

SWIRCA & More Activity Center

Visit the
SWIRCA & More
Booth #78



West Side Nut Club Fall Festival

October 1st – 6th

Get your cobbler at the
Booth or in the Activity Center



SWIRCA & More 2017 Veterans' Celebration

Wednesday, November 7

Doors open at 9:00 am Program begins at 10:00 am

Lunch, Speakers, Recognition & Entertainment,
**FREE To All Veterans & One Guest, \$7.00 for
additional guests call 812-464-7804
by Tues, Oct 30 to register.**



Log Inn Dinner & Bingo with Prizes

Thurs, Nov 1, 2018 at 5:00 pm

Tickets on sale Tues, Sept 18 - Tues, Oct 30

All Tickets \$14.00 (Limited Seating)

Menu: Log Inn's Famous Fried Chicken,
Mashed Potatoes & Gravy, Green Beans, Cole Slaw,
Dinner Roll, and Tea/Coffee/Lemonade

You must provide your own transportation.

Total Control™

Tues & Thurs 12:00-1:00pm
beginning Oct 2nd



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 12 participants
Call 812-492-7435 to register



DELAY THE DISEASE

THE #1 PARKINSON'S EXERCISE PROGRAM

WEDNESDAYS 12:30 PM - 1:30 PM

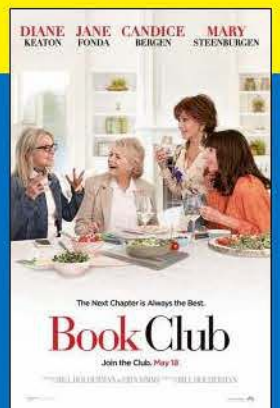
Call 812-492-7435
for Class fee
and registration
information

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.

Movie at SWIRCA - Mon, Oct 29 - 1:30 pm

Book Club

Four lifelong friends have their
lives forever changed after
reading 50 Shades of Grey in
their monthly book club.



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

Looking Ahead

Ivy Café Thanksgiving Lunch

Thursday, November 15 2018
11:00 am

Roast Turkey w/Gravy, Homemade Dressing,
Glazed Sweet Potatoes, Seasoned Green Beans, Cranberry Salad,
Roll w/ButterPumpkin Pie w/Whipped Cream, Milk

Tickets on sale Tuesday, October 9 - Tuesday, November 6
Seating is limited, so please get your tickets early!!
60 plus a \$5.00 donation, under 60 must pay \$7.00

SWIRCA & More Activity Center Holiday Party

Fri. Dec 14, 2018 from 10:00 am - 2:00pm

All tickets \$10

Tickets on sale Tues, Nov 6 - Thurs, Dec 6



Doors open at 10:00am,
Lunch at 11:00am Music by DJ Larry