The Gables Gazette

Luxury Carefree Living for Active Seniors

Entertainment... The Spice of Life!

November 2026

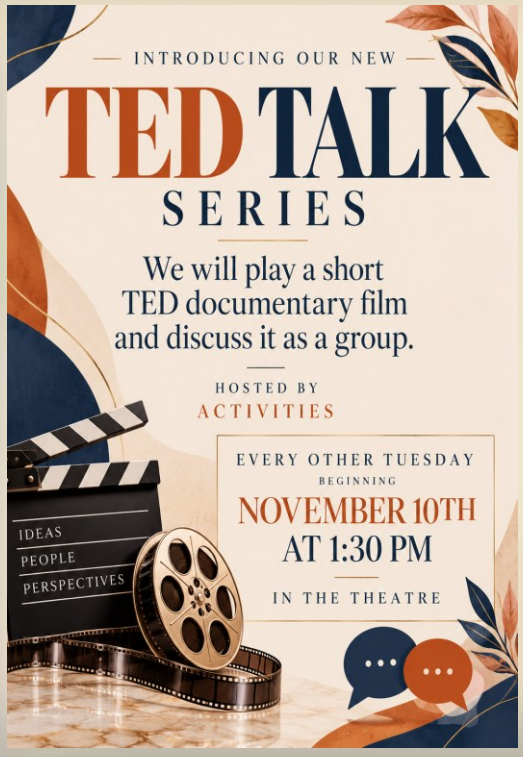
A Message from Helen



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









ENTERTAINMENT TEAM

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

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

NOVEMBER

SUN	MON	TUE	WED	THUR	FRI	SAT
1 **11:00** Catholic Mass **2:00** Gardening Class **3:00** Bingo w/ Activities **4:30** Happy Hour w/ David **7:15** Resident Request Movie	**2** **10:30** Zumba Gold w/ Norman **1:00** Documentary Matinee **2:00** Chair Yoga w/ Vickie **2:30** Advanced Mahjong w/ Wendy **2:00** University of Miami Tech **4:30** Happy Hour w/ Oman **7:15** Comedy Movie Night	**3** **10:30** Tai Chi Class **2:00** Singing Class w/ Dr. Greco **3:00** Bingo w/ Activities **4:30** Happy Hour w/ Grace **7:15** Documentary Movie Night	**4** **JUNGLE ISLAND** **10:15** Excursion Bus Loads **11:30** Instrumix Class **2:00** Chair Yoga w/ Vickie **4:30** Happy Hour w/ Humberto	**5** **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/ the "Cuban Sinatra" **7:15** FROST School of Music Student Spotlight	**6** **10:30** Chair Pilates w/Aniko **11:00** Osher Lecture W1: Art History w/ Armando **2:00** Lecture by Judge Roy K. Altman "Israel on Trial" **4:30** Happy Hour w/ Paul Anthony Sr. **7:15** First Run Movie Night	**7** **10:30** Music Movement w/ Ketty **11:00** Torah Study Group **2:00** Movie Matinee **4:30** Happy Hour w/ Edgar **7:15** Musical Movie Night
8 **11:00** Catholic Mass **1:00** Documentary Matinee **2:00** Crafting w/ Julie **2:00** Beginners Mahjong w/ Kim **3:00** Bingo w/ Activities **4:30** Happy Hour w/ David **7:15** FROST School of Music Student Spotlight	**9** **10:30** Zumba Gold w/ Norman **11:00** Presentation by Memory Training of South Florida **2:00** Chair Yoga w/ Vickie **2:30** Resident Food Council **4:30** Happy Hour w/ Oman **7:15** Comedy Movie Night	**10** **10:30** Tai Chi Class **1:30** TED Talk Tuesday **2:00** Singing Class w/ Dr. Greco **3:00** Bingo w/ Activities **4:30** Happy Hour w/ Lissandra **7:15** Magic Show by David Frost	**11** **VETERAN'S DAY OUTING** **8:30** Outing to Coral Gables Police Dept. Event Ft. Hal Silberman **11:30** Instrumix Class **2:00** Chair Yoga w/ Vickie **3:00** Trivia & Family Feud w/ Mark **4:30** Veteran's Day Happy Hour Happy Hour w/ Humberto	**12** **10:30** Tai chi Class w/ Reza **1:00** Documentary Matinee **1:30** Water Aerobics w/ Lidia **1:30** Mixed Media Art w/ Judith **3:00** Bingo w/ Activities **4:30** Happy Hour w/ Sandro **7:15** Musical Movie Night	**13** **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** First Run Movie Night	**14** **11:00** Torah Study Group **11:00** Jewelry Design w/ Brenda **2:00** Knitting for Babies **3:00** iPhone Class w/ Monica **4:30** Happy Hour w/ Edgar **7:15** Musical Movie Night
