February

SWIRCA Activity Center Calendar

16 W. Virginia St. Evansville, IN 47710 (812) 464-7800 or (800) 253-2188 www.swirca.org

> Kristin Hood – Healthy Aging Director David Brown – Healthy Aging Coordinator

MONDAY American Heart Association Wear Red February 2nd! 5 Today's Sponsor Deaconess Hospice 9:30 Tai Chi

Heart Health:

WEDNESDAY

UE Nursing Students will visit SWIRCA each Wednesday in February at 9:00 AM to provide FREE **Blood Pressure Testing** and Health Information.

Retreat at

Leisure Living

THURSDAY

9:30 Chair Yoga 10:30 Drums Alive

11:00 Cards & Games 11:30 Lunch

1:00 Intro to exercise

2

9:30 Exercise with Eva 11:00 Cards & Games

FRIDAY

11:30 Lunch

1:00 Bingo Sponsored by **Melrose Assisted**

Living

Come home to River Bend Nursing & Rehabilitation!

AB

riverbendnursing.com 3400 Stocker Dr Evansville , Indiana 47720 RIVERBEND 812-424-8100

RIVERWALK

COMMUNITIES

Visit our Website or

In the Care of Community

INDEPENDENT LIVING - ASSISTED LIVING REHABILITATION - LONG TERM CARE MEMORY SUPPORT

Contact our Referral Line:

DIRECT CONNECT ph: 855-855-8113 fax: 855-855-5270

Bring harmony to life.

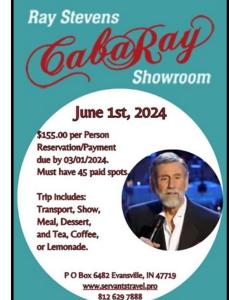
812-985-9955

tune in to great living!

ASSISTED LIVING SERVICES PROVIDED 24 HOURS A DAY! Medicaid Approved & Accepted CALL TO SCHEDULE A TOUR!







No checks deposited until 45 seats reserved.

Riverwalk 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 11:30 Lunch 1:30 Arthritis Exercise 1:00 Intro to exercise 3:00 Chair Yoga

Communities 11:00 Cards & Games

13

Today's Sponsor

Solarbron

TUESDAY

9:30 Stretch & Tone 10:00 Aging Matters 11:00 Cards & Games 11:30 Lunch

Astound **Broadband** 9:30 Chair Yoga 10:00 Death and Donuts

10:30 Drums Alive 11:00 Cards & Games :00 Cards :30 Lunch 1:00 Intro to Exercise

15

Heritage Woods of

Newburgh

11:30 Lunch **Activity Center**

9:30 Exercise with Eva

Closed at 12:00

No Activities

9:30 Exercise with Eva

UE Nursing Students 11:00 Cards & Games

16

Today's Sponsor **Visiting Care Plus** 9:30 Tai Chi

1:00 Dementia Friends 1:45 Intro to Exercise

19

SWIRCA

Closed

3:00 Chair Yoga

12

9:30 Line Dancing 11:00 Cards & Games 11:00 Cards & Games 11:30 Lunch 11:30 Lunch 12:45 1:30 Music Appreciation

1:30 Arthritis Exercise 4:30 Drums Alive at

1:30 Arthritis Exercise

27

9:30 Stretch & Tone 11:00 Cards & Games

14

Today's Sponsor

Oak Street Health

11:30 Lunch

9:30 Chair Yoga 10:30 Drums Alive

11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise

22

1:00 Bingo -Sponsored by Aetna

11:30 Lunch

Patchwork Central 21 20 Today's Sponsor Oasis Dementia

9:30 Line Dancing 9:30 Stretch & Tone 11:00 Cards & Games 11:00 Cards & Games 11:30 Lunch

11:30 Lunch

12:30 Book Club

Care

10:30 Drums Alive

11:00 Cards & Games 11:30 Lunch 1:00 Intro to exercise

29

9:30 Chair Yoga

9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo -

23

Sponsored by

Riverwalk Communities

26

9:30 Tai Chi 9:30 Line Dancing 11:00 Cards & Games 11:00 Cards & Games 11:30 Lunch 11:30 Lunch 1:00 Intro to exercise

1:30 Arthritis Exercise

Brickyard Healthcare

28

9:30 Stretch & Tone 11:00 Cards & Games

11:30 Lunch

9:30 Chair Yoga

11:00 Cards & Games 11:30 Lunch 1:00 Intro to exercise

All activities and events are subject to change without notice



2: 00 Caregiver Support

3:00 Chair Yoga

Heritage Woods
of Newburgh An Affordable Assisted Lifestyle Community for the Older Adult

