

# September 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  |
|---|---|---|--|---|
| <b>3</b><br><br><b>Activity Center Closed</b>   | <b>4</b><br>Today's Sponsor<br><b>Health South</b><br>9:00 Line Dancing<br>11:00 Lunch<br>12:30 Bingo<br>1:45 Arthritis Exercise  | <b>5</b><br>Today's Sponsor<br><b>Hamilton Pointe</b><br>8:00 Enhance Fitness<br>9:30 Stretch & Tone<br>10:00 Aging Matters<br>11:00 Lunch<br>12:30 Delay the Disease | <b>6</b><br>Today's Sponsor<br><b>Deaconess</b><br>8:30 Chair Yoga<br>9:00 Hearing Test Audibel<br>10:00 Po-Ke-No<br>11:00 Lunch<br>12:30 Bingo<br>1:45 Clabber<br>1:45 Arthritis Exercise | <b>7</b><br>Today's Sponsor<br><b>Willow Park</b><br>8:00 Enhance Fitness<br>9:30 Stretch & Tone<br>11:00 Lunch   |
| <b>10</b><br>Today's Sponsor<br><b>Am Senior Com</b><br>8:00 Enhance Fitness<br>9:30 Tai Chi<br>11:00 Lunch<br>12:15 Po-Ke-No<br>1:30 Movie Day<br>3:00 Chair Yoga      | <b>11</b><br>Today's Sponsor<br><b>Oasis</b><br>9:00 Line Dancing<br>11:00 Lunch<br>12:30 Bingo<br>1:30 Dyario<br>1:45 Arthritis Exercise   | <b>12</b><br>Today's Sponsor<br><b>USI</b><br>8:00 Enhance Fitness<br>9:30 Stretch & Tone<br>11:00 Lunch<br>12:30 Delay the Disease<br>12:30 Kitchen Band Practice    | <b>13</b><br>Today's Sponsor<br><b>Reliable Care</b><br>8:30 Chair Yoga<br>10:00 Po-Ke-No<br>11:00 Lunch<br>12:30 Bingo<br>1:45 Clabber<br>1:45 Arthritis Exercise                         | <b>14</b><br>9:00 Stretch & Tone<br>11:00 Lunch<br><b>BINGOPALOOZA!</b><br>Bingo packets on sale at 9:00 am<br>                       |
| <b>17</b><br>Today's Sponsor<br><b>AARP</b><br>8:00 Enhance Fitness<br>9:30 Tai Chi<br>11:00 Lunch<br>12:15 Po-Ke-No<br>1:15 Card Making with Monica<br>3:00 Chair Yoga | <b>18</b><br>Today's Sponsor<br><b>Pine Haven</b><br>9:00 Line Dancing<br>11:00 Lunch<br>12:30 Bingo<br>1:45 Arthritis Exercise   | <b>19</b><br>Today's Sponsor<br><b>Home Instead</b><br>8:00 Enhance Fitness<br>9:30 Stretch & Tone<br>10:15 Essential Oils<br>11:00 Lunch<br>12:30 Delay the Disease  | <b>20</b><br>Today's Sponsor<br><b>Walnut Creek</b><br>8:30 Chair Yoga<br>10:00 Po-Ke-No<br>11:00 Lunch<br>12:30 Bingo<br>1:45 Clabber<br>1:45 Arthritis Exercise                          | <b>21</b><br>Today's Sponsor<br><b>German Am Bank</b><br>8:00 Enhance Fitness<br>9:30 Stretch & Tone<br>11:00 Lunch   |
| <b>24</b><br>Today's Sponsor<br><b>Solarbron</b><br>8:00 Enhance Fitness<br>9:30 Tai Chi<br>11:00 Lunch<br>12:15 Po-Ke-No<br>3:00 Chair Yoga                            | <b>25</b><br>Today's Sponsor<br><b>Audibel Hearing</b><br>9:00 Line Dancing<br>10:45 Essential Oils<br>11:00 Lunch<br>12:30 Bingo<br>1:45 Arthritis Exercise<br><b>Activity Center Closed at 2:30pm Board Mtg</b> | <b>26</b><br>Today's Sponsor<br><b>Senior Connection</b><br>8:00 Enhance Fitness<br>9:30 Stretch & Tone<br>11:00 Lunch<br>12:30 Delay the Disease<br>12:30 Book Club  | <b>27</b><br>Today's Sponsor<br><b>Omni Home Care</b><br>8:30 Chair Yoga<br>10:00 Po-Ke-No<br>11:00 Lunch<br>12:30 Bingo<br>1:45 Clabber<br>1:45 Arthritis Exercise                        | <b>28</b><br>8:00 Enhance Fitness<br>8:30 Fall Risk Program<br>9:30 Stretch & Tone<br>11:00 Lunch<br><b>Dine with a Doc</b><br>Must have a ticket<br>Limited Sponsor Tickets Available Sept 18<br>See Jackie in Nutrition |

