



The Gables Gazette

Luxury Carefree Living for Active Seniors

Pamela Parker, Social Director

JULY, 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 Jewelry Design Class with Donna
- 01 Foreign Film Night "Mid-August Lunch"
- 02 Excursion to "Summer Shorts"
- 03 "What America Means" Discussion Group
- 04 Family & Friends July 4th Event
- 05 Excursion to Mizner Park in Boca Raton
- 06 Plaza Personalities with James Perkowski
- 08 Special Interest Club Sign-Up Fair
- 08 Diner's Club Outing with Gail M.
- 08 1st Run Film "This Beautiful Fantastic"
- 09 Computer Lab with Max 9:00a-3:00p
- 10 Service Club Outing with Midge P.
- 10 1st Run Film "The Zookeeper's Wife"
- 11 Speakers Guild with the SEC
- 12 Excursion to Festival Flea Market
- 13 Classical Music Night with Adam Chefitz
- 15 Diner's Club Outing with Gail M.
- 15 Jewelry Design Class with Donna
- 15 A Nite at the Met "Un Ballo In Maschera"
- 17 Service Club Outing with Midge P.
- 17 1st Run Film "Norman"
- 18 Speaker's Guild with Clear Captions
- 19 Theatre-goers Lunch at Ortanique
- 19 Actor's Playhouse Excursion
- 20 Coffee Café Planning with Pam
- 19 Big Band Dance w/Rhythm & Emotion
- 22 Foreign Film Nite "The Innocents"
- 23 Catholic Mass with Fr. John O'Grady
- 23 Champagne Tea Party w/Entertainment
- 24 1st Run Film "A Quiet Passion"
- 25 Yappy Hour for Palace Pups at 3:00p
- 26 Excursion to NSU Art Museum
- 26 Resident's NY Deli Dinner Buffet
- 26 Armchair Tour of NYC with Tour Guide
- 27 Computer Lab with Max 11:00a-3:00p
- 27 Plaza Personalities with Larry Brendler
- 29 A Nite at the Met "Der Rosenkavalier"
- 31 July Birthday Cake Presentation
- 31 1st Run Film "The Promise"

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

The Palace Coral Gables **BACKYARD BBQ BASH**

Family & Friends Celebration

Tuesday, July 4th **12:30 P.M.**

Live Music by Mouth-Watering
Ballad of America BBQ Buffet

Holiday Gifts for All (while supplies last)

Enjoy a festive July 4th in the comfort
of our "Backyard" Restaurant
with your Family & Friends

RSVP 786-441-8787



Coffee Cafe with Pam

THURSDAY, JULY 20 at 7:00 pm
Café Terrace

Join Pam for an update of all Activities & Entertainment
over coffee and dessert.

Bring your suggestions for new and exciting programs & classes
to add to our monthly calendar.

Residents & their Family are encouraged to attend.

Please make plans to stay after this meeting and enjoy
the Big Band Sounds of "Rhythm & Emotion"
at our monthly Dance Night.



