

September 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

Activity Center Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1 10:00 Empower Hour with Kristin & Kim 2:00 Arthritis Exercise</p>	<p>2 Today's Sponsor Together Homecare</p> <p>9:30 Stretch & Tone with Donna</p>	<p>3 Today's Sponsor Encompass Health</p> <p>10:00 Chair Yoga with Melanie</p>	<p>4 9:30 Exercise with Eva</p>	
 <p>7 LABOR DAY SWIRCA & More Closed</p>	<p>8 10:00 Empower Hour with Kristin & Kim 2:00 Arthritis Exercise</p>	<p>9 9:30 Stretch & Tone with Donna</p>	<p>10 Today's Sponsor Solarbron</p> <p>10:00 Chair Yoga with Melanie</p>	<p>11 9:30 Exercise with Eva</p>
<p>14 Today's Sponsor AARP</p> <p>9:30 Tai Chi with Ron</p>	<p>15 Today's Sponsor Senior Helpers</p> <p>10:00 Empower Hour with Kristin & Kim 2:00 Arthritis Exercise</p>	<p>16 Today's Sponsor Silver Birch</p> <p>9:30 Stretch & Tone with Donna</p>	<p>17 10:00 Chair Yoga with Melanie</p>	<p>18 Today's Sponsor Holiday Healthcare</p> <p>9:30 Exercise with Eva</p>
<p>21 Today's Sponsor Heritage Woods</p> <p>9:30 Tai Chi with Ron</p>	<p>22 Today's Sponsor Trilogy</p> <p>10:00 Empower Hour with Kristin & Kim 2:00 Arthritis Exercise</p>	<p>23 9:30 Stretch & Tone with Donna</p>	<p>24 Today's Sponsor Good Samaritan</p> <p>10:00 Chair Yoga with Melanie</p>	<p>25 9:30 Exercise with Eva</p>
<p>28 9:30 Tai Chi with Ron</p>	<p>29 10:00 Empower Hour with Kristin & Kim 2:00 Arthritis Exercise</p>	<p>30 Today's Sponsor Heritage Woods</p> <p>9:30 Stretch & Tone with Donna</p>	<p>September Empower Hour Sponsors</p> <p>Tues, Sept 8 - Heritage Woods Assisted Living Tues, Sept 22 - Woodmont Health Campus Tues, Sept 29 - Caregiver Homes</p>	

All activities and events are subject to change without notice

All ticket sales are final - no refunds





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