

August 2018 Activity Center Calendar

Kristin Hood – Healthy Aging Director
Kim Morehead – Healthy Aging/Volunteer Coordinator

Open Mon - Fri, 8:00am - 4:00pm
16 W. Virginia St. Evansville, IN 47710
(812) 464-7804 or (800) 253-2188 www.swirca.org

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Essential Oil Workshops in August



Join Essential Oil informant Erin Rainey as we make an all natural Sleep Aid Roller. Class fee only \$3 - Wed, Aug 15 at 10:15am or Tues, Aug 21 at 10:45am. Sign up at the Activity Center Front Desk or call 812-492-7435 for information.

1 Today's Sponsor Reliable Care

8:00 Enhance Fitness
9:30 Stretch & Tone
10:15 CBD Oil Presentation
11:00 Lunch
12:30 Delay the Disease
1:45 Gym & Learn

2 Today's Sponsor Senior Connection

8:30 Yoga
10:00 Po-Ke-No
11:00 Lunch
12:30 Bingo
1:45 Clabber
1:45 Arthritis Exercise

3 8:00 Enhance Fitness 9:30 Stretch & Tone 11:00 Lunch

Fish Fry & Hoedown 5 PM

6 Today's Sponsor Caregiver Homes

8:00 Enhance Fitness
9:30 Tai Chi
11:00 Lunch
12:15 Po-Ke-No
1:30 Movie Day
3:00 Yoga

7 Today's Sponsor Hamilton Pointe

9:00 Line Dancing
11:00 Lunch
12:30 Bingo
1:45 Arthritis Exercise

8 Today's Sponsor Health South

8:00 Enhance Fitness
9:00 Hearing Test Audibel
9:30 Stretch & Tone
11:00 Lunch
12:30 Delay the Disease
1:45 Gym & Learn

9 Today's Sponsor Deaconess

8:30 Yoga
10:00 Po-Ke-No
11:00 Lunch
12:30 Bingo
1:45 Clabber
1:45 Arthritis Exercise

10 9:00 Stretch & Tone 11:00 Lunch

BINGOPALOOZA!
Bingo packets on sale at 9:00 am



13 Today's Sponsor Walnut Creek

8:00 Enhance Fitness
9:30 Tai Chi
11:00 Lunch
12:15 Po-Ke-No
3:00 Yoga

14 Today's Sponsor AARP

9:00 Line Dancing
11:00 Lunch
12:30 Bingo
1:30 Dyario
1:45 Arthritis Exercise

15 Today's Sponsor Omni Home Care

8:00 Enhance Fitness
9:30 Stretch & Tone
10:15 Essential Oils
11:00 Lunch
12:30 Delay the Disease
1:45 Gym & Learn

16 Today's Sponsor Am Senior Comm

8:30 Yoga
10:00 Po-Ke-No
11:00 Lunch
12:30 Bingo
1:45 Clabber
1:45 Arthritis Exercise

17 8:00 Enhance Fitness 9:30 Stretch & Tone 11:00 Lunch

20 Today's Sponsor Pine Haven

8:00 Enhance Fitness
9:30 Tai Chi
11:00 Lunch
12:15 Po-Ke-No
1:15 Card Making with Monica
3:00 Yoga

21 Today's Sponsor Oasis

9:00 Line Dancing
11:00 Lunch
10:45 Essential Oils
12:30 Bingo
1:45 Arthritis Exercise

22 Today's Sponsor German Am Bank

8:00 Enhance Fitness
9:30 Stretch & Tone
11:00 Lunch
12:30 Delay the Disease
1:45 Gym & Learn
12:30 Book Club

23 Today's Sponsor Home Instead

8:30 Yoga
10:00 Po-Ke-No
11:00 Lunch
12:30 Bingo
1:45 Clabber
1:45 Arthritis Exercise

24 8:00 Enhance Fitness 9:30 Stretch & Tone 11:00 Lunch

Dine with a Doc
Must have a ticket
Limited Sponsor
Tickets Available
See Jackie in Nutrition

27 Today's Sponsor Women's Hospital

8:00 Enhance Fitness
9:30 Tai Chi
11:00 Lunch
12:15 Po-Ke-No
3:00 Yoga

28 Today's Sponsor Audibel

9:00 Line Dancing
11:00 Lunch
12:30 Bingo
1:30 Dyario
1:45 Arthritis Exercise
Activity Center Closed at 2:30pm Board Mtg

