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.



The FIVE Most Important Documents: Navigating Estate Planning to Meet Your Goals oct. 01, 2025 11:30 AM - 1:30 PM

Join us for a Lunch & Learn as attorney Michelangelo Mortellaro reveals the five most important documents for safeguarding your assets and providing for your loved ones. Discover how proper estate planning can meet your unique needs and goals. If you are a transplant to Florida with out-of-state documents, this seminar is essential to understanding the importance of your existing documents in the State of Florida. Protect your family's financial security and leave a lasting legacy. Mortellaro Law has been recognized as Florida's top-rated elder law and estate planning firm for seven consecutive years.



Put Yourself In Their Shoes: A Powerful Journey Through The Dementia Experience oct. 08, 2025 10:00 AM - 12:00 PM

Learn how to be an even better family caregiver or friend to someone living with dementia by walking in their shoes in this virtual dementia experience. Our team is here to explain the disease process and give you the opportunity to build empathy and see life through the lens of Alzheimer's disease and other types of dementia. RSVP to participate in this Virtual Dementia Tour.

GUEST SPEAKER:

Glen Scharfeld

Certified Dementia Practioner and Owner of Senior Helpers Spring Hill



Mental Health Matters - Managing Emotional Wellness Through The Holidays DEC. 05, 2025 12:00 - 1:30 PM

The holidays can be joyful, but for some they can also be overwhelming. Join us at The Gables of Palm Harbor for a Lunch & Learn event where local mental health expert, Dr. Kinney, will share helpful tools for understanding and managing emotions, finding peace, and supporting your mental well-being this season.

GUEST SPEAKER:

DR. JAMES R. KINNEY, JR., Psy.D.

Licensed Psychologist & Owner of Compassionate Psychological Services LLC