



The Weston Star

Luxury Carefree Living for Active Seniors

Simon Griffiths—Director of Entertainment

January 2023

A Message from Helen



Any problems, issues, or other questions? Call me on my cell at:

(786) 556 9009

Please say your name and apartment number.

Love, Helen Shaham

Owner, The Palace Group

Monthly Highlights

- 5th Plaza Social Hour—Gilberto Benedetti
- 6th Jeanne Lynn Gray Performs
- 7th Current Events Club with Stephen
- 11th Festival Marketplace Mall **RSVP**
- 12th Plaza Social Hour—Andy Polanco
- 13th Iris Revson – Performs
- 14th Film & Book Lecture with Ronelle
- 15th Balance Clinic with Dr. Bill Kelly
- 19th Resident Council Meet
- 19th Plaza Social Hour— Gilberto Benedetti
- 20th Don Stansfield – Performs
- 21st Current Events Club with Stephen
- 25th Hard Rock Casino Excursion **RSVP**
- 26th Plaza Social Hour— Mia Vassilev
- 27th Harry Getzov—Performs
- 28th Film & Book Lecture with Ronelle

Dear Friends!

Welcome to 2023, it feels like only a few minutes ago we were welcoming in 2022 and as we reflect on the past year, I would like to thank you all for supporting the activities and entertainment department, without your participation it would not be possible. It is hard to believe that our community has more than doubled in size over the past year and it has been awesome getting to know you and making new friends along the way.

As we enter the New year this usually means new resolutions and while you are contemplating what yours will be this year, I ask that one of them to be "try something new" come to an Art Class, Live Show, Live Lecture or try a new Fitness Class and take full advantage of our community's entertainment and activity programs on offer - we look forward to seeing you there.

I would like to wish you and your family a New Year, bursting with joy, roaring with laughter and full of Palace fun.

Much Love



The Palace Presents..... Coming in January

The Palace Presents
JEANNE LYNN GRAY



FRIDAY JANUARY 6TH 2023

PALACE THEATER | 7:30 PM

SINCE THE DEBUT OF HER CABARET SHOW "SHADES OF GRAY" JEANNE HAS MADE A NAME FOR HERSELF ON STAGES THROUGHOUT THE COUNTRY. WITH HER LIVELY MIX OF STORYTELLING AND SONGS... HER UNIQUE SHOWS HAVE GARNERED HER BOTH CRITICAL AND PERSONAL SUCCESS

The Palace Presents

Iris Revson

January 13th 2023

Palace Theater
7:30 PM

Iris Revson has performed on Broadway in several shows including: "The Pirates of Penzance", "Merlin: The Magical Musical", and "Evita". She has also performed at some of the most prestigious venues in the country: Radio City Music Hall, Madison Square Garden, and The Kennedy Center in Washington, DC. Iris is a classic "Broadway Belter" with a vibrant personality. You will cheer for her as she melts your heart with her incredible voice and makes you giggle with her many charms. She also wows the audience with her comic talents, many of them improvised. She was a member of the Shangri-las during the early 70s during their reunion tour. She is "one of a kind" with her audience interactive show.



Don Stansfield

January 20th

Palace Theater
7:30 PM

His repertoire includes Songs of the Rat Pack, as well as songs from Broadway and Josh Groban and Andrea Bocelli's collection of music. Don's clear strong tenor/baritone voice will transport you as he sings the signature songs chronicling the lives, antics and careers of many of the most famous singers of the 20th Century.





