

CORAL GABLES

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Connecting Communities

Palace Residents Knit for a Cause

BY KERRY GREEN

Doing good inspires a group of dedicated knitters at The Palace at Coral Gables who participate in the Knitter's Circle and channel their love of knitting into helping others.

Two organizations are the recipients of their efforts. Operation Gratitude accepts their lovingly handmade scarves which are included in care packages sent to the troops. They also donate snuggly soft blankets to Neonatal Intensive Care Units through the organization ICU Baby.

According to Pamela Parker, The Palace's social director, the group meets every Monday to "schmooze" and knit. Knitting instructor BJ Lang helps them with their projects and teaches beginners. She supplies the yarn and washes and blocks their finished projects.

"Many of the ladies haven't knitted in years but it quickly comes back to them," Parker said.

In addition to helping others, the group is reaping health benefits found from knitting including meditation, improving memory and hand-eye coordination.

"It's social too," Parker said. "Their camaraderie is contagious. They'll get together on their own in addition to the Monday group and have truly found friendship through knitting."



Photo (l to r): Palace at Coral Gables residents Odette Abacassis, Claire Torto, BJ Lang (instructor), Doris Cynamon and Robbie Forman. Robbie and Claire never knitted prior to BJ's class.