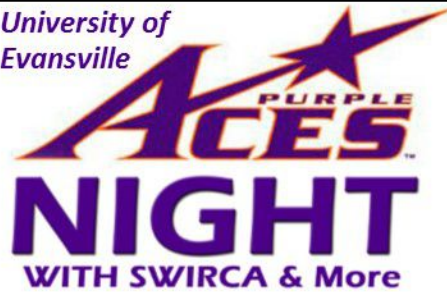


SWIRCA & More Activity Center

University of
Evansville



Dinner & U of E Basketball

UE vs Loyola at 7:00pm **Tuesday, January 8, 2019**

Tickets: \$20.00 Transportation, Dinner & Game

Tickets: \$12.00 Transportation & Dinner (for season ticket holders)

Bus leaves SWIRCA at 4:30 pm

(transportation provided from SWIRCA parking lot to Ford Center front door)

Sponsored by



Dinner at Carousel - Several Dinner Choices Available see flyer for menu information.

Tickets on sale Mon, Dec 3 - Thurs, Jan 3 or while tickets last (Limited Space) *Call 812-492-7435 for information.*

Sold on a "First Come First Serve Basis" at SWIRCA & More Activity Center 16 W. Virginia St. Evansville, IN. All ticket sales are final no refunds.

TROPICANA

EVANSVILLE

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

Dinner at SWIRCA & More

Thursday, January 24 at 5:00 pm

Tickets: on sale Tue, Dec 11 - Tue, Jan 22

\$10.00 per member; \$15.00 per non-member



Menu: Lemon Herb Chicken, Gourmet Brown Rice, Normandy Blend Vegetables, Tomato Salad, Wheat Bread/Butter, Apple Dumpling with Ice Cream and 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

tell
your friends!

Travel Show at SWIRCA With Jackie Strange

Join us January 25th at 12:30 to learn about trips in the planning stages to.....

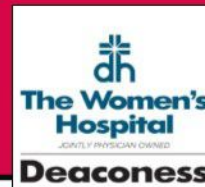
- Madison, IN
- West Baden, IN
- Nashville, TN
- Lamberts in Sikeston, MO
- Branson, MO or Pigeon Forge, TN



Call the Activity Center to register 812-492-7435

Total Control™

Tues & Thurs 12-1 pm
beginning Jan 8th



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



Movie at SWIRCA - Mon, Jan 28 at 1:00 pm

The Incredibles

Known to the world as superheroes Mr. Incredible and Elastigirl, Bob Parr and his wife Helen were among the world's greatest crime fighters, saving lives and battling evil on a daily basis. Fifteen years later, they have been forced to adopt civilian identities and retreat to the suburbs to live "normal" lives with their three kids, Violet, Dash and Jack-Jack. Itching to get back into action, Bob gets his chance when a mysterious communication summons him to a remote island for a top secret assignment.



Inclement Weather Policy

If the Evansville Vanderburgh School Corporation is **CLOSED** SWIRCA & More Activity Center and Ivy Café will open at 10:00 am with **NO** regular scheduled activities.

If the Evansville Vanderburgh School Corporation is **DELAYED** SWIRCA & More Activity Center and Ivy Café will open with regular scheduled activities at 10:00 am.

Please check WFIE **Channel 14** for information

SWIRCA & More and Lifestyle Tours

Iceland's Magical
Northern Lights
October 20-27, 2019



Heritage of America April 5-14, 2019



PASATS

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 in January

Join Young Living representative Erin Rainey as we make a winter blues spray.

Class fee only \$3 - Wed, Jan 9 at 10:15am
or Tue, Jan 15 at 10:45am

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