



The Gables Gazette

Luxury Carefree Living for Active Seniors

Pamela Parker, Social Director

SEPTEMBER, 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 Fitness Competition Begins Today
- 02 Film Critic Dan Hudak Speaks
- 04 Resident's Labor Day BBQ Dinner
- 04 1st Run Movie "My Cousin Rachel"
- 05 Rabbi Segal Speaks "High Holidays 101"
- 06 Excursion to Festival Flea Market
- 07 "It Takes Two" Performs Live
- 09 Foreign Film Night "A Royal Affair"
- 10 Family & Friends G'Parent's Day Luau
- 11 1st Run Film "Megan Leavey"
- 12 Mindy Cassell Speaks "Bereavement"
- 13 Excursion to Jewish Museum
- 13 Lighthouse Vison Boutique Sale
- 14 Diner's Club Planning Meeting
- 14 Big Band Dance w/ "Rhythm & Emotion"
- 16 Diner's Club Outing with Gail M.
- 16 A Nite at the Met on the Big Screen
- 17 Family & Friends "Apples & Honey"
- 18 1st Run Film "Beatriz at Dinner"
- 19 "Botox: A Fountain of Youth?" Demo
- 20 Erev Rosh HaShana Service on Screen
- 21 Rosh HaShana Service on Screen
- 21 Ballerina Emily Ricca Performs Live
- 22 Fitness Awards Lunch Banquet
- 23 Foreign Film Night "The Salesman"
- 24 Catholic Mass with Fr. John O'Grady
- 24 Champagne Tea Party
- 25 1st Run Film "The Big Sick"
- 26 September Birthday Cake Presented
- 26 Fairchild Garden Presentation in Theatre
- 27 Excursion Fairchild Tropical Gardens
- 27 Yappy Hour for Palace Pups & Humans
- 28 Larry "Piano Man" Brendler Performs
- 29 Erev Yom Kippur Service on Big Screen
- 30 Family & Friends Yiskor & Break - Fast

WE ♥ OUR RESIDENTS!

Make your Guest Reservations for our September FAMILY & FRIENDS EVENT



Here at The Palace, we think our Grandparents are THE BEST! That's why we're so excited to be celebrating National Grandparent's Day with a festive "Mau Kapuna Luau"...or Grandparent's Feast. Make plans to attend and invite all your Family and Friends to join you - (the more, the merrier!) as we enjoy a variety of Polynesian foods and beverages, an authentic hula and fire show as well as a balloon artist making tropical flowers and leis for the kids! It's going to be so much fun, so put on that print shirt or MuMu and make plans join us for an exciting afternoon!

Rosh HaShana begins the evening of Wednesday, September 20. Please check our High Holidays schedule of services and events and make your Transportation and Guest Reservations early with The Concierge.



