



COMMUNITY connection

March 2022

ANNOUNCEMENTS

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!

EVENTS

Hello Friend Brunch & Learn



Presenter: Timothy S. Maynard, MSS, ACSM/PD, CCRP
Topic: Intro to Coronary Heart Disease

THURS MARCH 17th at 11:30AM



RSVP BY 03/14 – 765.464.8080
RSVP REQUIRED

Tucker Insurance Educational Workshop



Presenter: Phil Tucker



MON MARCH 21ST at 11AM

RSVP BY 03/17 – 765.464.8080

Blood Pressure Educational Workshop



Presenter: Pushpa Toppo, OTR



MON MARCH 28TH at 11AM

RSVP BY 03/24 – 765.464.8080

Dizziness & Vertigo Educational Workshop



THURS MARCH 31ST at 11AM

RSVP BY 03/21 – 765.464.8080



ARTS OR CRAFTS

MARCH CRAFT: PLASTIC CANVAS CRAFT
TIC TAC TOE BOARD

Date: FRI MARCH 25TH
Time: 11AM-12:30PM

Craft Led By: Peggy Housley

NO SUPPLY FEE



RSVP BY 03/23 – 765.464.8080
ONLY 5 SPOTS – CALL TO RESERVE A KIT

A SENIOR COMMUNITY *without* WALLS



March 2022

Calendar of events



	TUESDAY 01 2pm SilverSneakers <i>Strength & Balance</i> 🦋 3pm Ice Cream Social 🍦	WEDNESDAY 02 10am SilverSneakers <i>Strength & Balance</i> 🦋 1pm Euchre 🃏	THURSDAY 03 10am SilverSneakers <i>Strength & Balance</i> 🦋	FRIDAY 04 2pm Chair Yoga <i>Video Instructed</i> 🧘
MONDAY 07 10am SilverSneakers <i>Strength & Balance</i> 🦋 2pm Tai Chi <i>Video Instructed</i> 🧘	TUESDAY 08 2pm SilverSneakers <i>Strength & Balance</i> 🦋 3pm Ice Cream Social 🍦	WEDNESDAY 09 10am SilverSneakers <i>Strength & Balance</i> 🦋 1pm Euchre 🃏	THURSDAY 10 10am SilverSneakers <i>Strength & Balance</i> 🦋	FRIDAY 11 9:30am Kiwanis Doll Stuffing 2pm Chair Yoga <i>Video Instructed</i> 🧘
MONDAY 14 10am SilverSneakers <i>Strength & Balance</i> 🦋 11am- Overview & Insight for Inpatient Rehab Recovery Workshop 2pm Tai Chi <i>Video Instructed</i> 🧘	TUESDAY 15 2pm SilverSneakers <i>Strength & Balance</i> 🦋 3pm Ice Cream Social 🍦	WEDNESDAY 16 10am SilverSneakers <i>Strength & Balance</i> 🦋 1pm Euchre 🃏	THURSDAY 17 10am SilverSneakers <i>Strength & Balance</i> 🦋 11:30am Hello Friend Brunch & Learn <i>Special guest presentation at 12:15pm – RSVP Required</i> 🍀	FRIDAY 18 2pm Chair Yoga <i>Video Instructed</i> 🧘
MONDAY 21 10am SilverSneakers <i>Strength & Balance</i> 🦋 11am- Insurance Workshop 2pm Tai Chi <i>Video Instructed</i> 🧘	TUESDAY 22 2pm SilverSneakers <i>Strength & Balance</i> 🦋 3pm Ice Cream Social 🍦	WEDNESDAY 23 10am SilverSneakers <i>Strength & Balance</i> 🦋 1pm Euchre 🃏	THURSDAY 24 10am SilverSneakers <i>Strength & Balance</i> 🦋	FRIDAY 25 11am – 12:30pm Arts or Crafts – Plastic Canvas Craft 🎨 2pm Chair Yoga <i>Video Instructed</i> 🧘
MONDAY 28 10am SilverSneakers <i>Strength & Balance</i> 🦋 11am Blood Pressure Workshop 2pm Tai Chi <i>Video Instructed</i> 🧘	TUESDAY 29 2pm SilverSneakers <i>Strength & Balance</i> 🦋 3pm Ice Cream Social 🍦	WEDNESDAY 30 10am SilverSneakers <i>Strength & Balance</i> 🦋 1pm Euchre 🃏	THURSDAY 31 10am SilverSneakers <i>Strength & Balance</i> 🦋 11am Dizziness and Vertigo Workshop	



A Senior Living Community
WITHOUT WALLS
 765.464.8080
homecarebydesign.com

The Clubhouse

925 Sagamore Pkwy W.
 West Lafayette, IN 47906

JOIN NOW!