



The Gables Gazette

Luxury Carefree Living for Active Seniors

Entertainment... The Spice of Life!

OCTOBER 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

The PALACE CORAL GABLES
FASHION SHOW
MODELING
chico's®
FALL COLLECTION
BY OUR VERY OWN RESIDENTS
SUNDAY, OCTOBER 18TH
11:00 AM
IN THE THEATRE
FRIENDS AND FAMILY INVITED
RSVP WITH CONCIERGE
786-441-8787
TIMELESS STYLE | BOLD SPIRITS | BEAUTIFUL TOGETHER

JOIN US FOR A
DAY OF THE DEAD
(DÍA DE LOS MUERTOS)
HALLOWEEN Party
Día de los Muertos is a traditional Mexican festivity honoring those who have passed. It is a joyful celebration of life, love and remembering our loved ones.
OCTOBER 30TH BEGINNING AT 4:30 PM IN THE PLAZA
RSVP WITH CONCIERGE 786-441-8787
COSTUMES HIGHLY ENCOURAGED!



NEVER MISS AN EVENT

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

ENTERTAINMENT TEAM

Isabella Prida

786-441-8885

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Hanna Kvitko

hkvitko@thepalaceus.com

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 10:30 Tai chi Class w/ Reza 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/ Latin Trio 7:15 FROST School of Music Student Spotlight	2 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	3 10:30 Instrumix Exercise 11:00 Torah study group 2:00 Movie Matinee 3:00 iPhone Class w/ Monica 4:30 Happy Hour w/ Edgar 7:15 Cinema Saturdays
4 11:00 Catholic Mass 2:00 Fall inspired succulent gardening class w/ Erika 3:00 Bingo with Activities 4:30 Happy Hour w/ David 7:15 Game Night w/ Friends	5 10:30 Zumba Gold w/ Norman 2:00 Chair Yoga w/ Vickie 3:00 University of Miami Tech Connect Workshop 4:30 Happy Hour w/ Oman 7:15 Game Night w/ Friends	6 10:30 Tai Chi Class w/ Reza 2:00 Activities Council 3:00 Bingo w/ Activities 4:30 “Signature Tuesdays: Cher edition Happy Hour 7:15 Game Night w/ Friends	7 LUNCH AT SEXY FISH 11:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 4:30 Happy Hour w/ Humberto 7:15 Game Night w/ Friends	8 10:30 Tai Chi Class w/ Reza 11:00 “Act It Out” w/ Rebecca 1:30 Water Aerobics w/ Lidia 1:30 Mixed Media Art w/ Judith 2:00 Lecture by Judge Roy K. Allan 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Carlos 7:15 Musical Guest, Mia Vassilev	9 10:30 Chair Pilates w/Aniko 11:00 Lecture on the History of Key West by Historian, Cori Covertido 2:00 “Looking Up” Nature Painting Class w/ Julie 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ Paul Anthony Sr.	10 10:30 Instrumix Exercise 11:00 Torah study group 11:00 Jewelry Design w/ Laura 2:00 Knitting class w/ Bj 4:30 Happy Hour w/ Edgar 7:15 Cinema Saturdays
11 11:00 Catholic Mass 2:00 Painting w/ Lynn 3:00 Bingo w/ Activities 4:30 Happy Hour w/ David 7:15 FROST School of Music Student Spotlight	12 10:30 Zumba Gold w/ Norman 2:00 Chair Yoga w/ Vickie 2:30 Resident Food Council 3:00 Flamenco Dance Class 4:30 Happy Hour w/ Oman 7:15 Game Night w/ Friends	13 10:30 Tai Chi Class w/ Reza 2:00 Singing Class w/ Dr. Greco 2:00 Dentistry Lecture by Dr. Azan Mehdi 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Lissandra	14 GUIDED TOUR OF LITTLE HAVANA 10:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 2:30 Mahjong w/ Wendy 3:00 Trivia w/ Mark 4:30 Happy Hour w/ Humberto	15 10:30 Tai Chi Class w/ Reza 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 Lecture by IDF National security Expert Dr. Yair Ansbacher	16 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 A NIGHT OF MURDER MYSTERY: FIND THE CULPRIT	17 10:30 Instrumix Exercise 11:00 Torah study group 3:00 iPhone Class w/ Monica 4:30 Happy Hour w/ Edgar 7:15 Cinema Saturdays
18 11:00 Catholic Mass 11:00 Fall Fashion Show ft. Resident Models 4:30 Happy Hour w/ David 7:15 Game Night w/ Friends	19 10:30 Zumba Gold w/ Norman 2:00 Chair Yoga w/ Vickie 2:30 Mahjong w/ Wendy 3:00 Flamenco Dance Class 4:30 Happy Hour w/ Oman 7:15 Game Night w/ Friends	20 10:30 Tai Chi Class w/ Reza 2:00 Singing Class w/ Dr. Greco 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Grace 7:15 Game Night w/ Friends	21 BISCAYNE BOAT TOUR 10:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 3:00 “Meet your Neighbor” Lecture Series: Mike Vidal 4:30 Happy Hour w/ Humberto	22 10:30 Tai Chi Class w/ Reza 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 A PHANTOM OF THE OPERA MUSICAL TRIBUTE	23 10:30 Chair Pilates w/ Aniko 2:00 DIY Picture Frame w/ Julie 3:30 Shabbat w/ Rabbi Stolik 4:30 Happy Hour w/ Paul Anthony Sr. 7:15 Game Night w/ Friends	24 10:30 Instrumix Exercise 11:00 Torah study group 11:00 Jewelry Design w/ Laura 2:00 Knitting class w/ Bj 4:30 Happy Hour w/ Edgar 7:15 Cinema Saturdays
25 11:00 Catholic Mass 11:00 Book Club & Lunch 2:00 Painting w/ Lynn 3:00 Bingo w/ Activities 4:30 Happy Hour w/ David 7:15 Game Night w/ Friends	26 10:30 Zumba Gold w/ Norman 2:00 Chair Yoga w/ Vickie 3:00 Resident Council 4:30 Happy Hour w/ Oman 7:15 Game Night w/ Friends	27 10:30 Tai Chi Class w/ Reza 2:00 Singing Class w/ Dr. Greco 3:00 Bingo w/ Activities 4:30 Happy Hour w/ Lissandra 7:15 Game Night w/ Friends	28 HARD ROCK CASINO 10:15 Excursion Bus Loads 11:30 Instrumix Class 2:00 Chair Yoga w/ Vickie 2:30 Mahjong w/ Wendy 3:00 Trick or Trivia w/ Mark 4:30 Happy Hour w/ Humberto	29 10:30 Tai Chi Class w/ Reza 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 HALLOWEEN VARIETY SHOW	30 10:30 Chair Pilates w/Aniko 11:00 OSHER lecture Week 1 “Art History” w/ Armando Droulers 2:00 Virtual Walking Fitness 3:30 Shabbat w/ Rabbi Stolik 4:30 FRIENDS & FAMILY HALLOWEEN HAPPY HOUR	31 10:30 Instrumix Exercise 11:00 Torah study group 2:00 Pretty Little Pumpkin Craft Class w/ Brittany 3:00 iPhone Class w/ Monica 4:30 Happy Hour w/ Edgar 7:15 Cinema Saturdays

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