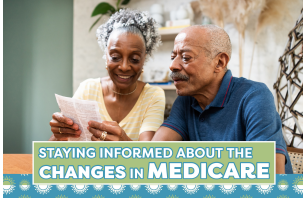


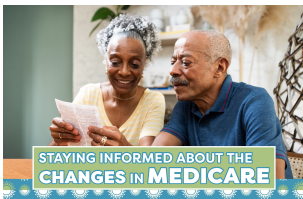
THE GABLES OF GAINESVILLE

COMMUNITY EVENTS



Staying Informed About The Changes In Medicare OCT. 19, 2024 11:00 AM | OCT. 19, 2024 2:00 PM

Knowledge is power and you'll feel empowered as you learn all about Medicare options, long-term care insurance, and life insurance at The Gables. Bring your questions, a notebook, and a pen so that you can take what you learn with you. We are thrilled to welcome an expert on all things Medicare and insurance from S.H.I.N.E. They'll guide you through common questions as well as things you never even thought to ask. RSVP to save your seat at this informative and educational seminar.



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Cocoa & Crafts DEC. 07, 2024 11:00 AM - 1:00 PM

Join your friends at The Gables as we learn how to create a festive holiday wreath. Don't worry if you haven't done it before: beginners are welcome and the only prerequisite for attending is a healthy dose of holiday spirit! All supplies provided.



Your Perfect Fit: Rightsizing for a More Enjoyable Life JAN. 11, 2025 10:00 AM - 12:00 PM

Did you know that removing some possessions and clutter can benefit your mental health? It's true! "Rightsizing" your home and belongings can boost mental clarity and can also cut down on your weekly

chores. Join us as we learn more about rightsizing, including realistic ways to start the process without feeling overwhelmed. You'll leave feeling inspired and ready to tackle those piles, closets, and storage bins.



Dementia Decoded JAN. 18, 2025 11:00 AM | JAN. 18, 2025 2:00 PM

Memory loss and confusion are often recognized as early signs of dementia, but the journey can begin with subtle symptoms that can appear years beforehand. Join us in our discussion of Alzheimer's disease and other forms of dementia. Together, we'll uncover the various types and early indicators of cognitive changes. Learn about seeking support and navigating life after a diagnosis, empowering yourself and loved ones with knowledge and understanding.



From Exhaustion to Empowerment — Overcoming Caregiver Burnout FEB. 22, 2025 11:00 AM | FEB. 22, 2025 2:00 PM

Family caregivers, whether helping out with daily visits or managing care from far away, are an important piece of a senior's wellness plan. But these crucial caregivers must care for themselves in order to care for others. Join us for an important discussion about caregiver burnout, including what it is and how to combat it. All caregivers are welcome to attend.



Don't Be A Target: Identifying & Avoiding Senior Scams MAR. 15, 2025 10:00 AM - 12:00 PM

Fraudsters and scammers tend to target older adults, and authorities report that seniors lose billions of dollars annually to targeted scams. Instead of feeling fearful or worried, learn the skills you need to avoid being a victim. Join us as we learn from the experts in our area. We'll cover topics ranging from how to spot a scam to what to do if you're feeling unsure about an email or social media request.



What's Your Legacy? APR. 12, 2025 11:00 AM | APR. 12, 2025 2:00 PM

When was the last time you reviewed your estate plan? Having the right documents in place can ensure others follow through on your wishes. The more you know about how to navigate wills, trusts, and other documents, the more empowered you can be to make important decisions. Join us for an important discussion about estate planning

led by a local expert ready to answer your questions.