

SWIRCA & More Activity Center



Belle of Louisville Trip

Monday, October 22 at 6:30am

\$165 per person

Deposit \$80 upon reservation Balance Due Mon, Oct 1, 2018

8:00-9:30pm Approximate time of return

Price Includes
Transportation,
Breakfast, Lunch,
Dinner, all Taxes,
Gratuities, and
Boat Cruise
Call Jackie
for more information
812-459-1932

Visit the New SWIRCA Activity Center's Randall K. and Rebecca L. Craig Family Foundation Wellness Center

Learn how to use the
new circuit equipment in the

Gym & Learn Class

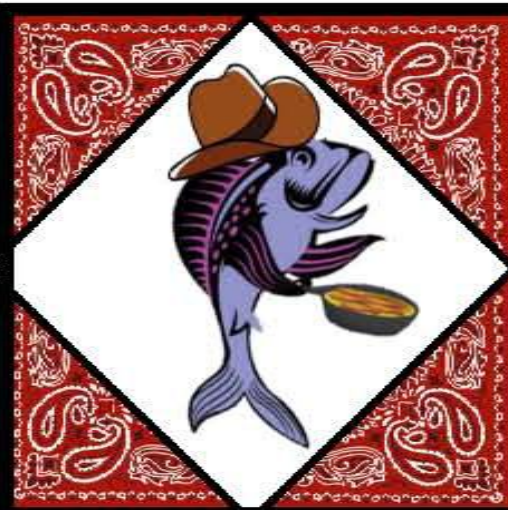
Wednesdays at 1:45pm

Please note the wellness
center will be open
Mon-Fri from
8:00am to 4:00pm.

*Subject to change without notice

The wellness center will be closed*
during classes. See times below:

Monday 3:00 -4:00 pm
Tuesday 1:45 -2:30 pm
Wednesday 1:45 -2:30 pm
Thursday 8:30 -9:30 am
1:45 -2:30 pm



Fish Fry AND haedown

Friday, August 3 at 5:00-8:00 pm. Doors Open at 4:00 pm

Tickets \$10 each on sale Now - Tuesday, July, 31
in the SWIRCA Activity Center - Call 812-464-7804 for information

Music by: DJ Master Tunes

Menu: Potato Crusted Baked Fish, American Potato Salad, Baked Beans,
Cornbread, Sugar Cookie & Ice Cream, Iced Tea

Movie & Floats at SWIRCA - Monday, July 9-1:30pm Gifted

Have an Ice Cream Float &
Watch a Movie

Frank Adler a single man raising a
child prodigy - his spirited young niece Mary
- in a coastal town in Florida. Frank's plans
for a normal school life for Mary are foiled
when the 7-year-old's mathematical abilities
come to the attention of Frank's formidable
mother, Evelyn, whose plans for her
granddaughter threaten to separate
Frank and Mary.



Total Control™

Tues & Thurs 12:00-1:00pm
beginning Aug 7th



A four week program for women
of all ages. Strengthen key pelvic
muscles with **Total Control** and see
the difference.

- Better Bladder Control
- Better Posture

Limited to 15 participants

Call 812-492-7435 to register by Aug 1st



SWIRCA & More and Lifestyle Tours Travel Show on July 31st at 2:00pm

Iceland's Magical
Northern Lights
October 20-27, 2019
Call 812-464-7804 for information



Heritage of America April 5-14, 2019
Call 812-464-7804 for information



DELAY THE DISEASE

THE #1 PARKINSON'S EXERCISE PROGRAM

WEDNESDAYS 12:30 PM - 1:30 PM

Chair class is designed for those with impaired balance,
unsteady or limited movement, or those who depend on
wheelchairs and assistive devices. The exercises emphasize
motor and cognitive skills. The class is designed for anyone
with Parkinson's Disease and his/her care partner. No specific
skill level is required to participate.

12 week sessions - \$95.00

Call 812-492-7435 for Class fee and registration information