### 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



#### 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.



Gardening to Grow MAY. 24, 2025 10:00 AM - 12:00 PM

When you're in the garden, hands in the soil, you're doing more than nurturing your plants. You're also nurturing your health! Whether you're a beginner or have a green thumb, join us at The Gables of Gainesville Assisted Living and Memory Care as we talk about the health benefits of gardening. We'll also cover ways to start gardening, whether it's in the backyard or in a small pot in the kitchen window. It all makes a positive difference! Grow with us!

#### As er HISTORY ALIVE: Louge to Extend (In Figure

#### History Alive — Reliving the Defining Events of the Past JUN. 21, 2025 10:00 AM - 12:00 PM

Taking a look behind us can allow us to learn something new or see the present in a different light. Join us as we take a look at an event in history – we'll discover how it unfolded then as well as how it shaped the future. You'll love this interactive and informative presentation!



#### Mental Health Matters - Managing Anxiety, Depression, & Emotional Well-Being in Your Later Years JUL. 12, 2025 10:00 AM - 12:00 PM

Just like maintaining your physical health, maintaining your mental health requires a bit of planning and knowledge. Join us as we learn the habits and coping skills that can set us up to feel our best emotionally and mentally for years to come! RSVP to save your seat at this important discussion. We can't wait to learn routines and information that will empower us to take control of our mental health.



## Unlocking New VA Benefits: Updates for Veterans & Spouses JUL. 19, 2025 10:00 AM - 12:00 PM

If you or your spouse is a Veteran, you might be eligible for benefits that can offset the costs of senior living or other support. Join us as we learn from a VA benefits expert and discuss what benefits you might qualify for. Bring along your spouse, family members, and neighbors - any Veteran or loved one can benefit from this discussion!