

May 2019

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

Activity Center Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meet Furry Friends From  Suzi  The Therapy Dog with her handler Rita Wed May 29 at 8:45 am Thurs May 9 at 9:00 am		1 8:00 Enhance Fitness 9:00 Hearing Test Audibel 9:30 Stretch & Tone 11:00 Lunch 12:30 Movie Day 3:00 Yoga	2 8:30 Chair Yoga 10:00 Po-Ke-No 11:00 Lunch 12:30 Bingo 1:45 Clabber 1:45 Arthritis Exercise	3 Today's Sponsor Sunset Memorial 9:00 Stretch & Tone 11:00 Lunch BINGOPALOOZA! Bingo packets on sale at 9:00 am 
6 Today's Sponsor Good Samaritan 8:00 Enhance Fitness 9:30 Tai Chi 11:00 Lunch 12:15 Po-Ke-No 3:00 Chair Yoga	7 9:00 Line Dancing 11:00 Lunch 12:30 Bingo 1:45 Arthritis Exercise	8 8:00 Enhance Fitness 9:30 Stretch & Tone 10:15 Kitchen Band 11:00 Lunch 12:30 Delay the Disease 3:00 Yoga	9 8:30 Chair Yoga 9:00 Suzi-Therapy Dog 10:00 Po-Ke-No 11:00 Lunch 12:30 Bingo 1:45 Clabber 1:45 Arthritis Exercise	10 Today's Sponsor Silver Birch 8:00 Enhance Fitness 9:30 Stretch & Tone 11:00 Lunch
13 9:30 Tai Chi 11:00 Lunch 12:15 Po-Ke-No 3:00 Chair Yoga	14 9:00 Line Dancing 11:00 Lunch 12:30 Bingo 1:45 Arthritis Exercise	15 Today's Sponsor Caregiver Homes 9:30 Stretch & Tone 10:15 Essential Oils 11:00 Lunch 12:30 Delay the Disease 1:00pm Shuffleboard Practice	16 8:30 Chair Yoga 11:00 Lunch 1:45 Clabber 1:45 Arthritis Exercise  9:00 am Shuffleboard	17 Today's Sponsor AARP 9:30 Stretch & Tone 11:00 Lunch
20 9:30 Tai Chi 11:00 Lunch 12:15 Po-Ke-No 1:15 Card Making with Monica 3:00 Chair Yoga	21 9:00 Line Dancing 10:45 Essential Oils 11:00 Lunch 12:30 Bingo 1:45 NO Arthritis Ex	22 Today's Sponsor Encompass (formerly HealthSouth) 9:30 Stretch & Tone 11:00 Lunch 12:30 Book Club 12:30 Delay the Disease 3:00 NO Yoga	23 8:30 Chair Yoga 10:00 Po-Ke-No 11:00 Lunch 12:30 Bingo 1:45 Clabber 1:45 Arthritis Exercise Tropicana 5:00pm	24 Today's Sponsor German Am Bank 9:30 Stretch & Tone 11:00 Lunch
27  Memorial DAY Activity Center & Ivy Café Closed Today	28 Today's Sponsor Solarbron 9:00 Line Dancing 11:00 Lunch 12:30 Bingo 1:45 Arthritis Exercise Activity Center Closed at 2:30 pm Board Meeting	29 Today's Sponsor Deaconess 8:00 Enhance Fitness 8:45 Furry Friends VHS 9:30 Stretch & Tone 11:00 Lunch 12:30 Delay the Disease 3:00 Yoga	30 8:30 Chair 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, May, 1 - 9:00am

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!



ASCCare.org 

American Senior Communities

Springs Valley Meadows, French Lick
 The Timbers of Jasper, Jasper
 Eastgate Manor & Prairie Village, Washington
 Good Samaritan Rehabilitation, Oakland City

Join the Activity Center 

May is... **OLDER AMERICANS MONTH** 

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.


The Women's Hospital
 PELVIC HEALTH AND WELLNESS CENTER
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Riverwalk COMMUNITIES
 Assisted Living and Adult Day Care Center

401 SE 6th St
 Evansville, IN 47713
 812-425-1041
riverwalkcommunities.org

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.
Only \$30 Annually

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)

SWIRCA & More Activity Center

TROPICANA

EVANSVILLE

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

Dinner at SWIRCA & More

Thursday, May 23 at 5:00 pm

Tickets: on sale through Tues, May 21

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

Each Guest
Receives
\$15
Tokens

**Menu: BBQ Pork on Bun, Pickle & Onion, Potato Salad, Baked Beans
Coleslaw, Lemon Meringue Pie 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

2019 SWIRCA Bus Trips



SWIRCA
& More

Seating is limited, make a deposit
on any of these trips to hold your seat.

Bardstown, KY – Sat, Jun 1

\$139 or \$189 per person

Lambert's Lunch – Sat, Aug 3

\$98 per person

Brown County – Sat, Sept 28

\$69 per person

Call 812-492-7435 or 812-492-7462
for more information

Covered Bridge Festival in Indiana – Sat, Oct 12

\$69 per person

West Baden – Sat, Oct 26

\$98 per person

Nashville, TN – Sat, Nov 2

\$69 or \$169 per person

Branson MO – Fri, Nov 29 - Sun, Dec 1

\$559 single / \$469 double / \$449 triple per person



Evansville Otters Lunch & Ballgame

Game & Lunch 12:00pm

Wed, June 12, 2019 - Ticket Cost: \$10.00 Gates Open at 11:00am

Lunch Includes: Hot Dog and Hamburger, Baked Beans, Chips, Soft Drink and Bottled Water

Tickets on sale Tues, May 7 - Fri, June 7

in the Activity Center at SWIRCA & More, 16 W. Virginia St. Evansville, IN 47710

Sponsored by



Call 812-464-7804 for more information.

You must provide your own transportation to Bosse Field.



EVANSVILLE WARTIME MUSEUM TOUR

Join us for a tour of the Evansville Wartime Museum
on Wednesday, May 22

\$8.00 to reserve your spot by Monday, May 20
(includes transportation and tour)

Bus leaves SWIRCA at 8:30am and will return by 1:30pm

Lunch at Frontier Restaurant and Bar on your own.

SWIRCA & More and Lifestyle Tours

Iceland's Magical Northern Lights
Travel show on April 10 at 12:30pm
Call 812-492-7435 for information

FREE EVENT

SWIRCA & MORE

PROACTIVE PLANNING SEMINAR

Friday, June 7, 2019

TOPIC PRESENTATIONS

ADVANCE HEALTH CARE DIRECTIVES
CAREGIVER CONVERSATIONS
PLANNED GIVING: WILLS AND TRUSTS

FOR MORE INFORMATION OR TO SIGN UP, CONTACT SWIRCA &
MORE AT 812-464-7800 OR EMAIL MSPENCER@SWIRCA.ORG

8:15 - 11:00 am

Total Control™

Tues & Thurs 12-1 pm
beginning May 7



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



Essential Oil Workshops

Join Young Living representative Erin Rainey as we
make an all natural insect repellent.

Class fee only \$3 - Wed, May 15 at 10:15am
or Tues, May 21 at 10:45am

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