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 |
|--|---|--|--|--|--|---|
|  <h1 style="font-size: 4em; margin: 0;">JULY</h1>  <p><i>Happy Independence Day!</i> <i>New! Current Events - Mondays @ 2:00</i></p> | | | | | | |
| <p>Summer Shorts Today 2</p> <p>10:30 Barrerobics Gold 2:00 Blackjack Casino with Pam 3:00 Sing Along Fun with Pam 4:30 Happy Hour with Pamir 8:00 Cruise Ship Bingo</p> | <p>10:30 Gentle Chair Yoga 3</p> <p>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 Musician 8:00 An American Tale with Pam <i>"What America Means to Me"</i></p> | <p>Happy Independence Day! 4</p> <p>12:30 Family & Friends Event Enjoy our Holiday "Backyard BBQ" Live Musical Entertainment Holiday Treats & Give-Aways 7:30 Holiday Movie Special in Theatre <i>"1776" Musical</i> <i>A perfect way to end your day!</i></p> | <p>10:30 Tai Chi for Health & Balance 5</p> <p>11:00 Excursion Mizner Park RSVP 2:00 Senior Spinning Class with Julian 2:30 Mah Jong Class with The Mavens 4:30 Happy Hour with Gerry 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo</p> | <p>10:30 Barrerobics Gold with Edgar 6</p> <p>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 James Perkowsky Performs</p> | <p>10:30 Osher Lifelong Learning 7</p> <p>2:00 Religion Club with Bud 3:30 Shabbat Services 4:30 Happy Hour with Michael B. 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo with Steph</p> | <p>Diner's Club Outing 8</p> <p>10:30 Zumba Gold 11:30-2:30 Special Interest Club Sign Up 3:00 NYC Ballet Barre Hour w/Steph 4:30 Happy Hour w/Lori 8:00 First Run Movie Night <i>"This Beautiful Fantastic" PG</i></p> |
| <p>Computers 9:00-3:00 9</p> <p>10:30 Barrerobics Gold 1:45 Residents Request Movie 2:00 Blackjack Casino with Pam 3:00 Sing Along Fun with Pam 4:30 Happy Hour with Katherine 8:00 Latin Music Night in Theatre 8:00 Cruise Ship Bingo</p> | <p>Service Club Outing 10</p> <p>10:30 Gentle Chair Yoga 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 Film <i>"The Zookeepers Wife" Drama PG-13</i></p> | <p>10:30 Silver Sneakers 11</p> <p>2:00 Trivia Challenge with Steph 2:00 Aqua Zumba 3:00 Food & Dining Council Meeting 4:30 Happy Hour with Kevin 8:00 Speaker's Guild with SEC <i>"Protect your identity & property"</i></p> | <p>Play Reading Club Meets 12</p> <p>10:30 Tai Chi for Health & Balance 11:00 Excursion Festival Flea Mkt RSVP 2:00 Senior Spinning Class with Julian 2:30 Mah Jong Class with The Mavens 4:30 Happy Hour with Peter 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo</p> | <p>Diner's Club Meets 13</p> <p>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 Ruby 8:00 Adam Chefitz Performs</p> | <p>10:30 Osher Lifelong Learning 14</p> <p>2:00 Religion Club with Bud 3:30 Shabbat Services 4:30 Happy Hour with Grace 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo with Steph</p> | <p>Diner's Club Outing 15</p> <p>10:30 Zumba Gold 2:00 Jewelry Design with Donna 3:00 Line Dancing with Katrina 4:30 Happy Hour w/Madrigal 8:00 A Night at the Met <i>"Un Ballo In Maschera" Verdi</i></p> |
| <p>10:30 Barrerobics Gold 16</p> <p>1:45 Residents Request Movie 2:00 Blackjack Casino with Pam 3:00 Sing Along Fun with Pam 4:30 Happy Hour in Argentina 7:45 Latin Film Night in Theatre 8:00 Cruise Ship Bingo</p> | <p>Service Club Outing 17</p> <p>10:30 Gentle Chair Yoga 2:00 Learn to Knit with BJ 3:00 Multi-Media Art w/Judith 3:00 NYC Ballet Barre with Steph 3:00 Resident's Council Meeting 4:30 Happy Hour w/Elegant Musicians 8:00 First Run Film <i>"Norman" Comedy</i></p> | <p>10:30 Silver Sneakers 18</p> <p>2:00 Crossword Challenge with Steph 2:00 Aqua Zumba 3:00 Activities & Film Council Meeting 4:30 Happy Hour with Kenny 8:00 Speakers Guild w/Clear Captions <i>Free captioned phones for Seniors</i></p> | <p>Actors Playhouse Today 19</p> <p>10:30 Tai Chi for Health & Balance 2:00 Senior Spinning Class with Julian 2:30 Mah Jong Class with The Mavens 4:30 Happy Hour with Ralph 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo</p> | <p>Coffee Café at 7pm 20</p> <p>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 7:30 Big Band Dance Nite</p> | <p>10:30 Osher Lifelong Learning 21</p> <p>2:00 Religion Club with Bud 3:30 Shabbat Services 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 22</p> <p>11:30 Book Review with Lisa Rosen 3:00 Line Dancing with Katrina 4:30 Happy Hour w/Lori 8:00 Foreign Film Night <i>"The Innocents"</i> <i>French & Polish with English Subtitles</i></p> |
| <p>10:30 Barrerobics Gold 23</p> <p>11:30 Catholic Mass with Fr. O'Grady 1:45 Residents Request Movie 3:00 Champagne Tea Party 4:30 Happy Hour w/Elegant Musicians 8:00 Latin Music Night in Theatre 8:00 Cruise Ship Bingo</p> | <p>10:30 Gentle Chair Yoga 24</p> <p>2:00 Learn to Knit with BJ 3:00 Multi-Media Art w/Judith 3:00 NYC Ballet Barre with Steph 4:30 Happy Hour with Lani 8:00 First Run Film <i>"A Quiet Passion" Bio PG-13</i></p> | <p>Yappy Hour @ 3:00 25</p> <p>10:30 Silver Sneakers 2:00 Trivia Challenge with Steph 2:00 Aqua Zumba 4:30 Resident's NY Deli Dinner 8:00 Tour of NYC with Tour Guide Join Steve Schlesinger for Armchair Tour <i>of the City That Never Sleeps</i></p> | <p>Play Reading Club Meets 26</p> <p>10:30 Tai Chi for Health & Balance 11:00 Excursion NSU Museum RSVP 2:00 Senior Spinning Class with Julian 2:30 Mah Jong Class with The Mavens 4:30 Happy Hour with Steve 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo</p> | <p>Computers 11:00-3:00 27</p> <p>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 Kevin 8:00 Larry Brendler Performs</p> | <p>10:30 NEW! Osher Lifelong Learning 28</p> <p>2:00 Religion Club with Bud 3:30 Shabbat Services 4:30 Happy Hour w/Elegant Musicians 7:45 Resident's Request Movie 8:00 Cruise Ship Bingo with Steph</p> | <p>10:30 Zumba Gold 29</p> <p>2:00 Jewelry Design with Donna 3:00 NYC Ballet Barre Hour w/Steph 4:30 Happy Hour w/Rich 8:00 A Night at the Met <i>"Der Rosenkavalier" R. Strauss</i></p> |
| <p>10:30 Barrerobics Gold 30</p> <p>1:45 Residents Request Movie 2:00 Blackjack Casino with Pam 3:00 Sing Along Fun with Pam 4:30 Happy Hour with Madrigal 7:45 Latin Film Night in Theatre 8:00 Cruise Ship Bingo</p> | <p>July Birthday Cake 31</p> <p>10:30 Gentle Chair Yoga 2:00 Knitting Returns Next Week 3:00 Multi-Media Art w/Judith 3:00 Line Dancing with Katrina 4:30 Happy Hour w/Elegant Musicians 8:00 First Run Film <i>"The Promise" Drama PG-13</i></p> | <p>RED = EDUCATIONAL ACTIVITY BLUE = PHYSICAL ACTIVITY</p> <p><i>Calendar is subject to change...</i></p> <p><i>Please check Daily Digital Listings for up-to-the-minute info</i></p> | | | | |

REMEMBER TO RSVP EARLY FOR EVENTS, CLASSES & ACTIVITIES
RESERVATIONS DESK OPEN DAILY FROM 5:00 - 6:00 pm

We celebrated the "Sweetest Guy in Town" in June!



Great Dads Get Promoted to Grandpas!

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)