy Hour with Madrigal 8:00 Terry Cooper Performs	Cinco de Mayo 5 10:30 NEW Osher Series Begins Today 2:00 Senior Spinning with Julian 2:00 Life Stories with Dorte 3:30 Shabbat Services w/Rabbi S. 4:30 Resident's Mexican Buffet 7:45 Travel to Mexico on the Big Screen 8:00 Cruise Ship Bingo with Steph	MISO Tonight 6 10:30 Zumba Gold 11:30 Learn to Play Piano 2:00 Jewelry Design with Donna 3:00 NYC Ballet Barre Hour w/Steph 4:30 Happy Hour w/Rich 7:30 Nite at the Opera on Big Screen "Norma" Opera Barcelona
7 10:30 Barrerobics Gold 1:45 Residents Request Movie 2:00 Blackjack Casino with Pam 4:30 Happy Hour with Pamir 7:45 Residents Request Movie Encore 8:00 Cruise Ship Bingo	French Club 8 10:30 Gentle Chair Yoga 2:00 Learn to Knit with BJ 3:00 Aqua Zumba 3:00 Multi-Media Art w/Judith 4:30 Happy Hour w/Elegant Musicians 8:00 First Run Film "A Dog's Purpose"	9 10:30 Silver Sneakers 11:30 Learn to Speak French w/Debby 2:00 Trivia Challenge with Steph 2:00 Line Dancing with Katrina 3:00 Food Council Meets 4:30 Happy Hour with Kevin	Play Reading Club 10 10:30 Tai Chi for Health & Balance 11:00 Excursion Palace Gardens RSVP 2:00 Senior Spinning Class with Julian 4:30 Happy Hour with Peter 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo	Religion & Diners Club 11 10:30 Barrerobics Gold with Edgar 11:30 Move Your Boombsey w/Kukuwa 2:00 Learn to Paint with Judith 2:00 Club Social Latino Con Nara 3:00 Spanish Lessons with Nara 4:30 Happy Hour with Freddy 8:00 Foreign Film Night "The Innocents" French/Polish Rated PG	12 10:30 Osher Lifetime Learning Series 2:00 Senior Spinning with Julian 2:00 Life Stories with Dorte 3:30 Shabbat Services w/Rabbi S. 4:30 Happy Hour w/Elegant Musicians 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo with Steph	AMC Live at the Met 13 10:30 Zumba Gold 11:30 Learn to Play Piano 3:00 Line Dancing w/Katrina 4:30 Happy Hour w/Lori 8:00 Larry "Piano Man" Brendler
Happy Mother's Day 14 10:30 Barrerobics Gold 4:30 Family & Friends Holiday Dinner Celebrate the woman who rules our heart with a Dinner fit for a Queen Music By Harpist Katherine Honey Please make Guest Reservations Early	French Club 15 10:30 Gentle Chair Yoga 2:00 Learn to Knit with BJ 3:00 Aqua Zumba 3:00 Resident's Council Meets 3:00 Multi-Media Art w/Judith 4:30 Happy Hour with Lani 8:00 First Run Film "Mr. Darcy"	Diner's Club Outing 16 10:30 Silver Sneakers 11:30 Learn to Speak French w/Debby 2:00 Trivia Challenge with Steph 2:00 Line Dancing with Katrina 3:00 Spanish Lessons with Nara 4:30 Happy Hour with Kenny 8:00 Nite at the Opera "La Rondine"	17 10:30 Tai Chi for Health & Balance 11:00 Gulfstream Racing & Casino RSVP 2:00 Senior Spinning Class with Julian 4:30 Happy Hour with Ralph 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo	Religion Club 18 10:30 Barrerobics Gold with Edgar 11:30 Move Your Boombsey w/Kukuwa 2:00 Learn to Paint with Judith 2:00 Club Social Latino Con Nara 3:00 Spanish Lessons with Nara 4:30 Resident's Cuban Indep. Dinner 7:30 Tropicana Big Band Dance Night	19 10:30 Osher Lifetime Learning Series 2:00 Senior Spinning with Julian 2:00 Life Stories with Dorte 3:30 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	Diner's Club Lunch Out 20 10:30 Zumba Gold 11:30 Learn to Play Piano 2:00 Jewelry Design with Donna 3:00 NYC Ballet Barre Hour w/Steph 4:30 Happy Hour w/Rich 8:00 Resident's Theatre Performances
