



COMMUNITY *connection* for Seniors

December 2019

Find out what's new at the
EDUCATION & EVENT CENTER



Looking into the Future:

Homecare By Design's Community Without Walls is looking for a group of committed seniors to become "Pink Glove Ambassadors" for our NEW **Pink Glove Society**. Pink Glove Ambassadors will work closely with our Lifestyle Enrichment Leader, Sabrina to lay a foundation for the society going into the new year. An ambassador should be or want to be involved in the local community, participate in organizing and leading fundraisers, and hosting meetings here at the clubhouse at least once a month for all society members. **If you are looking to be a part of an organization within the community that gives purpose give us a call 765.464.8080 - for more details.**

Homecare By Design Fun Fact:

According to the U.S. Centers for Disease Control and Prevention, one in four Americans aged 65+ falls each year.

Did you know? **We are a Care Partner with Phillips Lifeline – call us today to inquire about installation.**

Quality Creativity: Creativity is not only a great outlet for anyone, but it also helps with maintaining/improving memory, coordination, & dexterity. For our Monday Do-It-Yourself projects, we'll help you create various works of DIY Art from start to finish. Please call in advance to reserve your spot – we'll gather the supplies and have a seat waiting for you!



**Caring
for YOU
& YOUR
home so
you never
have to
leave!**

917 Sagamore Pkwy W. • West Lafayette

Other Homecare By Design Services:

Personal Service Agency

765.446.8080

Membership: Did you know?

Some of our services can be provided on an "ala carte" basis such as our **Clubhouse Only Membership at just \$39/month**. But, did you know you can save more money and time by bundling services together to make a complete package tailor-made just for you! A popular package is combining the Clubhouse for year-round activities, the NEW Members only Handyman Service & for even more peace of mind **Guaranteed access to our Award-Winning Homecare Services**, if needed 4-24 hours a day. You may also include our **Hospital to home** service to support you during a hospital stay, communicate with loved ones on your behalf, drive you home at discharge, stay with you if needed, pick up medications, groceries and arrange follow up appointments. Life just got easier! Setting Appointments for December. **CALL NOW!**

The Effect of Protein on Tendon Research Study

Purdue's Department of Health and Kinesiology is seeking men ages 60-75 to participate in a study evaluating the effect of protein on tendon. The researchers are seeking participants in good physical health who are non-smokers, not diabetic, and not obese.

For more information, please contact Sam Couture at scouture@purdue.edu or 765.357.6717!



**CALL US TODAY FOR A
FREE** *Membership Consultation!*

Planning a Holiday Party?



Call Us to Book Your Next Event!

DECEMBER 2019

Calendar of *events*

MONDAY 02	TUESDAY 03	WEDNESDAY 04	THURSDAY 05	FRIDAY 06
11am Life Group 12pm DIY Project Christmas Ornaments -\$5 2pm Film Society "The Shack"	12pm Tech Talk 2pm Silver Sneakers Strength & Balance	10am Private Event 2pm Chair Yoga <i>Video Instructed</i> 3pm Zumba Gold <i>Video Instructed</i>	10am Silver Sneakers Strength & Balance	9am Kiwanis Doll Stuffing 1pm Men's Sports Club
MONDAY 09	TUESDAY 10	WEDNESDAY 11	THURSDAY 12	FRIDAY 13
11am Life Group 12pm DIY Project Mason Jar Hot Cocoa - \$5 2pm Film Society "Casablanca"	12pm Tech Talk 2pm Silver Sneakers Strength & Balance	10am Private Event 2pm Chair Yoga <i>Video Instructed</i> 3pm Zumba Gold <i>Video Instructed</i>	10am Silver Sneakers Strength & Balance 11:30am Bakers Club Christmas Cookies - \$5	11am Hot Cocoa Social 1pm Men's Sports Club
MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20
12pm DIY Project Homemade Candles -\$5 2pm Film Society "An American in Paris"	12pm Tech Talk 2pm Silver Sneakers Strength & Balance	10am Private Event 2pm Chair Yoga <i>Video Instructed</i> 3pm Zumba Gold <i>Video Instructed</i>	10am Silver Sneakers Strength & Balance 11:30am Christmas Brunch Gift Exchange	10am – 4pm Private Event 1pm Men's Sports Club
MONDAY 23	TUESDAY 24	WEDNESDAY 25	THURSDAY 26	FRIDAY 27
12pm DIY Project Photo Coasters - \$5 Bring Pictures! 2pm Film Society "Rebel Without a Cause"	12pm Tech Talk 2pm Silver Sneakers Strength & Balance		10am Silver Sneakers Strength & Balance	11am Hot Cocoa Social 1pm Men's Sports Club
MONDAY 30	TUESDAY 31	The Clubhouse offers a variety of activities, workshops and seminars that are all open to the community. •Please Note – PINK events are paid entry only, but are FREE for community Without Walls Members.		
12pm DIY Project Geometric Tape Painting -\$5 2pm Film Society "Cat on a Hot Tin Roof"	12pm Tech Talk 2pm Silver Sneakers Strength & Balance			



Give the Gift that Keeps on Giving for Christmas.
Gift Certificates Available!
 Stop By the Clubhouse Today!



A Senior Living
 Community
WITHOUT WALLS
 765.464.8080
 homecarebydesign.com

The Clubhouse
 917 Sagamore Pkwy W.
 West Lafayette, IN 47906