



The Gables Gazette

Luxury Carefree Living for Active Seniors

Entertainment... The Spice of Life!

SEPTEMBER 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

NEW BINGO SCHEDULE!

STARTING IN SEPTEMBER!

TUESDAYS
3:00 PM

THURSDAYS
3:00 PM

SUNDAYS
3:00 PM

WHY THE CHANGE?

- BASED ON MAJORITY AVAILABILITY
- SCHEDULING REASONS
- LARGER JACKPOT

Same great game. New schedule. More fun!

INTRODUCING OUR NEW

Meet Your Neighbor

A MONTHLY RESIDENT LECTURE SERIES

Our community is full of fascinating people with unique experiences, talents, and passions. Now it's your time to shine!

Share what inspires you.
Tell your story.
Connect with your neighbors.

Whether it's your career, a hobby, travel adventures, life lessons, or something close to your heart—this is your opportunity to share it with others in our community.

We can't wait to learn from you!

YOU choose the topic.
YOU lead the conversation.
WE celebrate you!

OUR FIRST MEET YOUR NEIGHBOR EVENT
WEDNESDAY, SEPTEMBER 23RD
3:00 PM

Sign up with the Activities Office to reserve your spot!

REAL PEOPLE. REAL STORIES. REAL CONNECTIONS.



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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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

SUN	MON	TUE	WED	THUR	FRI	SAT
		1 “Signature Tuesdays” Twin Edition 10:30 Tai chi Class 2:00 Activities Council 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Lissandra 7:15 Game Night w/ Friends	2 SHOPPING & LUNCH AT BRICKELL CITY CENTER 10:15 Excursion Bus Loads 11:00 Jews in Scandonavia lecture W3 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie	3 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 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Raquel 7:15 Musical Guest, Paul London	4 10:30 Chair Pilates w/Aniko 2:00 Virtual Walking Fitness 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ Sandro 7:15 Game Night w/ Friends	5 10:30 Instrumix Exercise 2:00 Movie Matinee 3:00 iPhone Class 4:30 Apples & Honey Happy Hour w/ Klezmer Music 7:15 Cinema Saturdays
6 11:00 Catholic Mass 3:00 Bingo with Activities 4:30 Happy Hour w/ David 7:15 Game Night w/ Friends	7 10:30 Zumba Gold w/ Norman 2:00 Chair Yoga w/ Vickie 2:30 Mahjong w/ Wendy 4:30 Labor Day Luau BBQ Dinner & Live Music 7:15 Game Night w/ Friends	8 10:30 Tai chi Class 2:00 EyeCare Express Presentation 2:00 Singing Class w/ Dr. Greco 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Grace 7:15 Game Night w/ Friends	9 MIAMI SPICE AT AMARA 11:00 Jews in Scandonavia lecture W4 11:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 4:30 Happy Hour w/ Humberto	10 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 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Carlos 7:15 Musical Guest, Scott Barreto	11 10:30 Chair Pilates w/Aniko 2:00 “Looking Up” Nature Painting Class w/ Julie 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ Paul Anthony Sr. 7:15 Game Night w/ Friends	12 10:30 Instrumix Exercise 11:00 Cooking Class w/ Maggie 2:00 Movie Matinee 4:30 Happy Hour w/ Edgar 7:15 Cinema Saturdays
13 11:00 Catholic Mass 2:00 Painting w/ Lynn 3:00 Bingo with Activities 4:30 Happy Hour w/ David 7:15 Game Night w/ Friends	14 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	15 10:30 Tai chi Class 2:00 Singing Class w/ Dr. Greco 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Lissandra 7:15 Game Night w/ Friends	16 MICCOSUKEE CASINO 10:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 3:00 Trivia w/ Mark 4:30 Happy Hour w/ Humberto 7:15 Drama Movie Night	17 10:30 Tai chi Class 11:00 Lecture Alzheimer's Research w/Joe Baldelomar 11:00 “Act It Out” w/ Rebecca 1:30 Water Aerobics w/ Lidia 1:30 Mixed Media Art w/ Judith 3:00 Bingo w/ Activities 4:30 Happy Hour w / Raquel 7:15 Musical Guest, Jimmy V.	18 10:30 Chair Pilates w/Aniko 2:00 Virtual Walking Fitness 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ Sandro 7:15 Game Night w/ Friends	19 10:30 Instrumix Exercise 1:00 Merrick Park Outing 2:00 Knitting class w/ Bj 3:00 iPhone Class 4:30 Happy Hour w/ Edgar 7:15 Cinema Saturdays
20 11:00 Catholic Mass 2:00 Gardening Class w/ Erika 3:00 Bingo with Activities 4:30 Happy Hour w/ David 7:15 Game Night w/ Friends	21 10:30 Zumba Gold w/ Norman 2:00 Chair Yoga with Maria 2:30 Mahjong w/ Wendy 4:30 Happy Hour w/ Oman 7:15 Magic Show by Erikson	22 10:30 Tai chi Class 11:00 EyeCare Express Clinic 11:00 Lecture “America 250” Robert Dawson as George Washington 2:00 Singing Class w/ Dr. Greco 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Grace	23 COSTCO 10:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 3:00 “Meet your Neighbor” Lecture Series 4:30 Happy Hour w/ Humberto	24 10:30 Tai chi Class 11:00 “Act It Out” w/ Rebecca 11:00 Lecture History of Coral Gables w/historian Patrick Alexander 1:30 Water Aerobics w/ Lidia 1:30 Mixed Media Art w/ Judith 3:00 Bingo w/ Activities 4:30 Happy Hour w / Carlos	25 10:30 Chair Pilates w/Aniko 2:00 Hamsa Craft Class 2:00 Lecture on the History of Actor’s Playhouse 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ Paul Anthony Sr.	26 10:30 Instrumix Exercise 11:00 Jewelry Design w/ Laura 2:00 Knitting class w/ Bj 4:30 Happy Hour w/ Edgar 7:15 Cinema Saturdays
27 11:00 Catholic Mass 11:00 Book Club & Lunch 2:00 Painting w/ Lynn 3:00 Bingo with Activities 4:30 Happy Hour w/ David 7:15 Game Night w/ Friends	28 10:30 Zumba Gold w/ Norman 2:00 Chair Yoga w/ Vickie 3:00 Resident Council 4:30 Happy Hour w/ Oman 7:15 Name That song w/ Rozz	29 10:30 Tai chi Class 2:00 Singing Class w/ Dr. Greco 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Lissandra 7:15 Game Night w/ Friends	30 Jewish Museum Miami Beach 11:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 3:00 Trivia w/ Mark 4:30 Happy Hour w/ Humberto 7:15 Game Night w/ Friends	SEPTEMBER		

HIGHLIGHTS FROM OUR RECENT ACTIVITIES



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