

March 2020

SWIRCA 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
<div>2</div> <div>8:00 Enhance Fitness 9:30 Tai Chi 11:30 Lunch 3:00 Chair Yoga</div>	<div>3</div> <div>Today's Sponsor Together Homecare</div> <div>9:00 Line Dancing 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise</div>	<div>4</div> <div>8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch 12:30 Delay the Disease</div>	<div>5</div> <div>8:30 Chair Yoga 10:00 Po-Ke-No 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise</div>	<div>6</div> <div>8:00 Enhance Fitness 9:00 Stretch & Tone 11:30 Lunch</div> <div>BINGOPALOOZA! Bingo packets on sale at 9:00 am</div> <div></div>
<div>9</div> <div>8:00 Enhance Fitness 9:30 Tai Chi 11:30 Lunch 3:00 Chair Yoga</div>	<div>10</div> <div>9:00 Line Dancing 9:00 Suzi-Therapy Dog 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise</div>	<div>11</div> <div>Today's Sponsor Woodmont</div> <div>8:00 Enhance Fitness 9:00 Hearing Test Audibel 9:30 Stretch & Tone 10:15 Essential Oils 11:30 Lunch 12:30 Delay the Disease</div>	<div>12</div> <div>8:30 Chair Yoga 10:00 Po-Ke-No 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise</div>	<div>13</div> <div>Today's Sponsor AARP</div> <div>8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch 12:45 Movie Day</div>
<div>16</div> <div>8:00 Enhance Fitness 9:30 Tai Chi 11:30 Lunch 12:45 Card Making with Monica 3:00 Chair Yoga</div>	<div>17</div> <div>Today's Sponsor Silver Birch</div> <div>9:00 Line Dancing 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise 3:00 Dr. Browning WWII Presentation</div>	<div>18</div> <div>8:00 Enhance Fitness 9:30 Stretch & Tone 10:30 What's the Buzz? 11:30 Lunch 12:30 Delay the Disease</div> <div></div>	<div>19</div> <div>8:30 Chair Yoga Health & Nutrition Fair Doors open at 9:00 am (Advanced Lunch Tickets Required) No Morning Activities 12:45 Bingo 2:00 Arthritis Exercise</div>	<div>20</div> <div>8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch</div>
<div>23</div> <div>Today's Sponsor Trilogy</div> <div>8:00 Enhance Fitness 9:30 Tai Chi 11:30 Lunch 3:00 Chair Yoga</div>	<div>24</div> <div>Today's Sponsor Solarbron</div> <div>9:00 Line Dancing 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise Activity Center Closed at 2:30 pm Board Meeting</div>	<div>25</div> <div>8:00 Enhance Fitness 8:45 VHS Furry Friends 9:30 Stretch & Tone 10:15 UE Nurses Presentation 11:30 Lunch 12:30 Delay the Disease 12:30 Book Club</div>	<div>26</div> <div>8:30 Chair Yoga 10:00 Po-Ke-No 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise</div>	<div>27</div> <div>8:00 Enhance Fitness 9:30 Stretch & Tone 11:30 Lunch</div>
<div>30</div> <div>Today's Sponsor Good Samaritan</div> <div>8:00 Enhance Fitness 9:30 Tai Chi 11:30 Lunch 3:00 Chair Yoga</div>	<div>31</div> <div>Today's Sponsor Senior Helpers</div> <div>9:00 Line Dancing 11:30 Lunch 12:45 Bingo 2:00 Arthritis Exercise</div>	<div><div><div>Meet Furry Friends From</div><div> Alter • Adopt • Adore</div><div>Wednesday, March 25 at 8:45 am</div></div><div><div>Suzi The Therapy Dog with her handler Rita</div><div></div><div>Tuesday, March 10 at 9:00 am</div></div></div>		
<div><div>March Madness</div><div>Pick up your bracket sheet for March Madness on Mon, March 16th at the front desk in the Activity Center! Pick your favorite teams to go to the winners bracket! Deadline to enter the contest is Wed, March 18th!</div></div>				

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

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




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FREE HEARING TEST @ SWIRCA...
Wednesday, March, 11th - 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!

Proud SWIRCA Supporter!
AUDIBEL.

Join the Activity Center
 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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SWIRCA & More Activity Center

Log Inn Dinner & Bingo with Prizes

Thursday, April 2 at 5:00 pm

All Tickets \$14.00 (Limited seating)

On sale Tues, Feb 25 – Tues, March 31

at SWIRCA & More Activity Center, 16 W Virginia St Evansville, IN

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

You must provide your own transportation.

All ticket sales are final—no refunds

Sold on a "First Come First Serve Basis" or while tickets last

Sponsored by: The Good Samaritan Home



12491 County Road 200 East, Warrenton, IN



Health & Nutrition Awareness Day

Join us Thursday, March 19

Eat Right Bite by Bite

Doors open at 9:00am, **Lunch** served at 11:30am

Tickets on sale Mon, Feb 24 - Tues, Mar 17, 2020

Lunch ticket: \$5.00 donation- 60 +, \$7.00 Under 60

Call 464-7807 for information.



Essential Oil Workshops

Join Young Living representative Erin Rainey as we make chemical free cleaning spray

Class fee only \$3

Please pay on the day of the workshop

Wed, March 11 at 10:15am

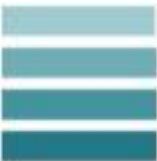
Tues, March 24 at 10:45am

Sign up at the Activity Center Front Desk or call 812-464-7804 for info.



Alaska Discovery Land & Cruise

featuring a 7-night Princess Cruise
September 12 – 23, 2020



TOURCY
Tours by Tracy

For more information contact
Tracy Wilson at Tourcy, LLC
812-781-0201 or Tourcy20@gmail.com



SWIRCA & More Presents...

British Landscapes

featuring England, Scotland and Wales

July 16 – 25, 2020

Join us for

Movie Day

at SWIRCA & More



Enjoy the March movie of the month on

Friday, March 13 at 12:45 pm.

Call 812-464-7804 for movie information.



Evansville Production During WWII
Presentation with Dr. Mark Browning & the Evansville Wartime Museum

Join us on Tuesday, March 17 at 3:00 pm in the Activity Center as Dr. Mark Browning & the Evansville Wartime Museum gives a very educational presentation how Evansville supported our nation's military with airplanes, ships, tanks and ammunitions.

BINGOPALOOZA!

Lunch & Bingo Friday, March 6, 2020

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

On sale through March 3



AARP Tax Aide

AARP will be assisting seniors, age 50+, with filing their taxes. Help sessions in the SWIRCA & More Activity Center will be held every Monday from 11:15am-3:30pm starting February 3 - April 6.

A sign-up sheet will be posted every Monday at 8:00am outside the Activity Center.



Wednesday, March 18 10:30 am

What's the Buzz??

Join us for a presentation in this educational series:

EPD Officers Krogman and Corbin from the Crime Prevention Unit

Learn about situational awareness and body language, pre-attack indicators and what to look for.



DELAY THE DISEASE

THE #1 PARKINSON'S EXERCISE PROGRAM

WEDNESDAYS 12:30 PM - 1:30 PM

Please call 812-686-2729 to register for class and cost.

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.