

August 2019



Activity Calendar for the Senior Community Without Walls

**917 SAGAMORE PKWY W,
WEST LAFAYETTE, IN
765.464.8080
HOMECAREBYDESIGN.COM**

01 THURSDAY	02 FRIDAY
10AM Silver Sneakers <i>Strength & Balance</i>	10AM Men's Coffee Club <i>(open to public)</i>

05 MONDAY	06 TUESDAY	07 WEDNESDAY	08 THURSDAY	09 FRIDAY
10:30AM Life Group Bible Study 2PM Film Society	12PM Tech Talk 2PM Silver Sneakers <i>Strength & Balance</i>	9AM-2PM <i>Private Event</i> 2PM Chair Yoga	10AM Silver Sneakers <i>Strength & Balance</i>	9AM Kiwanis Doll Stuffing <i>(Volunteers Welcome)</i> 2PM Dementia Support Group
12 MONDAY	13 TUESDAY	14 WEDNESDAY	15 THURSDAY	16 FRIDAY
10:30AM Life Group Bible Study 2PM Film Society	12PM Tech Talk 2PM Silver Sneakers <i>Strength & Balance</i>	9AM-2PM <i>Private Event</i> 2PM Chair Yoga	10AM Silver Sneakers <i>Strength & Balance</i> 11:30AM Hello Friend Brunch 12:30AM Travel Talk w. Vinayak	10AM Men's Coffee Club <i>(open to public)</i> 10AM Book Club
19 MONDAY	20 TUESDAY	21 WEDNESDAY	22 THURSDAY	23 FRIDAY
10:30AM Life Group Bible Study 2PM Film Society	12PM Tech Talk 2PM Silver Sneakers <i>Strength & Balance</i>	9AM-2PM <i>Private Event</i> 2PM Chair Yoga	10AM Silver Sneakers <i>Strength & Balance</i>	10AM Book Club 2PM Dementia Support Group
26 MONDAY	27 TUESDAY	28 WEDNESDAY	29 THURSDAY	30 FRIDAY
10:30AM Life Group Bible Study 2PM Film Society	12PM Tech Talk 2PM Silver Sneakers <i>Strength & Balance</i>	9AM-2PM <i>Private Event</i> 2PM Chair Yoga	10AM Silver Sneakers <i>Strength & Balance</i> 5PM End of Summer Cookout <i>(open to all)</i>	10AM Men's Coffee Club <i>(open to public)</i> 10AM Book Club

highlights this month...

Call for Details

EVERY MON **NEW!!!** Film Society

Looking for a sociable way to keep your mind sharp? Homecare By Design presents "Film Society," a film club that is an intimate and informal gathering where people can encounter ideas, experiences and emotions that may not be everyday topics of discussion but which shape all our lives. *Enjoy Popcorn, snacks & good company.*

NEW!!! Tech Talk

EVERY TUES

Do you feel like you have fallen behind when it comes to simple everyday Technology? Don't know how to figure out that fancy smart phone? Let Homecare By Design get you up to speed with anything and everything - from social media to your smart phone every Tuesday at noon.

EVERY WED **NEW!!!** Chair Yoga

Join us now every Wednesday at 2pm for Chair Yoga! Chair Yoga is a gentle form of Yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits include balance, strength, flexibility, range of motion, and stress reduction.

Hello Friend Brunch & Travel Talk

THURS 08/15

Free and open to the public. Enjoy lively interaction with like-minded members who can answer your questions. This month will be featuring a special guest who will take you on a virtual tour around the world. Plus, see a Silver Sneakers Fitness demonstration. *Brunch is on us for guests 55+. RSVP preferred but not required.*

EVERY FRI **NEW!!!** Book Club

Do you love books? Are you often looking for people to discuss literature with? Homecare By Design wants you to be apart of our Book Club! Starting August 16th - together we will pick our first novel & meet every Friday to discuss what we have read. A great opportunity to meet new people and make new friends with common interests. *Refreshments provided.*