*Bible Studies*

Nourish your soul, join our neighbors at St. Lucas UCC for an adult Bible study. This group will meet on Wednesdays at 12:30pm beginning September 12th. All welcome, no reservations required.

Falls are the #1 cause of injuries in seniors but there are ways to reduce your risk.

- Clean up clutter
- Repair or remove tripping hazards
- Install grab bars and handrails
- Avoid wearing loose clothing
- Make sure you have adequate lighting
- Wear shoes
- Move more carefully by not making sudden movements standing or sitting

\*\*All activities and events are subject to change without notice\*\*

\*\*All ticket sales are final - no refunds\*\*

**FREE HEARING TEST!**  
 @ SWIRCA...  
 Thursday, Sept. 6th - 9am

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

SWIRCA Members get 10% OFF!

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




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

**812-858-5950**  
[www.deaconess.com/pelvichealth](http://www.deaconess.com/pelvichealth)

REGAIN YOUR CONFIDENCE IN THE EVERYDAY

**Become a Member**  
 of the  
**Activity Center!**

The SWIRCA & More Activity Center offers:  
 Exercise classes, an Exercise Room,  
 Wellness Presentations and a Variety of Social Activities. For only \$30 Annually



**SILVER BIRCH**  
 Affordable Assisted Living  
 Call to make a reservation today at:  
 812.254.4133  
[evansville@silverbirchliving.com](mailto:evansville@silverbirchliving.com)



**HOLY COW!**



Hurry. Only a few apartments left!

Maintenance-free independent living.

**SOLARBRON**  
 Family First Senior Living  
 812-985-9955



**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




**Senior Resource Guide**  
 Of Southwest Indiana

Home About Contact Categories Caregiver's Corner

**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)**

**WALNUT CREEK**  
 ALZHEIMER'S SPECIAL CARE CENTER

525 Bentee Wes Ct  
 Evansville, IN 47715  
 (812) 420-1540

# 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!**

Movie at SWIRCA - Monday, Sept 10 - 1:30 pm

## Like Father

A NETFLIX FILM  
**LIKE FATHER**



After she's left at the altar, a workaholic advertising executive ends up on her Caribbean honeymoon cruise with her estranged father.

## Total Control™

Tues & Thurs 10:30-11:30am  
beginning Sept 4th



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



Visit the  
**SWIRCA & More**  
Booth #78



## West Side Nut Club Fall Festival

October 1<sup>st</sup> – 6<sup>th</sup>  
Get your cobbler!!!



**Falls Free®**

National Council on Aging

September  
is National  
Fall Prevention Month

Local physical therapists and physical therapy students will be offering a **FREE** screening for fall risk on Friday, September 28 from 8:30 – 11:00am. This free screening will be located in the SWIRCA Activity Center.

## 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

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.



## Essential Oil Workshops

Wed, Sept 19 at 10:15 am OR Tues, Sept 25 at 10:45 am

Join Essential Oil informant Erin Rainey as we make an all natural Immune boosting roller. Class fee: Only \$3.00

- OR -

Class fee: \$20.00 for all four

- Immune Boosting Roller
- Chemical free cleaner/degreaser
- Hand purifier
- Thieves lip balm

Sign up at the  
Activity Center  
Front Desk or call  
812-492-7435  
for information.