



The Gables Gazette

Luxury Carefree Living for Active Seniors

Entertainment... The Spice of Life!

December 2024

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

GET YOUR JINGLE ON AND YOUR UGLY SWEATER READY FOR OUR FAMILY & FRIENDS

UGLY SWEATER PARTY

JOIN US FOR A DAY FILLED WITH UGLY SWEATERS AND HOLIDAY CHEERS

DECEMBER 8 11:30AM

RSVP WITH CONCIERGE 786-441-8787

THE PALACE PRESENTS

FAMILY & FRIENDS

NEW YEARS EVE UNDER THE SEA

DOORS OPEN AT 5:30pm
Tuesday, December 31st

RSVP WITH CONCIERGE 786-441-8787

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
786-441-8884
RaquelT@thepalaceus.com

Lauren Alvarez
786-441-8883
Lalvarez@thepalaceus.com

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
Bookclub Luncheon 1 10:30 Advanced Exercise w/Hal 10:30 Bookclub Luncheon 11:00 Catholic Mass w/ F. Angulo 1:00 Ornament Painting 2:00 Sunday Movie Matinee 3:00 Bingo Matinee w/Lauren 4:30 Happy Hour with David 7:15 Resident Request Movie	Ceramics 2 10:00 Advanced Ceramics 10:30 Zumba Gold w/ Ileana 11:00 Beginner Ceramics 2:00 Chair Yoga with Vickie 2:00 Knitting for NICU with BJ 2:30 Mahjong with Wendy 4:30 Happy Hour w/ Oman 7:15 Resident Request Movie	Activities Council 3 10:30 Computers with Joan 10:30 InstruMix Exercise 1:00 Activities Council 1:30 Aquacise with Lidia 2:00 Karaoke with Lauren 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Francisco 7:15 Resident Request Movie	Bombay Restaurant 4 10:30 TaiChi Class Exercise 11:30 Tell Your Story Group 11:30 Excursion Bus Loads 1:30 Rhythm Circle w/ Raquel 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Rene 4:30 Happy Hour with Grace	5 10:30 Aquasize with Lidia 10:30 AM Strech with Amparo 1:30 Mixed Media Art w/Judith 2:00 Christmas Tree Decorating 3:00 Songbirds w/ Dr. Greco 4:30 Happy Hour with Alex 7:00 Gary & David Duo	6 10:30 Chair Pilates w/ Aniko 11:00 Painting with Lynn 2:00 Zumba Gold Exercise 3:00 Rummikub with Raquel 4:30 Happy Hour with Ruby 7:15 Nite Owl Bingo with Raquel	7 Jewelry Design 11a & 2p 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 with Edgar 7:15 First Run Movie Night
8 FAMILY & FRIENDS HOLIDAY CELEBRATION RSVP WITH CONCIERGE 786-441-8787	9 10:30 Zumba Gold with Ileana 2:00 Chair Yoga with Vickie 2:00 Knitting for NICU with BJ 2:00 Comedy Movie Matinee 3:00 Rummikub with Lauren 4:30 Happy Hour with Oman 7:15 Resident Request Movie	10 Floral Design 10:30 Computers with Joan 10:30 Instrumix Exercise 11:00 Floral Design with Jenna 1:30 Aquacise with Lidia 2:00 Cardmaking with Lauren 3:00 Sing-Along with Margaret 4:30 Happy Hour w/ Lisandra 7:15 Resident Request Movie	11 The Mart Merchandise Mall 10:15 Excursion Bus Loads 10:30 TaiChi Class Exercise 11:30 Tell Your Story Group 2:00 Food Council 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Rene 4:30 Happy Hour Entertainment 7:15 Musical Movie Night	12 10:30 Aquasize with Lidia 10:30 AM Stretch with Amparo 1:30 Mixed Media Art w/Judith 2:00 Walk the Mile Club Returns! 3:00 Songbirds w/ Dr. Greco 4:00-6:00 Early Dinner 7:00 Live Soprano Singer	13 10:30 Chair Pilates w/ Aniko 11:00 Painting with Lynn 2:00 Zumba Gold Exercise 2:00 Comedy Movie Matinee 3:00 Rummikub with Raquel 4:30 Happy Hour with Lani 7:15 Resident Request Movie 7:15 Nite Owl Bingo with Raquel	14 St. Phillips Piano Recital 10:30 InstruMix Exercise 11:00 St. Phillips Piano Recital 11:00 Painting with Aniko 2:00 Zumba Exercise Class 3:00 Virtual Reality RSVP 4:30 Happy Hour Entertainment 7:15 First Run Movie Night
