

September 2019

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
2  SWIRCA & More Closed	3 9:00 Line Dancing 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise	4 Today's Sponsor German Am Bank 8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch 12:30 Delay the Disease	5 8:30 Chair Yoga 10:00 Po-Ke-No 11:30 Lunch 12:45 Bingo 1:45 Clabber 2:00 Arthritis Exercise	6 9:00 Stretch & Tone 11:30 Lunch BINGOPALOOZA! Bingo packets on sale at 9:00 am 
9 Today's Sponsor Together Homecare 8:00 Enhance Fitness 9:30 Tai Chi 11:30 Lunch 12:45 Po-Ke-No 3:00 Chair Yoga	10 9:00 Line Dancing 10:45 Essential Oils 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise Open House At 5:00 pm Tai Chi - 6:00 pm Stretch & Tone - 6:30 pm Yoga - 7:00 pm	11 8:00 Enhance Fitness 9:00 Hearing test w/Audibel 9:30 Stretch & Tone 10:30 Kitchen Band 11:30 Lunch 12:30 Delay the Disease	12 Today's Sponsor AARP 8:30 Chair Yoga 10:00 Po-Ke-No 11:30 Lunch 12:45 Bingo 1:45 Clabber 2:00 Arthritis Exercise	13 Today's Sponsor Good Samaritan 8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch 12:45 Movie Day
16 8:00 Enhance Fitness 9:30 Tai Chi 11:30 Lunch 12:45 Po-Ke-No 1:45 Cardmaking with Monica 3:00 Chair Yoga	17 Today's Sponsor Encompass (formerly HealthSouth) 9:00 Line Dancing 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise Tropicana 5:00pm	18 8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch 12:30 Book Club 12:30 Delay the Disease	19 8:30 Chair Yoga 10:00 Po-Ke-No 11:30 Lunch 12:45 Bingo 1:45 Clabber 2:00 Arthritis Exercise	20 Today's Sponsor Caregiver Homes 8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch Activity Center Closed 1:00 pm Staff Picnic
23 8:00 Enhance Fitness 9:30 Tai Chi 11:30 Lunch 12:45 Po-Ke-No 3:00 Chair Yoga	24 Today's Sponsor Deaconess 9:00 Line Dancing 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise Activity Center Closed at 2:30 pm Board Meeting	25 8:00 Enhance Fitness 8:45 VHS Furry Friends 9:30 Stretch & Tone 10:15 Essential Oils 11:30 Lunch 12:30 Delay the Disease	26 Today's Sponsor Home Instead 8:30 Chair Yoga 10:00 Po-Ke-No 11:30 Lunch 12:45 Bingo 1:45 Clabber 2:00 Arthritis Exercise	27 8:00 Enhance Fitness 9:30 Stretch & Tone Dine with a Doc 11:00am Tickets Available Mon, Sept 16 Reservations Required
30 8:00 Enhance Fitness 9:30 Tai Chi 11:30 Lunch 12:45 Po-Ke-No 3:00 Chair Yoga	LUNCH TIME New Ivy Café Hours Starting Sept 1 Lunch will be served from 11:30 am to 12:30 pm M-F	Meet Furry Friends From  Vanderburgh Humane Society Alter • Adopt • Adore Wed, Sept. 25 at 8:45 am		THANK YOU!! For the school supply donations from Mr. Alan Wilderman at Evans School. So many school supplies were donated that he was able to share the donations with the whole school!

All activities and events are subject to change without notice

All ticket sales are final - no refunds



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



Homemaking • Personal Care
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812-800-9565

www.togetherhomecare.com

FREE HEARING TEST!
 @ SWIRCA...

Wednesday, September 11 - 9:00 am

SWIRCA Members get 10% OFF!

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

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



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Visit us: goodsamhome.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

Resource Linkage
 A SUBSIDIARY OF SWIRCA

Life Style Coordination for Aging Adults
 Helping you stay in your own home

Aging & Disability Resource Center

812-464-7817



Buy me!

2.25" x 3.5" ad

1 month \$55

- 3 months \$150
 (\$15 savings)

- 6 months \$270
 (\$60 savings)

- 12 months \$480
 (\$180 savings)

SWIRCA & More Activity Center

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

Dinner at
Tropicana Conference Center
Tuesday, September 17 at 5:00 pm
Tickets: on sale Thurs, Aug 1 - Thurs, Sept 12
All tickets \$10.00

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

100% of ALL
Ticket Sales
Benefit the
Activity
Center

2019 SWIRCA Bus Trips



SWIRCA
& More

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

No membership required for bus trips. Call 812-492-7435 or 812-492-7462 for more details.

Covered Bridge Festival in IN – Sat, Oct 12
\$69 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

Check out our new Blood Pressure Monitoring In the Wellness Center

- Easy to read display
- Blood Pressure measurements
- Pulse/heart rate measurements
- Early identification of cardiovascular risk factors
- Vital information on the spot



In Celebration of National Senior Center Month

SWIRCA
Activity Center
September 10th
5:00 - 8:00 pm
Call 812-464-7804 to register

Learn more about what the
SWIRCA Activity Center offers
and information about
SWIRCA & More.

Open House



Participate in
demonstration classes

Tai Chi - 6:00pm
Stretch & Tone - 6:30pm
Yoga - 7:00pm

BINGOPALOOZA!

Lunch & Bingo Friday, September 6, 2019

Bingo Packets on Sale at 9:00am - Lunch 11:30am - Bingo Following Lunch

16 games - Packets sold day of Bingo.

Must have a lunch ticket to play Bingo, Lunch Ticket: \$5.00 donation 60+, Under 60 \$7.00. Must complete Participation Form.

If you are in our system, you will not need to complete a new form. Bingo Cards: \$5.00 per packet (16 games — \$.31 per game). Daubers: \$1.50 each.

See Jackie in the Ivy Café or the Nutrition Office for Tickets.
Deadline to purchase tickets is Tuesday, September 3



YOUNG LIVING
ESSENTIAL OILS

Essential Oil Workshops in September

Join Young Living representative Erin Rainey as we make an all natural pain cream.

Class fee only \$6 for large jar \$3 for small jar

Please pay on the day of the workshop
Tues, Sept 10 at 10:45am or
Wed, Sept 25 at 10:15am

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



SWIRCA & More 2019

Veterans Celebration

Thursday, 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 Thurs, Oct 31 to register.

Join us for Movie Day at SWIRCA & More



Enjoy the September movie of the month
on Friday, September 13 at 12:45pm.
Call 812-464-7804 for movie information.

PASATS
PARKINSON'S ASSISTED STAIRS

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

The class is designed specifically for anyone with a diagnosis of Parkinson's Disease and his/her care partner. No specific skill level is required to participate. 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.

Raintree Quilters Guild: Salute to Service



Honor our veterans and service personnel by writing a comment on a signature quilt only \$5 per block.

See Kim or Kristin in the Activity Center to purchase a quilt block. All proceeds benefit the SWIRCA Activity Center.

