



The Gables Gazette

Luxury Carefree Living for Active Seniors

Entertainment... The Spice of Life!

March 2025

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

CLOCK FORWARD ONE HOUR



TIME TO SPRING FORWARD ON MARCH 9TH

TRAVEL WITH  THE PALACE



RSVP
with
Entertainment Office
for all excursions

Excursions

WEDNESDAYS IN MARCH
Travel in the comfort & security of our air-conditioned, easily accessible tour bus. Every excursion is hosted by Entertainment Staff

MARCH 5TH
BAL HARBOUR SHOPS

MARCH 12TH
FESTIVAL FLEA MARKET

MARCH 19TH
COSTCO

MARCH 26TH
DA VINCI ART MUSEUM
LIMITED TICKETS. PLEASE RSVP WITH
ACTIVITIES DEPARTMENT!

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

Activities Director

Rene Rojas
786-441-8885
Rrojas@thepalaceus.com

Activities Assistants

Raquel Trinidad
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Estli Garcia
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Activities Abound



at The Palace Coral Gables

RED = EDUCATIONAL ACTIVITY **BLUE = PHYSICAL ACTIVITY** **GREEN = NEW ACTIVITY**

Calendar is subject to change...Check Daily Digital Listings for up-to-the-minute info

Sun

Mon

Tue

Wed

Thu

Fri

Sat

MARCH

1

10:30 InstruMix Exercise
11:00 Painting with Aniko
2:00 Comedy Movie Matinee
2:00 Bracelets with Esti
3:00 Virtual Reality **RSVP**
4:30 Happy Hour with Edgar
7:15 First Run Movie Night

