THE GABLES OF PALM HARBOR COMMUNITY EVENTS



For QR Code JAN. 31, 2025 2:00 - 3:30 PM Test



What's Your Legacy? JAN. 31, 2025 2:00 - 3:30 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 local expert, Michelangelo Mortellaro, Esq., who is ready to answer your questions.



Savor & Share: Charcuterie Board Class MAY. 28, 2025 2:30 PM - 4:30 PM

A beautiful charcuterie board is perfect for any party, gathering, or meal. The secret to success? It's not as hard as it looks! Join us at The Gables of Palm Harbor to learn how to create a stunning charcuterie board with a few seasonal ingredients and pantry staples. You will be able to take home your very own charcuterie board at the end of class! Presented by in-house Chef Chris Ringley. Please RSVP - Seats and supplies are limited.



From Exhaustion to Empowerment — Overcoming Caregiver Burnout Jun. 19, 2025 3:00 PM

Navigating the emotional journey of caring for a loved one with dementia can be challenging. Join us to hear firsthand from a caregiver about: • UNDERSTANDING DEMENTIA'S EMOTIONAL IMPACT: Addressing the rollercoaster of emotions that come with caring for a loved one with dementia • EFFECTIVE COMMUNICATION STRATEGIES: How to connect with your loved one despite cognitive decline • NAVIGATING GUILT AND GRIEF: Managing the emotional

weight of placing a parent in a care community • SELF-CARE FOR CAREGIVERS: Ensuring family members prioritize their well-being while providing support • ADVOCATING FOR YOUR LOVED ONE: Tips on working with care community staff



Bites & Blockbusters Jul. 18, 2025 11:00 AM - 2:00 PM

Nothing is better than a meal and a movie with good company! Let's all go to the movies together, right here at our community. We're picking up the tab! You just need to come ready to meet a few new friends. We'll save you a seat. Feature Presentation: Singin' In The Rain, 1952 Classic starring Gene Kelly, Debbie Reynolds, Donald O'Connor, and Rita Moreno



Don't Be A Target: Identifying & Avoiding Senior Scams
AUG. 20, 2025 11:30 AM - 1:00 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.