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	
 <p>Enjoy Pam's Smoothie Bar Every Thursday Morning 9:00-10:30 am</p> <h1 style="text-align: center;">SEPTEMBER</h1> <p style="text-align: center;">RED = EDUCATIONAL ACTIVITY BLUE = PHYSICAL ACTIVITY</p> <p style="text-align: center;"><i>Calendar is subject to change... Please check Daily Digital Listings for up-to-the-minute info</i></p>						<p>Fitness Competition Begins 1</p> <p>10:30 Osher Lifelong Learning 2:00 Religion Club with Bud 2:00 Senior Spinning Class with Julian 3:00 NYC Ballet Barre with Steph 3:30 Shabbat Services with Rabbi S. 4:30 Happy Hour with Grace 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo with Steph</p>	<p>2</p> <p>10:30 Zumba Gold with Nara 2:00 Resident's Request Movie Matinee 3:00 Palace Theatre Group with Michelle 4:30 Happy Hour w/Lori 8:00 Foreign Film Night <i>"A Royal Affair" Rated R</i> <i>Danish with English Subtitles</i></p>
3	Labor Day 4	5	6	7	8	9	
<p>10:30 Barrerobics Gold 1:45 Residents Request Movie 2:00 Blackjack Casino with Pam 3:00 Sing Along with Pam 4:30 Happy Hour with Pamir 8:00 Noche de Música Latina con Danny 8:00 Cruise Ship Bingo</p>	<p>10:30 Osher Lifelong Learning 2:00 Relaxing Chair Yoga with Vickie 2:00 Learn to Knit returns next week 3:00 Multi-Media Art w/Judith 4:30 Happy Hour with Lani 4:30-7:30 Resident's BBQ Dinner 7:30 First Run Movie Night in Theatre <i>"My Cousin Rachel" Drama PG-13</i></p>	<p>10:30 Silver Sneakers with Nara 2:00 Trivia Challenge with Steph 2:00 Aqua Zumba with Portia 3:00 Sing-Along with Pam 4:30 Happy Hour with Madrigal 8:00 Speaker's Guild in Theatre <i>Learn about traditions of High Holidays with Rabbi Judith Siegel, Temple Judea</i></p>	<p>10:30 Tai Chi with Tony 11:00 Excursion Festival Flea Mkt. RSVP 2:00 Senior Spinning Class with Julian 2:30 Mah Jong Class with The MAVENS 3:00 Current Events with Pam 4:30 Happy Hour with Gerry 8:00 Cruise Ship Bingo</p>	<p>9:00 Smoothies Courtesy of "Frescos" 10:30 Barrerobics Gold with Edgar 11:30 NEW! Bollywood Gold with Nara 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 "It Takes Two" Performs Live</p>	<p>10:30 Osher Lifelong Learning 2:00 Religion Club with Bud 2:00 Senior Spinning Class with Julian 3:00 NYC Ballet Barre with Steph 3:30 Shabbat Services with Rabbi S. 4:30 Happy Hour with Michael B. 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo with Steph</p>	<p>10:30 Zumba Gold with Nara 2:00 Jewelry Design with Donna 2:00 Resident's Request Movie Matinee 3:00 Palace Theatre Group with Michelle 4:30 Happy Hour w/Rich 8:00 Film Critic Dan Hudak Speaks <i>When Oscar Gets It Wrong: Best Picture Winners That Should've Lost</i></p>	
Grandparents Day 10	11	12	13	Diner's Club Meets 4pm 14	15	Diner's Club Outing 16	
<p>10:30 Barrerobics Gold 1:45 Residents Request Movie 4:30 Family & Friends G'Parents Luau <i>Join us for Island Treats & a Fabulous Show</i> <i>Hawaiian Balloon Artist for the Kids</i> <i>Guest Reservations Requested</i> 7:45 Noche de Cine Latino 8:00 Cruise Ship Bingo</p>	<p>10:30 NEW! Osher Lifelong Learning 2:00 Relaxing Chair Yoga with Vickie 2:00 Learn to Knit with BJ 3:00 Multi-Media Art w/Judith 3:00 Line Dancing with Katrina 4:30 Happy Hour w/Elegant Musicians 8:00 First Run Movie Night in Theatre <i>"Megan Leavey" Drama PG-13</i></p>	<p>10:30 Silver Sneakers with Nara 2:00 Trivia Challenge with Steph 2:00 Aqua Zumba with Portia 3:00 Sing-Along with Pam 4:30 Happy Hour with Kevin 8:00 Speaker's Guild in Theatre <i>Mindy Cassell: Dealing with Bereavement</i></p>	<p>10:30 Tai Chi with Tony 11:00 Excursion Jewish Museum RSVP 1:00-3:30 Lighthouse Vision Boutique 2:00 Senior Spinning Class with Julian 2:30 Mah Jong Class with The MAVENS 3:00 Current Events with Pam 4:30 Happy Hour with Peter 8:00 Cruise Ship Bingo</p>	<p>10:30 Barrerobics Gold with Edgar 11:30 Bollywood Gold with Nara 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 7:30 Dance Nite w/Rhythm & Emotion <i>Enjoy the music & dance the night away!</i></p>	<p>10:30 NEW! Osher Lifelong Learning 2:00 Religion Club with Bud 2:00 Senior Spinning Class with Julian 3:00 NYC Ballet Barre with Steph 3:30 Shabbat Services with Rabbi S. 4:30 Happy Hour with Grace 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo with Steph</p>	<p>10:30 Zumba Gold with Nara 2:00 Resident's Request Movie Matinee 3:00 Palace Theatre Group with Michelle 4:30 Happy Hour w/Lori 8:00 A Night at the Met <i>Cavalleria Rusticana/Pagliacci</i> <i>Opera's Most Popular Double Bill</i> <i>Starring Placido Domingo</i></p>	
