



The Gables Gazette

Luxury Carefree Living for Active Seniors

Pamela Parker, Social Director

SEPTEMBER, 2016

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**

- 01 "It Takes Two" Performs
- 03 Latin Nite con Danny y Paola
- 05 Resident's Labor Day BBQ
- 05 1st Run Film "Me Before You"
- 06 Activities Council Meets
- 07 Excursion to Mizner Park**
- 08 Susan Ashley Performs
- 10 Film Critic Dan Hudak Speaks
- 11 "Down on the Farm" Event**
- 12 1st Run Film "Money Monster"
- 13 Food Council Meets
- 13 Current Events Discussion
- 14 Senior Center Health Fair
- 14 Dentist Sponsored Tea Party
- 15 Big Band Dance Night
- 17 A Little Night Classical Music
- 18 Community Flea Market**
- 19 1st Run Film "Love & Friendship"
- 21 Excursion to Marlins Park**
- 22 Outburst Game Night
- 23 Spirits Around the World Event**
- 24 Film Critic Dan Hudak Speaks
- 25 Catholic Mass with Fr. O'Grady
- 25 High Stakes Bingo Night
- 26 1st Run Film "All the Way"
- 27 Dessert Ice Cream Bar
- 28 Excursion to Aventura Mall**
- 29 Nite at the Met on Big Screen

If you have any suggestions, please contact me at (786) 441-8885 or email pam@thepalace.org

Celebrate Grandparent's Day with The Palace Coral Gables



Go Global Without Leaving The Palace

AROUND THE WORLD

Friday, September 23, 2016
5:00pm

FAMILY & FRIENDS INVITED
GUEST RESERVATIONS A MUST!

Your Passport to Fine Foods, Spirits & Entertainment from Around the World

DON'T BE LEFT OUT OF THE FUN! RSVP TODAY FOR SEPTEMBER EVENTS

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 **5:00-6:00pm** 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!*

SUMMER OLYMPICS AT THE PALACE WAS A HUGE HIT!



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)

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: MAKE-UP SPA (2:00)

SATURDAY: ZUMBA (10:30)

SUNDAY: BARREROBICS (10:30) REIKI CIRCLE (2:00)