<p>Book Club 2</p> <p>10:30 Advanced Exercise w/Hal 10:30 Book Club Luncheon 11:00 Catholic Mass 1:00 Acrylic Painting with Esti 2:00 Comedy Movie Matinee 3:00 Bingo Matinee with Esti 4:30 Happy Hour with David 7:15 Resident Request Movie</p>	<p>Ceramics 3</p> <p>10:00 Advanced Ceramics 10:30 Zumba Gold with Ileana 11:00 Beginner Ceramics 2:00 Chair Yoga with Vickie 2:00 Knitting for Babies with BJ 2:30 Mahjong with Wendy 4:30 Happy Hour with Oman 7:15 Resident Request Movie</p>	<p>DMV & ID CLINIC 4</p> <p>10:00 DMV & ID Clinic 10:30 Computers with Joan 10:30 Instrumix Exercise 1:00 Activities Council 1:30 Aquacise with Lidia 3:00 Sing-Along with Margaret 4:30 Mardi Gras Happy Hour 7:15 Resident Request Movie</p>	<p>Bal Harbour Shops 5</p> <p>10:15 Excursion Bus Loads 10:30 TaiChi Class Exercise 11:30 Tell Your Story Group 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Raquel 4:30 Happy Hour with Grace 7:15 Musical Movie Night</p>	<p>6</p> <p>10:30 Aquacise with Lidia 10:30 AM Strech with Amparo 11:00 Improv with Chris 1:30 Mixed Media Art w/Judith 3:00 Songbirds w/ Dr. Greco 4:30 Happy Hour with Alex 7:15 Scott Baretto Sings Live</p>	<p>7</p> <p>10:30 Chair Pilates w/ Aniko 11:00 Painting with Lynn 2:00 Zumba Gold Exercise 2:00 Comedy Movie Matinee 3:00 Bingo Matinee with Raquel 4:30 Happy Hour with Ruby 7:15 Resident Request Movie</p>	<p>Jewelry Design 11a & 2p 8</p> <p>10:30 Instrumix Exercise 11:00 Painting with Aniko 11:00 Jewelry Design RSVP 2:00 Jewelry Design RSVP 3:00 Virtual Reality RSVP 4:30 Happy Hour Entertainment 7:15 First Run Movie Night</p>
<p>Daylight Savings 9</p> <p>10:30 Advanced Exercise w/Hal 11:00 Catholic Mass 1:00 Acrylic Painting with Esti 2:00 Comedy Movie Matinee 3:00 Bingo Matinee with Esti 4:30 Happy Hour with David 7:15 Resident Request Movie</p>	<p>10</p> <p>10:30 Zumba Gold with Ileana 11:00 Airdry Clay with Esti 2:00 Chair Yoga with Vickie 2:00 Comedy Movie Matinee 2:00 Knitting for Babies with BJ 4:30 Happy Hour with Oman 7:15 Resident Request Movie</p>	<p>11</p> <p>10:30 Computers with Joan 10:30 InstruMix Exercise 11:00 Floral Design with Jenna 1:30 Aquacise with Lidia 2:00 St. Patrick's Card Making 3:00 Sing-Along with Margaret 4:30 Happy Hour w/BLANK 7:15 Resident Request Movie</p>	<p>Festival Flea Market 12</p> <p>10:15 Excursion Bus Loads 10:30 TaiChi Class Exercise 11:30 Tell Your Story Group 2:00 Chair Yoga with Vickie 2:00 Residents Food Council 3:00 Bingo Matinee w/ Esti 4:30 Happy Hour with Grace 7:15 Musical Movie Night</p>	<p>Happy Purim! 13</p> <p>10:30 Aquacise with Lidia 10:30 AM Strech with Amparo 11:00 Improv with Chris 1:30 Mixed Media Art w/Judith 3:00 Songbirds w/ Dr. Greco 4:30 Happy Hour with Alex 7:15 David. S Performs Live</p>	<p>14</p> <p>10:30 Chair Pilates w/ Aniko 11:00 Painting with Lynn 2:00 Zumba Gold Exercise 2:00 Comedy Movie Matinee 3:00 Bingo Matinee with Raquel 4:30 Happy Hour with Lani 7:15 Resident Request Movie</p>	<p>15</p> <p>10:30 InstruMix Exercise 11:00 Painting with Aniko 2:00 Comedy Movie Matinee 2:00 Bracelets with Esti 3:00 Virtual Reality RSVP 4:30 Happy Hour with Edgar 7:15 Ashley Bojangles Live</p>
<p>16</p> <p>10:30 Advanced Exercise w/Hal 11:00 Catholic Mass 1:00 Acrylic Painting with Esti 2:00 Comedy Movie Matinee 3:00 Bingo Matinee with Esti 4:30 Happy Hour with David 7:15 Resident Request Movie</p>	<p>St. Patrick's Day 17</p> <p>10:00 Advanced Ceramics 10:30 Zumba Gold with Ileana 11:00 Beginner Ceramics 2:00 Chair Yoga with Vickie 2:00 Knitting for Babies with BJ 2:30 Mahjong with Wendy 4:30 Happy Hour with Oman 7:15 Resident Request Movie</p>	<p>18</p> <p>10:30 Computers with Joan 10:30 InstruMix Exercise 1:30 Aquacise with Lidia 2:00 Karaoke with Esti 3:00 Sing-Along with Margaret 4:30 Happy Hour w/ Lisandra 7:15 Resident Request Movie</p>	<p>Costco 19</p> <p>10:15 Excursion Bus Loads 10:30 TaiChi Class Exercise 11:30 Tell Your Story Group 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Raquel 4:30 Happy Hour with Grace 7:15 Musical Movie Night</p>	<p>20</p> <p>10:30 Aquacise with Lidia 10:30 AM Strech with Amparo 11:00 Improv with Chris 1:30 Mixed Media Art w/Judith 3:00 Songbirds w/ Dr. Greco 4:30 Happy Hour with Alex 7:15 Resident Request Movie</p>	<p>21</p> <p>10:30 Chair Pilates w/ Aniko 11:00 Painting with Lynn 2:00 Zumba Gold Exercise 2:00 Comedy Movie Matinee 3:00 Bingo Matinee with Raquel 4:30 Happy Hour with Ruby 7:15 Resident Request Movie</p>	<p>Jewelry Design 11a & 2p 22</p> <p>10:30 InstruMix Exercise 11:00 Jewelry Design RSVP 11:00 Painting with Aniko 2:00 Jewelry Design RSVP 3:00 Virtual Reality RSVP 4:30 Happy Hour with Edgar 7:15 First Run Movie Night</p>
<p>23</p> <p>1:00 Acrylic Painting with Esti 2:00 Comedy Movie Matinee 3:00 Bingo Matinee with Esti 7:15 Resident Request Movie</p>	<p>24</p> <p>11:00 Airdry Clay with Esti 2:00 Chair Yoga with Vickie 2:00 Knitting for Babies with BJ 7:15 Resident Request Movie</p>	<p>25</p> <p>10:30 Computers with Joan 10:30 InstruMix Exercise 1:30 Aquacise with Lidia 2:00 Cardmaking w/ Esti 3:00 Sing-Along with Margaret 4:30 Happy Hour Entertainment 7:15 Resident Request Movie</p>	<p>Da Vinci Art Museum 26</p> <p>10:15 Excursion Bus Loads 10:30 TaiChi Class Exercise 11:30 Tell Your Story Group 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Esti 4:30 Happy Hour Entertainment 7:15 Musical Movie Night</p>	<p>27</p> <p>10:30 Aquacise with Lidia 10:30 AM Strech with Amparo 11:00 Improv with Chris 1:30 Mixed Media Art w/Judith 3:00 Songbirds w/ Dr. Greco 4:30 Happy Hour with Alex 7:15 Jimmy Barkan Live</p>	<p>28</p> <p>Osher Series Begins</p> <p>10:30 Chair Pilates w/ Aniko 11:00 Painting with Lynn 11:00 Osher Series Begins 2:00 Zumba Gold Exercise 2:00 Comedy Movie Matinee 3:00 Bingo Matinee with Raquel 4:30 Happy Hour with Lani 7:15 Resident Request Movie</p>	<p>29</p> <p>10:30 InstruMix Exercise 11:00 Painting with Aniko 2:00 Comedy Movie Matinee 2:00 Bracelets with Esti 3:00 Virtual Reality RSVP 4:30 Happy Hour Entertainment 7:15 First Run Movie Night</p>
<p>30</p> <p>1:00 Acrylic Painting with Esti 2:00 Comedy Movie Matinee 3:00 Bingo Matinee with Esti 7:15 Resident Request Movie</p>	<p>31</p> <p>Residents Council</p> <p>10:00 Advanced Ceramics 2:00 Chair Yoga with Vickie 3:00 Residents Council 7:15 Resident Request Movie</p>					

THE GABLES GAZETTE

HIGHLIGHTS FROM OUR LUNAR NEW YEAR CELEBRATION & SUPERBOWL TAILGATE DINNER!



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