

July 2020 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 |
|---|---|---|---|---|
| <p>Remember these activities are streamed live online at www.facebook.com/SwircaAndMore/ You do not need a Facebook account to view the SWIRCA page.</p> | | <p>1 9:30 Stretch & Tone with Donna</p> | <p>2 10:00 Chair Yoga with Melanie 1:00 Line Dancing</p> | <p>3 SWIRCA Closed 4TH OF JULY Observed</p> |
| <p>6 Today's Sponsor Encompass Health 9:30 Tai Chi with Ron</p> | <p>7 Today's Sponsor Solarbron 10:00 Empower Hour with Kristin & Kim 2:00 Arthritis Exercise</p> | <p>8 9:30 Stretch & Tone with Donna</p> | <p>9 Today's Sponsor AARP 10:00 Chair Yoga with Melanie 1:00 Line Dancing</p> | <p>10 9:30 Exercise with Eva</p> |
| <p>13 Today's Sponsor Silvebirch 9:30 Tai Chi with Ron</p> | <p>14 Empower Hour Sponsor Heritage Woods 10:00 Empower Hour with Kristin & Kim 2:00 Arthritis Exercise</p> | <p>15 9:30 Stretch & Tone with Donna</p> | <p>16 10:00 Chair Yoga with Melanie 1:00 Line Dancing</p> | <p>17 Today's Sponsor Trilogy 9:30 Exercise with Eva</p> |
| <p>20 9:30 Tai Chi with Ron</p> | <p>21 Today's Sponsor Holiday Healthcare 10:00 Empower Hour with Kristin & Kim 2:00 Arthritis Exercise</p> | <p>22 Today's Sponsor Good Samaritan 9:30 Stretch & Tone with Donna</p> | <p>23 10:00 Chair Yoga with Melanie 1:00 Line Dancing</p> | <p>24 9:30 Exercise with Eva</p> |
| <p>27 Today's Sponsor Heritage Woods 9:30 Tai Chi with Ron</p> | <p>28 Empower Hour Sponsor Silverbirch 10:00 Empower Hour with Kristin & Kim 2:00 Arthritis Exercise</p> | <p>29 9:30 Stretch & Tone with Donna</p> | <p>30 10:00 Chair Yoga with Melanie 1:00 Line Dancing</p> | <p>31 9:30 Exercise with Eva</p> |

All activities and events are subject to change without notice

All ticket sales are final - no refunds



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