15 **9:00** Catholic Mass ***11:00 FRIENDS & FAMILY THANKSGIVING BRUNCH*** **4:30** Happy Hour w/ David **6:00** The Steinway Artist Series | Symphony Miami Beach **7:15** Resident Request Movie	**16** **10:30** Zumba Gold w/ Norman **1:00** Documentary Matinee **2:00** University of Miami Tech **2:30** Advanced Mahjong w/ Wendy **2:00** Chair Yoga w/ Vickie **4:30** Happy Hour w/ Oman **7:15** Comedy Movie Night	**17** **10:30** Tai Chi Class **2:00** Singing Class w/ Dr. Greco **3:00** Bingo w/ Activities **4:30** Happy Hour w/ Grace **7:15** Film and Broadway Classics themed Piano Show	**18** **SAWGRASS MILLS** **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	**19** **10:30** Tai chi Class w/ Reza **1:30** Water Aerobics w/ Lidia **1:30** Mixed Media Art w/ Judith **3:00** Bingo w/ Activities **4:30** Happy Hour w/ the "Cuban Sinatra" **7:15** Musical Guest, Jimmy Barkan	**20** **10:30** Chair Pilates w/Aniko **11:00** Osher Lecture W2: Art History w/ Armando **3:30** Shabbat w/ Rabbi Stolik **4:30** Happy Hour w/ Paul Anthony Sr. **7:15** First Run Movie Night	**21** **10:30** Music Movement w/ Ketty **11:00** Torah Study Group **3:00** iPhone Class w/ Monica **4:30** Happy Hour w/ Edgar **7:15** Musical Movie Night
22 **11:00** Catholic Mass **11:00** Book Club & Lunch **2:00** Crafting w/ Julie **2:00** Beginners Mahjong w/ Kim **3:00** Bingo w/ Activities **3:00** MOMIX Botanica at the Moss Center Downtown **4:30** Happy Hour w/ David **7:15** Resident Request Movie	**23** **10:30** Zumba Gold w/ Norman **1:00** Documentary Matinee **2:00** Chair Yoga w/ Vickie **4:30** Happy Hour w/ Oman **7:15** Comedy Movie Night	**24** **10:30** Tai Chi Class **1:30** TED Talk Tuesday **2:00** Singing Class w/ Dr. Greco **3:00** Bingo w/ Activities **4:30** Happy Hour w/ Lissandra **7:15** Documentary Movie Night	**25** **MUSEUM OF CONTEMPORARY ART** **10:15** Excursion Bus Loads **11:30** Instrumix Class **2:00** Chair Yoga w/ Vickie **3:00** Trivia & Family Feud w/ Mark **4:30** Happy Hour w/ Humberto	**26** *Happy Thanksgiving from our family to yours!* **10:30** Tai chi Class w/ Reza **1:00** Documentary Matinee **1:30** Water Aerobics w/ Lidia **1:30** Mixed Media Art w/ Judith **3:00** Bingo w/ Activities **4:30 Early Holiday Dinner** **7:15** Musical Guest, Paul London	**27** **10:30** Chair Pilates w/Aniko **11:00** Osher Lecture W3: Art History w/ Armando **2:00** Virtual Walking Fitness **3:30** Shabbat w/ Rabbi Stolik **4:30** Happy Hour w/ Sandro **7:15** First Run Movie Night	**28** **11:00** Torah Study Group **11:00** Jewelry Design w/ Brenda **2:00** Knitting for Babies **3:00** iPhone Class w/ Monica **4:30** Happy Hour w/ Edgar **7:15** Musical Movie Night
29 **11:00** Catholic Mass **3:00** Bingo with Activities **4:30** Happy Hour w/ David **7:15** Resident Request Movie	**30** **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					

HIGHLIGHTS FROM OUR FALL FASHION SHOW











Check out all Event Photos

www.palacecoralgableslife.com

DINING ENJOYMENT

Breakfast 7:30 - 10:00 AM

Lunch 12:00 - 1:30 PM

Happy Hour 4:30-5:30 PM

Dinner Served 4:30-7:00 PM

HEALTH & WELLNESS

MONDAY: ZUMBA and YOGA

TUESDAY: TAI CHI

WEDNESDAY: INSTRUMIX

THURSDAY: WATER AEROBICS

FRIDAY: PILATES

SATURDAY: MUSIC MOVEMENT