



The Gables Gazette

Luxury Carefree Living for Active Seniors

Entertainment... The Spice of Life!

AUGUST 2026

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



ACT IT OUT!

with Rebecca

Join Rebecca for a fun and engaging class
where we act out stories, explore characters,
and bring laughter to life!

 **WEEKLY THURSDAYS**
STARTING AUGUST 6TH

 **11:00 AM**

 **IN THE THEATRE**

*No acting or theatre
experience necessary!*



PORTRAIT Day

 PROFESSIONAL
MAKEUP TOUCHES

 REFRESHMENTS

 PROFESSIONAL
PHOTO SESSION



**TUESDAY
AUGUST 25TH**
BEGINNING AT 11:00 AM

RSVP WITH ACTIVITIES



NEVER MISS AN EVENT

SCAN THE QR CODE TO RECEIVE
OUR **ACTIVITIES CALENDAR**
DIRECTLY IN YOUR INBOX EACH MONTH.

ENTERTAINMENT TEAM

Isabella Prida

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Hanna Kvitko

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Activities Abound



at The Palace Coral Gables

ORANGE = EDUCATIONAL ACTIVITY BLUE = PHYSICAL ACTIVITY ** = NEW ACTIVITY

Calendar is subject to change...Check Daily Digital Displays for Updates

AUGUST

SUN	MON	TUE	WED	THUR	FRI	SAT
30 11:00 Catholic Mass 11:00 Book Club & Lunch 3:00 Bingo with Activities 4:30 Happy Hour w/ David 7:15 Resident Request Movie	31 10:30 Zumba Gold w/ Norman 2:00 Chair Yoga w/ Vickie 3:00 Resident Council 4:30 Happy Hour w/ Oman 7:15 Comedy Movie Night					1 10:30 Instrumix Exercise 2:00 Movie Matinee 4:30 Happy Hour w/ Edgar 7:15 Musical Movie Night
2 11:00 Catholic Mass 2:00 Painting w/ Lynn 3:00 Bingo with Activities 4:30 Happy Hour w/ David 7:15 Resident Request Movie	3 10:30 Zumba Gold w/ Norman 2:00 Chair Yoga w/ Vickie 2:30 Mahjong w/ Wendy 4:30 Happy Hour w/ Oman 7:15 Comedy Movie night	4 10:30 Tai chi Class 2:00 Karaoke w/ Activities 3:00 Activities Council 4:30 Happy Hour w/ Lissandra 7:15 Helen Shaham Podcast Presentation	5 HARD ROCK CASINO 10:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Humberto	6 10:30 Tai chi Class 11:00 “Act It Out” w/ Rebecca 1:30 Water Aerobics w/ Lidia 1:30 Mixed Media Art w/ Judith 4:30 Happy Hour w/ Paul Jr. 7:15 Musical Piano duo Guests, Gary and David Clark	7 10:30 Chair Pilates w/Aniko 2:00 Virtual Walking Fitness 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ Lani 7:00 Bingo After Dark; Friends and Family welcomed	8 10:30 Instrumix Exercise 11:00 Cooking Class w/ Maggie 3:00 iPhone Class 4:30 Happy Hour w/ Edgar 7:15 Musical Movie Night
9 11:00 Catholic Mass 2:00 Painting w/ Lynn 3:00 Bingo with Activities 4:30 Happy Hour w/ David 7:15 Resident Request Movie	10 10:30 Zumba Gold w/ Norman 2:00 Chair Yoga w/ Vickie 2:30 Resident Food Council 4:30 Happy Hour w/ Oman 7:15 Name That Song w/ Rozz	11 10:30 Tai chi Class 2:00 Craft class w/ Activities 4:30 Safari Social Happy Hour featuring live wild animals 7:15 Lecture by Dr. Hughes “Sixty Years in Psychiatry”	12 DOLPHIN MALL 10:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Humberto 7:15 Drama Movie Night	13 10:30 Tai chi Class 11:00 “Act It Out” w/ Rebecca 1:30 Water Aerobics w/ Lidia 1:30 Mixed Media Art w/ Judith 4:30 Happy Hour w / Taylor 7:15 Musical Violin and Piano Duo Performances	14 10:30 Chair Pilates w/Aniko 2:00 “Looking Up” Nature Painting Class 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ Latin Trio 7:00 Bingo After Dark; Friends and Family welcomed	15 10:30 Instrumix Exercise 11:00 Jewelry Design w/ Brenda 2:00 Knitting class w/ Bj 4:30 Happy Hour w/ Edgar 7:15 Musical Movie Night
16 11:00 Catholic Mass 2:00 Gardening Class w/ Erika 3:00 Bingo with Activities 4:30 Happy Hour w/ David 7:15 Resident Request Movie	17 10:30 Zumba Gold w/ Norman 2:00 Chair Yoga with Vickie 4:30 Happy Hour w/ Oman 7:15 Comedy Movie night	18 10:30 Tai chi Class 2:00 Karaoke w/ Activities 4:30 Happy Hour w/ Grace 7:15 Lecture on the Charles Deering Estate by Historian, Annette From m	19 THE DEERING ESTATE TOUR 10:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Humberto 7:15 Drama Movie Night	20 10:30 Tai chi Class 11:00 “Act It Out” w/ Rebecca 1:30 Water Aerobics w/ Lidia 1:30 Mixed Media Art w/ Judith 4:30 Happy Hour w / Javier 7:15 Musical Singing Guest, Jen Mana	21 10:30 Chair Pilates w/Aniko 2:00 Virtual Walking Fitness 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ Lani 7:00 Bingo After Dark; Friends and Family welcomed	22 10:30 Instrumix Exercise 11:00 Jewelry Design w/ Laura 2:00 Knitting class w/ Bj 3:00 iPhone Class 4:30 Happy Hour w/ Edgar 7:15 Musical Movie Night
23 11:00 Catholic Mass 2:00 Painting w/ Lynn 3:00 Bingo with Activities 4:30 Happy Hour w/ David 7:15 Resident Request Movie	24 10:30 Zumba Gold w/ Norman 11:30 Teddy Bear Workshop 2:00 Chair Yoga w/ Vickie 2:30 Mahjong w/ Wendy 4:30 Happy Hour w/ Oman 7:15 Name That song w/ Rozz	25 10:30 Tai chi Class 11:00 Resident Portrait Day 4:30 Happy Hour w/ Grace 7:15 Lecture by Ear, Nose and Throat Doctor, Dr. William Portnoy	26 LUNCH AT RUSTY PELICAN 11:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Humberto 7:15 Drama Movie Night	27 10:30 Tai chi Class 11:00 “Act It Out” w/ Rebecca 1:30 Water Aerobics w/ Lidia 1:30 Mixed Media Art w/ Judith 4:30 Happy Hour w / Taylor 7:15 Musical Pianist Guest, Adam Chevitz	28 10:30 Chair Pilates w/Aniko 2:00 Art You Can Eat Class 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ 7:00 Bingo After Dark; Friends and Family welcomed	29 10:30 Instrumix Exercise 11:00 Storytime Across Generations, an interactive event from the stars of “Kid Story Time” YouTube channel 4:30 Happy Hour w/ Edgar 7:15 Musical Movie Night

HIGHLIGHTS FROM OUR USA CELEBRATION!



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