**Harry Getzov Presents
Judy Garland Part I**

January 27th
Palace Theater
7:30 pm



Holiday Brunch



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> <p>11:00 am Domino Players Meet 11:00 am Morning Matinee Movie 02:00 pm Game Players Meet 04:30 pm Happy Hour 07:30 pm \$\$\$ Cruise Ship Bingo</p> 	<p>2</p> <p>08:15 am Walk a Mile 10:00 am Move & Groove 11:00 am Billiards with Andy 11:00 am Spanish for Beginners 01:00 pm Afternoon Matinee Encore 01:00 pm Technologies Class 02:00 pm Chair Exercise Class 02:00 pm Jewelry Club 04:30 pm Happy Hour 07:30 pm Comedy Movie Night</p>	<p>3</p> <p>08:15 am Walk a Mile 10:00 am Move & Groove 11:00 am Crafting with Lina 01:00 pm Afternoon Matinee 01:00 pm Couples Gin Club 02:00 pm Seated Chair Cardio 03:00 pm \$ Cruise Ship Bingo \$ 04:30 pm Happy Hour 07:30 pm Documentary Movie Night</p>	<p>4</p> <p>08:15 am Walk a Mile 10:00 am Move & Groove 10:15 am Aqua Fit - High Impact 01:00 pm Horticulture Society 02:00 pm Mixed Media Art 02:00 pm Chair Yoga 04:30 pm Happy Hour 07:30 pm Drama Movie Night</p>	<p>5</p> <p>08:15 am Walk a Mile 10:00 am Move & Groove 10:00 am Men's Gin Club 11:00 am Spanish for Beginners 02:00 pm Art with Amy 02:00 pm Chair yoga 03:00 pm Wii Sports 04:30 pm Happy Hour 07:30 pm Plaza Social Night</p>	<p>6</p> <p>08:15 am Walk a Mile 10:00 am Move & Groove 11:00 am Nova Lecture Series 01:00 pm Canasta Players Meet 02:00 pm Floor Yoga 02:30 pm Shabbat Service 03:00 pm \$ Cruise Ship Bingo \$ 04:30 pm Happy Hour 07:30 pm The Palace Presents...</p>	<p>7</p> <p>10:00 am Seated Chair Cardio 11:00 am Rummikub Players Meet 12:00 pm Current Events Club 02:00 pm Art with Andy 02:00 pm Game Players Meet 02:00 pm Plaza Video Concert 04:30 pm Happy Hour 07:30 pm Blockbuster Movie Night</p>
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Coming This Month.....

Meet Your Neighbour Social

SUNDAY AFTERNOON'S
AT 2:00 PM
THE PLAZA
Starts January 8th 2023



Join us for a pot of tea and light refreshments and get to know your new neighbours

Bring your Friends!

BALANCE CLINIC

Sunday January 15th 10:00 AM

Yoga Studio



Come join in on an interactive balance class. Test components of balance and perform balance exercises to help you stay safe and mobile. Dr. Bill Kelley from Aries PT will be taking you through the class. Come dressed to move and work because this will be an exercise based class



Presented by
Bill Kelley DPT, ATC, CSCS
Co-Founder | Medical Director



Tours & Excursions and RSVP's.....

Festival Marketplace Mall



The Festival Marketplace Mall is a quarter-mile long shopping paradise with over 250 shops including fragrance outlets, cosmetic stores, shoe stores, clothing shops, jewelry stores, home furnishing stores and more. You can find everything you need at the Festival Marketplace.

Wednesday January 11th 2023

Bus Departs 10:30 am
Limited spaces

RSVP with the Concierge by 754-236-8101
January 9th



The new 30,000 square-foot gaming area offers guests a selection of nearly 200 table games, 3,100 of the most popular slot machines and a new 45 table Poker Room. Colorful design elements and contemporary architectural details enhance the expanded layout.

Wednesday January 25th 2023

Bus Departs 10:30 am
Limited spaces

RSVP with the Concierge by January 23rd

Health & Wellness

2023 HEALTH RESOLUTIONS

- Eat Well & Stay Hydrated
- Have Enough Sleep Everyday
- Eliminate the Stress Factors
- Get On the Move & Make it a Habit
- Stay Social

WALK-A-MILE
EVERY WEEKDAY 8:15 AM
 Meet at the I.L front desk

Want to give exercise a try but don't know where to start? Join our walking club for some fresh air and gentle exercise!