17	18	19	Erev Rosh HaShana 20	Rosh HaShana 21	22	23	
<p>10:30 Barrerobics Gold 1:45 Residents Request Movie 2:00 Blackjack Casino with Pam 4:30 Apples & Honey Celebration <i>Klezmer Trio, Treats of the Holiday, Gifts</i> <i>Family & Friends Invited to Attend</i> 8:00 Noche de Música Latina con Sasha 8:00 Cruise Ship Bingo</p>	<p>10:30 Osher Lifelong Learning 2:00 Relaxing Chair Yoga with Vickie 2:00 Learn to Knit with BJ 3:00 Multi-Media Art w/Judith 3:00 Line Dancing with Katrina 4:30 Happy Hour with Lani 8:00 First Run Movie Night in Theatre <i>"Beatriz at Dinner" Comedy R</i></p>	<p>10:30 Silver Sneakers with Nara 2:00 Trivia Challenge with Steph 2:00 Aqua Zumba with Portia 3:00 Sing-Along with Pam 4:30 Happy Hour with Kenny 8:00 Speaker's Guild in Theatre <i>"Botox - Fountain of Youth?" Dr. Chaviano</i> <i>Pam will have a Botox treatment LIVE!</i></p>	<p>10:30 Tai Chi with Tony 2:00 Senior Spinning Class with Julian 3:00 Current Events with Pam 4:30 Happy Hour with Ralph 4:30-7:30 Resident's Holiday Dinner 7:45 Holiday Services on the Big Screen 8:00 Cruise Ship Bingo</p>	<p>10:00 Holiday Services on Big Screen 10:30 Barrerobics Gold with Edgar 11:30 Bollywood Gold with Nara 2:00 Club Social Latino Con Nara 3:00 Spanish Lessons with Nara 4:30 Happy Hour with Freddy 4:30-7:30 Residents Holiday Dinner 8:00 Ballerina Emily Ricca Performs</p>	<p>10:30 Osher Lifelong Learning 1:00 Fitness Awards Banquet 2:00 Religion Club with Bud 3:30 Shabbat Services with Julius W. 4:30 Happy Hour with Michael B. 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo with Steph</p>	<p>10:30 Zumba Gold with Nara 2:00 Jewelry Design with Donna 2:00 Resident's Request Movie Matinee 3:00 Palace Theatre Group with Michelle 4:30 Happy Hour w/Rich 8:00 Foreign Film Night <i>"The Salesman" Farsi with English subtitles</i> <i>2017 Oscar winner for Best Foreign Film</i></p>	
24	25	Birthday Cake Tonite 26	27	28	Erev Yom Kippur 29	Yom Kippur 30	
<p>10:30 Barrerobics Gold 11:30 Catholic Mass with Father O'Grady 1:45 Residents Request Movie 2:00 Blackjack Casino with Pam 3:00 Champagne Tea Party RSVP 4:30 Happy Hour with Katherine 8:00 Noche de Cine Latino 8:00 Cruise Ship Bingo</p>	<p>10:30 Osher Lifelong Learning 2:00 Relaxing Chair Yoga with Vickie 2:00 Learn to Knit with BJ 3:00 Multi-Media Art w/Judith 3:00 Line Dancing with Katrina 4:30 Happy Hour w/Elegant Musicians 8:00 First Run Movie Night in Theatre <i>"The Big Sick" Comedy R</i></p>	<p>10:30 Silver Sneakers with Nara 11:30 NEW! Book Club with Susan 2:00 Trivia Challenge with Steph 2:00 Aqua Zumba with Portia 3:00 Sing-Along with Pam 4:30 Happy Hour with Ruby 8:00 Speaker's Guild in Theatre <i>Fairchild Gardens Orchid Project</i></p>	<p>10:30 Tai Chi with Tony 11:00 Excursion Fairchild Gardens RSVP 2:00 Senior Spinning Class with Julian 2:30 Mah Jong Class with The MAVENS 3:00 Current Events with Pam 3:00 Yappy Hour for Palace Pups 4:30 Happy Hour with Steve 8:00 Cruise Ship Bingo</p>	<p>10:30 Barrerobics Gold with Edgar 11:30 Bollywood Gold with Nara 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 Kevin 8:00 Larry "Piano Man" Brendler</p>	<p>10:30 Osher Lifelong Learning 2:00 Religion Club with Bud 2:00 Senior Spinning Class with Julian 3:00 NYC Ballet Barre with Steph 4:30 Happy Hour w/Elegant Musicians 4:30-7:30 Residents Holiday Dinner 7:45 Kol Nidre Services on Big Screen 8:00 Cruise Ship Bingo with Steph</p>	<p>10:00 Holiday Services on Big Screen 10:30 Zumba Gold with Nara 3:00 Palace Theatre Group with Michelle 4:30 Yiskor Service with Pam 5:00 Family & Friends Break-the-Fast 7:30 Holiday Movie Special <i>"Ushpizin" Hebrew with English Subtitles</i> <i>A Sukkot Tradition</i></p>	

Catholic Communion every Thursday Morning at 10:00 am with Church of the Little Flower
Shabbat Services every Friday Afternoon at 3:30 pm with Rabbi Stolik

“AROUND THE WORLD” WITH THE PALACE WAS AMAZING!



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 (2:00) B ALANCE (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) BOLLYWOOD GOLD (11:30)

FRIDAY: SENIOR SPINNING (2:00) NYC BALLET BARRE (3:00)

SATURDAY: ZUMBA (10:30)

SUNDAY: BARREROBICS (10:30)