



# COMMUNITY connection

April 2022

## EVENTS & PRESENTATIONS



**BOXFIT**  
LAFAYETTE

**Presenter:** Chad Welch  
Rock Steady Boxing Certified Coach  
**Topic:** Boxing for Parkinson's & Beyond

**THURS APRIL 7<sup>th</sup> at 11AM**  
RSVP BY 04/06 – 765.464.8080

*Hello Friend  
Brunch & Learn*



**Presenter:** Bob & Ellie Haan  
**Topic:** The History of the Haan Museum  
**THURS APRIL 21<sup>st</sup> at 11:30AM**  
RSVP BY 04/18 – 765.464.8080



 **Franciscan**  
HEALTH

**Presenter:** Mandy Bridges, RPSGT, R. EEG T.  
**Topic:** General Sleep Knowledge

**MON APRIL 11<sup>th</sup> at 11AM**  
RSVP BY 04/08 – 765.464.8080



 **Saint Anthony**  
Rehabilitation & Nursing Center

**Presenter:** Pushpa Toppo, OTR, MBCT Cert.  
**Topic:** Food Therapy as an integrative  
medicine to cure and prevent diseases

**MON APRIL 25<sup>th</sup> at 11AM**  
RSVP BY 04/22 – 765.464.8080



**Presenter:** Linda Taulman  
**Topic:** Proper Social Etiquette &  
High Tea

**THURS APRIL 14<sup>th</sup> 12PM-2PM**  
RSVP BY 04/12 – 765.464.8080



 **LAFAYETTE**  
Rehabilitation  
Services  
A UNITY HEALTHCARE PARTNER

**Presenter:** Marianne Fleming, MS, PT  
**Topic:** The Shoulders

**THURS APRIL 28<sup>th</sup> at 11AM**  
RSVP BY 04/27 – 765.464.8080



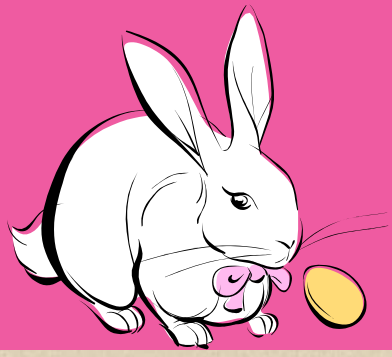
**Presenter:** Ruth Coors  
Hobbyist Beekeeper  
**Topic:** Why are Honey Bees Important?

**MON APRIL 18<sup>th</sup> at 11AM**  
RSVP BY 04/15 – 765.464.8080

We are looking for volunteers who would enjoy leading an activity or group at The Clubhouse!

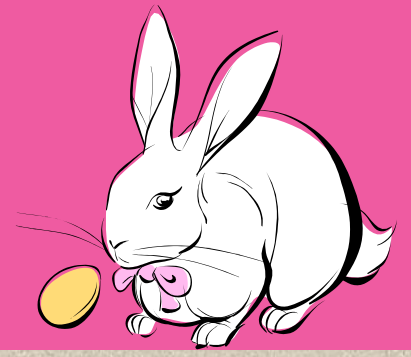
- ❖ Dance Classes
- ❖ Quilting Club
- ❖ Tech Group
- ❖ Book Club
- ❖ Art Classes
- ❖ Gardening
- ❖ Sewing Group
- ❖ Card Groups
- ❖ Needlepoint Group

Interested in something that's not listed above? Let us know!



# April 2022

## Calendar of events



### FRIDAY 01

2pm Chair Yoga  
Video Instructed



### MONDAY 04

10am SilverSneakers  
Strength & Balance

2pm Tai Chi  
Video Instructed



### TUESDAY 05

2pm SilverSneakers  
Strength & Balance

3pm Ice Cream  
Social



### WEDNESDAY 06

10am SilverSneakers  
Strength & Balance

1pm Euchre



### THURSDAY 07

10am SilverSneakers  
Strength & Balance

11am BOXFIT  
Presentation

### FRIDAY 08

9:30am Kiwanis Doll  
Stuffing

2pm Chair Yoga  
Video Instructed



### MONDAY 11

10am SilverSneakers  
Strength & Balance

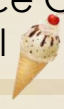
11am Franciscan -  
General Sleep  
Knowledge Presentation  
2pm Tai Chi  
Video Instructed



### TUESDAY 12

2pm SilverSneakers  
Strength & Balance

3pm Ice Cream  
Social



### WEDNESDAY 13

10am SilverSneakers  
Strength & Balance

1pm Euchre



### THURSDAY 14

10am SilverSneakers  
Strength & Balance

12pm-2pm LINDA  
TAULMAN - HIGH TEA  
& ETIQUETTE CLASS

### FRIDAY 15

2pm Chair Yoga  
Video Instructed



### MONDAY 18

10am SilverSneakers  
Strength & Balance

11am Ruth Coors -  
Bee Presentation

2pm Tai Chi  
Video Instructed



### TUESDAY 19

2pm SilverSneakers  
Strength & Balance

3pm Ice Cream  
Social



### WEDNESDAY 20

10am SilverSneakers  
Strength & Balance

1pm Euchre



### THURSDAY 21

10am SilverSneakers  
Strength & Balance

11:30am Hello Friend  
Brunch & Learn  
Special guest presentation  
at 12:15pm - **RSVP  
Required**

### FRIDAY 22

2pm Chair Yoga  
Video Instructed



### MONDAY 25

10am SilverSneakers  
Strength & Balance

11am Saint Anthony -  
Nutrition Presentation

2pm Tai Chi  
Video Instructed



### TUESDAY 26

2pm SilverSneakers  
Strength & Balance

3pm Ice Cream  
Social



### WEDNESDAY 27

10am SilverSneakers  
Strength & Balance

1pm Euchre



### THURSDAY 28

10am SilverSneakers  
Strength & Balance

11am Lafayette  
Rehab Services -  
Shoulder Presentation

### FRIDAY 29

2pm Chair Yoga  
Video Instructed



A Senior Living  
Community  
**WITHOUT WALLS**

765.464.8080

homecarebydesign.com

### The Clubhouse

925 Sagamore Pkwy W.  
West Lafayette, IN 47906

# JOIN NOW!