

**2021 APRIL Activity Center**  
 Kristin Hood – Healthy Aging Director  
 Kim Morehead – Healthy Aging Coordinator  
 Open Mon - Fri, 8:00am - 4:00pm  
 16 W. Virginia St. Evansville, IN 47710 (812) 464-7800 or (800) 253-2188  
 www.swirca.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Most classes will be available on Facebook live at <a href="http://www.facebook.com/SwircaAndMore/">www.facebook.com/SwircaAndMore/</a> videos Classes in RED will be held in the Activity Center, reservations are required please call 812-464-7800.	<b>April Empower Hour Sponsors</b> <b>Solarbron - April 6</b> <b>Wyndmoor - April 13</b> <b>Heritage Woods - April 27</b>		<b>1</b> 10:00 Chair Yoga with Melanie	<b>2</b> Activity Center & Ivy Café Closed 
	<b>5</b> 9:30 Tai Chi with Ron	<b>6</b> 9:30 Line Dancing 11:00 Empower Hour with Kristin & Kim 1:30 Arthritis Exercise	<b>7</b> Today's Sponsor <b>Adaptive</b> 8:30 Spring Tone-Up with Donna 9:30 Stretch & Tone with Donna	<b>8</b> 9:00 Essential Oils 10:00 Chair Yoga with Melanie
<b>12</b> 9:30 Tai Chi with Ron	<b>13</b> 9:30 Line Dancing 11:00 Empower Hour with Kristin & Kim 1:30 Arthritis Exercise	<b>14</b> Today's Sponsor <b>Solarbron</b> 8:30 Spring Tone-Up with Donna 9:30 Stretch & Tone with Donna 12:30 Book Club	<b>15</b> 10:00 Chair Yoga with Melanie	<b>16</b> 9:30 Exercise with Eva
<b>19</b> Today's Sponsor <b>Heritage Woods</b> 9:30 Tai Chi with Ron	<b>20</b> 9:30 Line Dancing 11:00 Empower Hour with Kristin & Kim 1:30 Arthritis Exercise	<b>21</b> Today's Sponsor <b>Wyndmoor</b> 8:30 Spring Tone-Up with Donna 9:30 Stretch & Tone with Donna	<b>22</b> 10:00 Chair Yoga with Melanie	<b>23</b> 9:30 Exercise with Eva <div style="background-color: yellow; padding: 5px; text-align: center;"> <b>Members ONLY</b>  <b>Bingo with Prizes</b>  <i>Call for Reservations 812-464-7800</i>            9:30 Morning session            1:00 Afternoon session         </div>
<b>26</b> Today's Sponsor <b>Silver Birch</b> 9:30 Tai Chi with Ron	<b>27</b> 9:30 Line Dancing 11:00 Empower Hour with Kristin & Kim 1:30 Arthritis Exercise	<b>28</b> 8:30 Spring Tone-Up with Donna 9:30 Stretch & Tone with Donna	<b>29</b> 10:00 Chair Yoga with Melanie	<b>30</b> 9:30 Exercise with Eva

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




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## 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 812-464-7800**





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