THE GABLES OF JACKSONVILLE COMMUNITY EVENTS



An Afternoon with Our First Responders oct. 24, 2024 2:00 - 4:00 PM

Join us for an engaging and educational afternoon featuring our local first responders as they share insights into their roles in supporting older adults and ensuring community safety. Stick around and vote on your favorites as local police and fire departments go head-to-head showcasing their best chili recipes. Don't miss out on your chance to experience the vibrant community and cast your vote on which of our local heroes have the best recipe in town!



Holiday Handbag Bingo DEC. 12, 2024 4:00 - 6:00 PM

Ho-ho-ho! Let's play BINGO! Join us at The Gables of Jacksonville for a fun afternoon of heavy appetizers, holiday beverages, and everyone's favorite game. Have a chance to win one of many beautiful holiday handbags. There will be lots of winners!



Unlocking New VA Benefits: Updates for Veterans & Spouses Jan. 21, 2025 2:00 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!



Touchdown Trivia FEB. 06, 2025 2:00 - 4:00 PM

Join us for a fun afternoon of sports and movie trivia! Enjoy heavy apps and refreshments as we test your knowledge. Don't forget to represent your favorite sports team to win the upcoming game.



SAVOR and SHARE: Create a Classic Charcuterie MAR. 06, 2025 2:00 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 Tallahassee to learn how to create a stunning charcuterie board with a few seasonal ingredients and pantry staples. Leave with your creation! RSVP to save a seat at this demonstration, as well as your ingredients.



Dementia Decoded APR. 10, 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.



Gardening to Grow MAY. 14, 2025 2:00 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 Jacksonville 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!



From Exhaustion to Empowerment — Overcoming Caregiver Burnout Jun. 11, 2025 10:00 AM | Jun. 11, 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.



The Dementia Experience Jul. 09, 2025 11:00 AM - 2:00 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 save your

Put Yourself In Their Shoes: A Powerful Journey Through

seat in this essential conversation.



Unlocking New VA Benefits: Updates for Veterans & Spouses Jul. 22, 2025 10:30 AM

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!



A New Recipe for Aging Aug. 27, 2025 11:00 AM - 12:00 PM

As we age, knowing when to reach out for support is just as important as staying active and engaged. Whether it's a change in your health, your mood, or your daily routines, recognizing the signs and seeking help early can make all the difference.

Join us as guest speakers from Hallmark Homecare discuss this important topic.



Staying Informed About The Changes In Medicare SEP. 24, 2025 11:00 AM | SEP. 24, 2025 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, Natalie Cravotta. She'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. Guest Speaker: Natalie Cravotta, Medicare Broker



Creating Canvas oct. 22, 2025 2:00 PM

Whether you're a beginner or experienced, this class is for you. Learn painting techniques, explore vibrant colors, and create your own canvas masterpiece to take home. No experience required — just bring your creativity and enthusiasm!



Dementia Caregiver Support Group Nov. 11, 2025 3:00 PM
Caring for a loved one can be challenging, but you don't have to go
through the challenge alone. Join us for a no-cost, registered
dementia support group where you can learn with others who are
walking the same path as you. Support groups are a wonderful way to
connect with others, gain new insight, and fill yourself up before
returning to your caregiving role.



DON'T BE A TARGET

Don't Be A Target: Identifying & Avoiding Senior Scams DEC. 03, 2025 10:00 AM

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 a situation.

GUEST SPEAKERS:

Officer Lutze & Officer Hernandez

Jacksonville Sheriff's Office



RENEW DEBUT with Food, Fun, & Friends DEC. 06, 2025 1:00 - 3:00 PM

We invite you and your guests to the renewed Gables of Jacksonville

– reimagined, refreshed, remodeled and reintroduced with an updated
look. Put brightness and vibrancy in your life with wonderful
amenities, new friendships, amazing service, and a highly
independent lifestyle. Start with a visit. It's really something to see!