

January 2019

Open Mon - Fri, 8:00am - 4:00pm
 16 W. Virginia St. Evansville, IN 47710
 (812) 464-7804 or (800) 253-2188 www.swirca.org
 Kristin Hood – Healthy Aging Director
 Kim Morehead – Healthy Aging/Volunteer Coordinator

SWIRCA Activity Center Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Make a new year's resolution to come into the Activity Center and try our exercise classes, wellness room or our activities.</i></p>	<p>1  Activity Center & Ivy Café Closed</p>	<p>2 8:00 Enhance Fitness 9:30 Stretch & Tone 11:00 Lunch 12:30 Delay the Disease 3:00 Yoga</p>	<p>3 Today's Sponsor Omni Home Care 8:30 Chair Yoga 10:00 Po-Ke-No 11:00 Lunch 12:30 Bingo 1:45 Clabber 1:45 Arthritis Exercise</p>	<p>4 8:00 Enhance Fitness 9:30 Stretch & Tone 11:00 Lunch</p>
<p>7 Today's Sponsor Silver Birch 8:00 Enhance Fitness 9:30 Tai Chi 11:00 Lunch 12:15 Po-Ke-No 3:00 Chair Yoga</p>	<p>8 Today's Sponsor Good Samaritan 9:00 Line Dancing 11:00 Lunch 12:30 Bingo 1:45 Arthritis Exercise Aces Game 4:30 PM</p>	<p>9 Today's Sponsor Willow Park 8:00 Enhance Fitness 9:00 Blood Pressure cks 10:15 Essential Oils 9:30 Stretch & Tone 11:00 Lunch 12:30 Delay the Disease 3:00 Yoga</p>	<p>10 8:30 Chair Yoga 10:00 Po-Ke-No 11:00 Lunch 12:30 Bingo 1:45 Clabber 1:45 Arthritis Exercise</p>	<p>11 9:00 Stretch & Tone 11:00 Lunch BINGOPALOOZA! Bingo packets on sale at 9:00 am </p>
<p>14 Today's Sponsor Caregiver Homes 8:00 Enhance Fitness 9:30 Tai Chi 11:00 Lunch 12:15 Po-Ke-No 1:30 Card Making with Monica 3:00 Chair Yoga</p>	<p>15 9:00 Line Dancing 10:45 Essential Oils 11:00 Lunch 12:30 Bingo 1:45 Arthritis Exercise</p>	<p>16 8:00 Enhance Fitness 9:00 Blood Pressure cks 9:30 Stretch & Tone 11:00 Lunch 12:30 Delay the Disease 3:00 Yoga</p>	<p>17 8:30 Chair Yoga 10:00 Po-Ke-No 11:00 Lunch 12:30 Bingo 1:45 Clabber 1:45 Arthritis Exercise</p>	<p>18 8:00 Enhance Fitness 9:30 Stretch & Tone 11:00 Lunch</p>
<p>21 Activity Center & Ivy Café Closed </p>	<p>22 9:00 Line Dancing 11:00 Lunch 12:30 Bingo 1:45 Arthritis Exercise Activity Center Closed at 2:30 pm Board Meeting</p>	<p>23 Today's Sponsor AARP 9:30 Stretch & Tone 11:00 Lunch 12:30 Delay the Disease 3:00 Yoga</p>	<p>24 Today's Sponsor Solarbron 8:30 Chair Yoga 10:00 Po-Ke-No 11:00 Lunch 12:30 Bingo 1:45 Clabber 1:45 Arthritis Exercise TROPICANA 5 PM</p>	<p>25 9:30 Stretch & Tone 11:00 Lunch 12:30 Travel Show</p>
<p>28 8:00 Enhance Fitness 9:30 Tai Chi 11:00 Lunch 12:15 Po-Ke-No 1:00 Movie Day 3:00 Chair Yoga</p>	<p>29 9:00 Line Dancing 11:00 Lunch 12:30 Bingo 1:45 Arthritis Exercise</p>	<p>30 8:00 Enhance Fitness 9:30 Stretch & Tone 11:00 Lunch 12:30 Delay the Disease 12:30 Book Club 3:00 Yoga</p>	<p>31 8:30 Chair Yoga 10:00 Po-Ke-No 11:00 Lunch 12:30 Bingo 1:45 Clabber 1:45 Arthritis Exercise</p>	<p>New Years Tradition: Black-eyed peas and pork foretell good fortune</p>

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

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



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New Year New You...



Become a member of the Activity Center, we offer Exercise classes, an Exercise Room, Wellness Presentations, Billiards Room and a Variety of Social Activities. Only \$30 Annually, for more information see someone at the front desk or call 812-464-7804.



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HOLY COW!

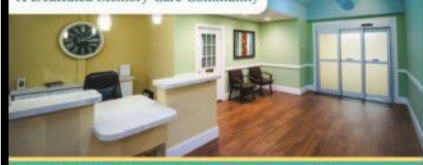


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