

SEPTEMBER 2019



Activity Calendar at the Senior Community Without Walls

02	MONDAY	03	TUESDAY	04	WEDNESDAY	05	THURSDAY	06	FRIDAY
		12p Tech Talk 101 <i>Facebook</i> 2p Silver Sneakers <i>Strength & Balance</i>	9a-2p <i>Private Event</i> 2p Chair Yoga	10a Silver Sneakers <i>Strength & Balance</i> 2p Adult Meditative Coloring	10a Book Club Men's Coffee Club 2p Dementia Support Group				
09	MONDAY	10	TUESDAY	11	WEDNESDAY	12	THURSDAY	13	FRIDAY
11a Life Group Bible Study 2p Film Society <i>"Divine Secrets of the Ya-Ya Sisterhood"</i>	12p Tech Talk 101 <i>iphone/Android</i> 2p Silver Sneakers <i>Strength & Balance</i>	9a-2p <i>Private Event</i> 2p Chair Yoga	10a Silver Sneakers <i>Strength & Balance</i> 2p Coffee & World Events	10a Book Club Men's Coffee Club 2p Bingo For a Cause <i>(Bring Quarters)</i>					
16	MONDAY	17	TUESDAY	18	WEDNESDAY	19	THURSDAY	20	FRIDAY
11a Life Group Bible Study 2p Film Society <i>"Saving Mr. Banks"</i>	12p Tech Talk 101 <i>Video Chat</i> 2p Silver Sneakers <i>Strength & Balance</i>	10a-2p Mind, Body, Spirit & Soul Conference RSVP Required	10a Silver Sneakers <i>Strength & Balance</i> 11:30a Hello Friend Brunch 2p Adult Meditative Coloring	10a Book Club Men's Coffee Club 2p Dementia Support Group					
23	MONDAY	24	TUESDAY	25	WEDNESDAY	26	THURSDAY	27	FRIDAY
11a Life Group Bible Study 2p Film Society <i>"Blackfish"</i>	12p Tech Talk 101 <i>Emailing</i> 2p Silver Sneakers <i>Strength & Balance</i>	9a-2p <i>Private Event</i> 2p Chair Yoga	10a Silver Sneakers <i>Strength & Balance</i> 2p Coffee & World Events	10a Book Club Men's Coffee Club 2p Bingo For a Cause <i>(Bring Quarters)</i>					
30	MONDAY	<p style="text-align: center;"> 917 SAGAMORE PKWY W, WEST LAFAYETTE, IN 765.464.8080 HOMECAREBYDESIGN.COM </p> <p style="text-align: center;"> <i>Join us in September for our Pumpkin decorating contest!</i> </p>							
11a Life Group Bible Study 2p Film Society <i>"Rocky"</i>									



COMMUNITY *connection*

for Seniors

September 2019

Find out what's new at the
Homecare By Design Clubhouse

Hello Friend Brunch:

Every 3rd Thursday of the month Homecare By Design hosts a brunch that is free for guests 55+. Enjoy lively interaction with like-minded members who can answer your questions. Plus, see a Silver Sneakers demonstration and get a tour of the clubhouse. RSVP by calling 765.464.8080



Silver Sneakers members enjoying themselves at our monthly brunch

Caring for **YOU** and **YOUR** home so you never have to move!



917 Sagamore Pkwy W. • West Lafayette

Chair Yoga: Trying to explore more ways to strengthen your balance, range of motion, or flexibility? Looking for a way to reduce stress? Chair yoga gentle form of Yoga that can be done sitting on a chair for support. Every Wednesday at 2p led by Sabrina.

Silver Sneakers: Enjoy seniors – only exercise at our easily accessible location with hassle – free parking. Every week Tuesdays at 2p, and Thursdays at 10a led by Coach Mike. Not sure of your Silver Sneakers status? Call 866.584.7389

Mind, Body, Spirit & Soul Conference:

Becoming ageless; living life with passion and purpose. What does that mean? Join us September 18th, 2019 to gain the motivation and importance to make aging in place something to look forward to. With 6 accredited guest speakers and a special guest testimonial you will not want to miss this event. Free and open to the public – **RSVP by September 11th** – limited seating available. Lunch provided by Jane's Gourmet Deli.

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 combing the Clubhouse for year-round activities, the NEW Members Only Handyman services & 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 September. **Call Now!**