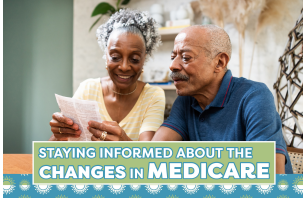


THE GABLES OF TALLAHASSEE

COMMUNITY EVENTS



Staying Informed About The Changes In Medicare OCT. 30, 2024 11:00 AM | OCT. 30, 2024 3:00 PM

Knowledge is power and you'll feel empowered as you learn all about Medicare options and changes coming in 2025 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, Shelia Hill. 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.



Gift of The Gables Holiday Open House DEC. 19, 2024 2:00 - 4:00 PM

Join your friends at The Gables for some holiday cheer! Deck the doors with our holiday wreath-making workshop, play holiday bingo for a chance to win prizes, and enjoy hot cocoa and apple cider!



Dementia Education Programs JAN. 07, 2025 3:00 - 4:00 PM

Learning more about dementia is one way family caregivers and spouses can feel empowered as they advocate for their loved ones. Friends and neighbors also benefit from education about best practices for connecting with someone living with dementia. Join us to gain tips for having these honest and caring conversations.



Savor & Share: Create a Classic Charcuterie FEB. 18, 2025 2:00 - 4:00 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 Education Programs - Ten Warning Signs of Alzheimer's Disease

MAR. 04, 2025 3:00 - 4:00 PM

Learning more about dementia is one way family caregivers and spouses can feel empowered as they advocate for their loved ones. Friends and neighbors also benefit from education about best practices for connecting with someone living with dementia. Join us to gain tips for having these honest and caring conversations.



Gardening to Grow

APR. 30, 2025 2:00 - 4:00 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 Tallahassee 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!



Dementia Education Programs

MAY. 08, 2025 3:00 - 4:00 PM

Learning more about dementia is one way family caregivers and spouses can feel empowered as they advocate for their loved ones. Friends and neighbors also benefit from education about best practices for connecting with someone living with dementia. Join us to gain tips for having these honest and caring conversations.



Backyard BBQ

MAY. 16, 2025 12:00 - 2:00 PM

We're firing up the grill at The Gables of Tallahassee! Enjoy barbecue favorites and fun with new friends.