Move & Groove

Weekdays - 10 AM in the Yoga Room

HELPING YOU FEEL BETTER, STRONGER, AND SAFE!

SILVER SNEAKERS

TUESDAYS 2PM
IN THE YOGA ROOM
 IMPROVE STRENGTH & BALANCE



Aqua Fit
Every Wednesday 9:15 AM

Ballroom Dancing

MONDAYS 2PM
 IN THE YOGA ROOM



HEALTHY TIPS

For You

Sleep Well

Sleeping for at least 7 hours gives you a sharp brain and will renew your entire system. Not only can sleep reduce your stress level, but sleep is how your body repairs itself.



Eat a Balanced Diet

Diets rich in fruits, vegetables, and lean meats give your immune system a boost and protect against harmful viruses and bacteria that cause illnesses. Fruits and vegetables are a good source of antioxidants.



Routine Workout

Daily exercise will help you ward off a range of diseases and increase your life span as well as keep your weight in check and improve sleep. So make it a habit to exercise at least 30 minutes daily.



Drink Enough Water

Keep yourself hydrated and toxin free as water is a wonderful detoxifier. Sip water before every meal & dilute sugary drinks with water.



Maintain Healthy Habits

Keep a routine so that you sleep, eat, and exercise around the same times every day. Consistency will improve your physical/mental health.



YOGA

2 PM IN THE YOGA ROOM
CHAIR: WED, THURS FLOOR: FRIDAYS



Seated Chair Cardio

SATURDAYS & SUNDAYS
10 AM IN THE YOGA ROOM



THE WESTON STAR

SHOPPING AND MEDICAL SHUTTLE SCHEDULE

- Monday:** Weston Commons Departs 11:00AM
Weston Road Shopping Center 11:00 AM
Pembroke Lakes Mall Departs 12:00 Noon Pick up 3:00PM
- Tuesday:** Cleveland Clinic & Krupa Medical Center 9:00am & 10:30am
Cleveland Clinic & Krupa Medical Center 1:30pm & 2:30pm
- Thursday:** Cleveland Clinic & Krupa Medical Center 9:00am & 10:30am
Cleveland Clinic & Krupa Medical Center 1:30pm & 2:30pm
- Friday:** Westfork Plaza Departs 10:00AM Pick up 1:00PM
Weston Commons Departs 1:30PM
Weston Road Shopping Center 2:00PM
- Saturday:** No Shuttle Service
For Weston Road Shopping Center & Weston Commons Shopping Center
Pick up times will be arranged with the Palace Driver.

RSVP with Concierge 754-236-8101

Your New Address:

16025 Emerald Estates Drive
Weston, FL 33331

Tel: 754-236-8100

Houses of Worship

Friday:

B'nai Aviv Conservative
Synagogue –
Shuttle Departs: 5:30pm

Sunday:

St. Katherine Drexel –
Shuttle Departs:
9:30am (English Mass)
11:30am (Spanish Mass)

Café Bar

Open from 10:00AM till 9:00PM

Stop by and enjoy our Café Bar situated in the plaza
We have a wide range of hot and cold beverages
Or try our amazing selection of Ice Creams!!!

HAPPY HOUR

Live Entertainment

Every day

4:30 PM — 5:30 PM

Let us **Entertain** you! Stop by the Entertainment Office at any time or
Call Simon with your ideas and suggestions (754) 236-8185
Or email simon@thepalaceus.com

RESTAURANT HOURS

Breakfast 7:30 - 10:00 am

Lunch 12:30 - 2:00 pm

Happy Hour 4:30 - 5:30 pm

Dinner Served 5:00-7:30 pm

HEALTH & WELLNESS GYM HOURS

7:00 AM till 7:00 PM

Schedule a personal training session
with Andy your Wellness Assistant

Check the Daily Digital for updates on
all of the classes on offer!