• Three restaurant-style meals served daily plus snacks · Assistance with daily living

4211 Grimm Road, Newburgh, IN 47630 hw-newburgh.com 812-853-9810 Managed by Gardant Management Solution

> Weekly housekeeping and laundry

· Medication administration 🗈 🕹

Medicaid

Waiver

Accepted

Caregiver Support Group



February 26, 2024 at 2 PM **SWIRCA & More Exercise Room**

"When We Tell **OUR STORIES** In A Safe Community, All Those Things That Separate Us Go Away." Sarah Markley

The Caregiver Support Group meets the last Monday of every month starting January 2024. Thi is a safe place to discuss the stresses, challenges, & rewards of providing care for a loved one. If Interested Please Contact

Open to

ALL AGES!

SWIRCA & More Presents











812-464-7800



Log Inn Dinner & Bingo with Prizes



12491 County Road 200 East, Warrenton, IN

Thursday, February 22 at 5:00 pm

THIS EVENT IS SOLD OUT!!!

Menu: Log Inn's Famous Fried Chicken, Mashed Potatoes & Gravy, Green Beans, Cole Slaw, Dinner Roll, and Tea/Coffee/Lemonade

~ You must provide your own transportation to the Log Inn ~





Reflections of Italy with Collette May 13-22, 2024

> **Book by Nov 14** & save \$200 per person

TOURCY!

For more information Call 812-781-0201

With Optional 3 night Taormina Pre Tour Extension



New England Rails and Sails with **Mayflower Cruises and Tours** Sept 28-Oct 6, 2024 Free air fare when booked by Sept 30, 2023



Check out the amazing programs at the Evansville African

Americand Museum

celebrating Black History Month! https://

eaam.clubexpress.com/

Take a look at the history of Black Americans, the advocacy led by modern Black Americans, and the central role Black Americans have played in U.S. history!



SWIRCA & MORE NUTRITION AWARENESS DAY

For Lunch: \$6 donation - 60 yrs & older \$8 fee - 59 & younger Menu: Jamaican Pork, Key West Veggies, Roasted Root Veggies, Cornbread, Diced Pears, and Milk

and using Herbs & Spices in Nutrition Thursday, March 21,

& Health Fair

Promoting the Benefits of Gardening

Tickets on sale 2.05 - 3.19.24 [®] THE SWIRCA & MORE ACTIVITY CENTER

at SWIRCA & More 10am - 1pm

9:30AM: Doors Open

9:30 - 11 AM: Health & Nutrition Vendor Fair 11 - 11:30 AM: Break

Music Appreciation

11:30 AM: Lunch is served





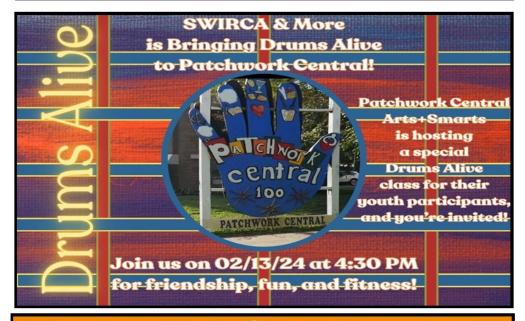


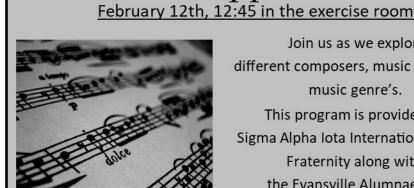


Presented by:

5 SWIRCA

MEALS WHEELS





Join us as we explore different composers, music styles and music genre's.

This program is provided by Sigma Alpha Iota International Music Fraternity along with the Evansville Alumnae and Beta Epsilon Chapters.

Don't like your Medicare Advantage Plan? You can change it, and SHIP can help!

OPEN ENROLLMENT PERIOD

SHIP can help you compare plans to help save you money.

SHIP counseling provided at **SWIRCA & More!** 812-464-7817





Activity Genter **Inclement Weather Policy**

If the Evansville Vanderburgh School Corporation is CLOSED OR on a 2 Hour Delay The SWIRCA & More Activity Center will open at 11:00 am

Most class videos can be found on SWIRCA's Facebook page www.facebook.com/SwircaAndMore

Please check WFIE Channel 14 for information/updates.