29 Today's Sponsor Hilliard Lyons

8:00 Enhance Fitness
9:30 Stretch & Tone
11:00 Lunch
12:30 Delay the Disease
1:45 Gym & Learn

30 Today's Sponsor Willow Park

8:30 Yoga
10:00 Po-Ke-No
11:00 Lunch
12:30 Bingo
1:45 Clabber
1:45 Arthritis Exercise

31 8:00 Enhance Fitness 9:30 Stretch & Tone 11:00 Lunch

All activities and events are subject to change without notice

All ticket sales are final - no refunds

FREE HEARING TEST!

@ SWIRCA...

Wednesday, Aug 8th - 9am

SWIRCA Members get 10% OFF!

Most insurances accepted including: UMWA, IN Medicaid, HIP, Anthem BC/BS, Toyota, and Many more!

sponsored by:
Better Hearing Center
607 South Villa Dr.
Evansville, IN 47714
(812) 479-1437



Senior Resource Guide Of Southwest Indiana

Home About Contact Categories Caregiver's Corner

The Women's Hospital
PELVIC HEALTH AND WELLNESS CENTER
Deaconess

DISCOVER the Life Changing Benefits of a **HEALTHY PELVIC FLOOR**

812-858-5950
www.deaconess.com/pelvichealth

REGAIN YOUR CONFIDENCE IN THE EVERYDAY

Become a Member of the Activity Center!

The SWIRCA & More Activity Center offers:
Yoga, Enhance Fitness, Tai Chi, Stretch & Tone, Exercise Room, Wellness Presentations and a Variety of Social Activities.

myseniorcenter™

Membership only \$30.00 annually for unlimited access to exercise classes and activities.

Buy Me! 2.25" x 1.75" ad

- 1 month \$35
- 3 months \$90 (\$15 savings)
- 6 months \$150 (\$60 savings)
- 12 months \$240 (\$180 savings)

PINE HAVEN
HEALTH AND REHABILITATION CENTER

(812) 424-8100
3400 Stocker Drive
Evansville, Indiana 47720

Oasis
Dementia Care
A Dedicated Memory Care Community

812.303.3310 • OasisDementiaCare.com
4301 Washington Avenue | Evansville, IN 47714

Home Instead
SENIOR CARE

To us, it's personal.

812-471-0050

WALNUT CREEK
ALZHEIMER'S SPECIAL CARE CENTER

525 Bente West Ct
Evansville, IN 47715
(812) 420-1540

Buy Me! 8" x 1.5" ad

- 1 month \$30
- 3 months \$210 (\$15 savings)
- 6 months \$270 (\$60 savings)
- 12 months \$480 (\$180 savings)

SWIRCA & More Activity Center

TROPICANA
EVANSVILLE
DOWNTOWN EVANSVILLE, IN • 1-800-342-5386

Dinner at
Tropicana Conference Center
Tuesday, September 25 at 5:00 pm
All tickets \$10.00
On sale Wed, Aug 1 through Thurs, Sept 20

EXPERIENCE THE NEW
TROPICANA EVANSVILLE!
INDIANA'S FIRST LAND-BASED CASINO

Each Guest
Receives
\$10
Tokens



Menu: Smoked BBQ Pulled Pork, Potato Salad, Baked Beans, Buttered Corn on the Cobb, Rolls with butter, Fruit Cobbler, Lemonade, Ice Tea, Coffee

Sold on a "First Come First Serve Basis" or while tickets last at SWIRCA & More Activity Center 16 W Virginia St, Evansville, IN
All Ticket Sales Are Final - No Refunds Call 812-464-7804 for more information

NOW OPEN!

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 - 12:00 – 1:00 pm
1:45 – 2:30 pm
Wednesday - 12:30 – 1:30 pm
Thursday - 1:45 – 2:30 pm
8:30 – 9:30 am
12:00 – 1:00 pm
1:45 – 2:30 pm

Movie at SWIRCA - Monday, Aug 6 - 1:30 pm

Beauty and the Beast



A selfish prince is cursed to become a monster for the rest of his life, unless he learns to fall in love with a beautiful young woman he keeps prisoner.

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



SWIRCA & More and Lifestyle Tours



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.

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