15 10:30 Advanced Exercise w/Hal 11:00 Catholic Mass w/ F. Angulo 1:00 Coloring with Lauren 2:00 Comedy Movie Matinee 3:00 Bingo Matinee w/Lauren 4:30 Happy Hour with David 7:15 Resident Request Movie	16 Holiday Jewelry Sale 10:00 Advanced Ceramics 10:30 Zumba Gold w/ Ileana 11:00 Yaya Jewelry Sale 11:00 Beginner Ceramics 2:00 Chair Yoga with Vickie 2:00 Knitting for NICU with BJ 2:30 Mahjong with Wendy 4:30 Happy Hour w/ Oman 7:15 Resident Request Movie	17 10:30 Computers with Joan 10:30 InstruMix Exercise 1:30 Aquacise with Lidia 2:00 Karaoke with Lauren 3:00 Sing-Along with Margaret 4:30 Happy Hour w/Francisco 7:15 Resident Request Movie	18 Da Vinci: Immersive Museum 10:15 Excursion Bus Loads 10:30 TaiChi Class Exercise 11:30 Tell Your Story Group 1:30 Rhythm Circle w/ Raquel 2:00 Chair Yoga with Vickie 3:00 Bingo Matinee w/ Rene 4:30 Happy Hour with Grace 7:15 Musical Movie Night	19 10:30 Aquasize with Lidia 10:30 AM Strech with Amparo 1:30 Mixed Media Art w/Judith 2:00 Gingerbread Making 3:00 Songbirds w/ Dr. Greco 4:30 Happy Hour with Alex 7:00 James Perkowski Live	20 10:30 Chair Pilates w/ Aniko 11:00 Painting with Lynn 2:00 Zumba Gold Exercise 2:00 Comedy Movie Matinee 3:00 Rummikub with Rauquel 4:30 Happy Hour with Ruby 7:15 Resident Request Movie 7:15 Nite Owl Bingo with Raquel	21 Jewelry Design 11a & 2p 10:30 InstruMix Exercise 11:00 St. Phillips Piano Recital 11:00 Jewelry Design RSVP 2:00 Zumba Exercise Class 2:00 Jewelry Design RSVP 3:00 Virtual Reality RSVP 4:30 Happy Hour with Edgar 7:15 First Run Movie Night
22 Frost Prep Piano Recital 10:30 Advanced Exercise w/Hal 11:00 Catholic Mass w/ F. Angulo 1:00 Seashell Painting 2:00 Comedy Movie Matinee 3:00 Bingo Matinee w/Lauren 4:30 Happy Hour with David 7:15 Resident Request Movie	23 10:30 Zumba Gold with Ileana 2:00 Chair Yoga with Vickie 2:00 Knitting for NICU with BJ 2:00 Comedy Movie Matinee 3:00 Rummikub with Lauren 4:30 Happy Hour with Oman 7:15 Resident Request Movie	24 Noche Buena 10:30 Computers with Joan 10:30 InstruMix Exercise 1:30 Aquacise with Lidia 2:00 Cardmaking with Lauren 3:00 Sing-Along with Margaret 4:30 Happy Hour w/ Lisandra 7:15 Noche Buena Concert	25 Happy Holidays! 7:00-9:00 Early Breakfast 2:00 Comedy Movie Matinee 4:00-6:00 Resident Early Dinner 6:00 Lighting of the Menorahs 6:30 Holiday Movie Night Happy Hanukkah & Merry Christmas!	26 Kwanzaa Begins 10:30 Aquasize with Lidia 10:30 AM Strech with Amparo 1:30 Mixed Media Art w/Judith 2:00 Walk the Mile Club 3:00 Songbirds w/ Dr. Greco 4:30 Happy Hour with Alex 5:30 Lighting of the Menorahs 7:00 Holiday Concert w/ Klezmer	27 10:30 Chair Pilates w/ Aniko 11:00 Painting with Lynn 2:00 Zumba Gold Exercise 3:00 Rummikub with Raquel 4:30 Happy Hour with Lani 5:30 Lighting of the Menorahs 7:15 Resident Request Movie 7:15 Nite Owl Bingo with Raquel	28 10:30 InstruMix Exercise 11:00 Painting with Aniko 2:00 Comedy Movie Matinee 3:00 Virtual Reality RSVP 4:30 Happy Hour Entertainment 5:30 Lighting of the Menorahs 7:15 First Run Movie Night
29 10:30 Advanced Exercise w/Hal 11:00 Catholic Mass w/ F. Angulo 1:00 Coloring with Lauren 2:00 Comedy Movie Matinee 3:00 Bingo Matinee w/Lauren 4:30 Happy Hour with David 5:30 Lighting of the Menorahs 7:15 Resident Request Movie	30 Residents Council 10:00 Advanced Ceramics 10:30 Zumba Gold w/ Ileana 11:00 Beginner Ceramics 2:00 Chair Yoga with Vickie 2:00 Knitting for NICU with BJ 3:00 Residents Council 4:30 Happy Hour w/ Oman 5:30 Lighting of the Menorahs 7:15 Resident Request Movie	31 FAMILY & FRIENDS "NEW YEARS EVE UNDER THE SEA" RSVP WITH CONCIERGE 786-441-8787				

ROSARY PRAYER GROUP TUESDAY: 10:00 am COMMUNION GROUP THURSDAY: 10:00 am

SHABBAT FRIDAY: 3:30 pm CATHOLIC MASS SUNDAY: 11:00 am

HIGHLIGHTS FROM OUR HALLOWEEN FAMILY & FRIENDS EVENT: DRACULAS LAIR



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