21 10:30 Barrerobics Gold 1:45 Residents Request Movie 2:00 Blackjack Casino with Pam 4:30 Happy Hour with Sasha 7:45 Residents Request Movie Encore 8:00 Cruise Ship Bingo	French Club 22 10:30 Gentle Chair Yoga 3:00 Aqua Zumba 3:00 Multi-Media Art w/Judith 4:30 Happy Hour with Freddy 8:00 First Run Film "50 Shades Darker"	23 10:30 Silver Sneakers 11:30 Learn to Speak French w/Debby 2:00 Line Dancing with Katrina 3:00 Activity Council Meets 3:00 Spanish Lessons with Nara 4:30 Happy Hour with Ruby 8:00 RummyQ Tournament	Play Reading Club 24 10:30 Tai Chi for Health & Balance 11:30 Theatre Lunch Bus Departs 1:00 Bus to Actors Playhouse Departs 2:00 Senior Spinning Class with Julian 4:30 Happy Hour with Steve 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo	Family & Friends Event 25 10:30 Barrerobics Gold with Edgar 11:30 Move Your Boombsey w/Kukuwa 2:00 Learn to Paint with Judith 2:00 Club Social Latino Con Nara 3:00 Spanish Lessons with Nara 5:00 Senior Prom Dinner Buffet 6:30 Senior Prom Dance & Ceremony	26 10:30 Osher Lifetime Learning Series 2:00 Senior Spinning with Julian 2:00 Life Stories with Dorte 3:30 Shabbat Services w/Rabbi S. 4:30 Happy Hour w/Elegant Musicians 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo with Steph	27 10:30 Zumba Gold 11:30 Learn to Play Piano 3:00 NYC Ballet Barre Hour w/Steph 4:30 Happy Hour w/Lori 8:00 Ileana Rose Performs
28 10:30 Barrerobics Gold 11:30 Catholic Mass with Fr. O'Grady 1:45 Residents Request Movie 2:00 Elegant Champagne Tea Party 4:30 Happy Hour w/Elegant Musicians 7:45 Residents Request Movie Encore 8:00 Cruise Ship Bingo	Memorial Day 29 10:30 Gentle Chair Yoga 3:00 Multi-Media Art w/Judith 4:30 Happy Hour with Lani 5:00 Resident's Holiday BBQ Buffet 7:30 Memorial Day Film "Saving Private Ryan"	30 10:30 Silver Sneakers 11:30 Learn to Speak French w/Debby 2:00 Line Dancing with Katrina 2:00 Trivia Challenge with Steph 3:00 Spanish Lessons with Nara 4:30 Happy Hour w/Elegant Musicians 8:00 Nite at the Opera "Elektra"	Birthday Cake Tonite 31 10:30 Tai Chi for Health & Balance 11:00 Excursion to Marlins Park RSVP 2:00 Portraits w/ Judith 2:00 Senior Spinning Class with Julian 4:30 Happy Hour with Madrigal 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo	  		

RED = EDUCATIONAL ACTIVITY BLUE = PHYSICAL ACTIVITY
Calendar is subject to change...Please check Daily Digital Listings for up-to-the-minute info
REMEMBER TO RSVP EARLY FOR EVENTS, CLASSES & ACTIVITIES

APRIL WAS FILLED WITH MUCH JOY AND CELEBRATION



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) LINE DANCING (3:00)

TUESDAY: SILVER SNEAKERS (10:30) AQUA ZUMBA (2:00)

WEDNESDAY: TAI CHI (10:30) SENIOR SPINNING (2:00)

THURSDAY: BARREROBICS (10:30) MOVE YOUR BOOMBSEY (11:30)

FRIDAY: GYM WORKOUT (10:30) SENIOR SPINNING (2:00)

SATURDAY: ZUMBA (10:30) NYC BALLET BARRE HOUR (3:00)

SUNDAY: BARREROBICS (10:30)