

May 2021

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) 464-7800 or (800) 253-2188
www.swirca.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Today's Sponsor Home Instead 9:30 Tai Chi with Ron	4 9:30 Line Dancing 11:00 Empower Hour with Kristin & Kim 1:30 Arthritis Exercise	5 Today's Sponsor Atria 8:30 Spring Tone-Up with Donna 9:30 Stretch & Tone with Donna	6 Today's Sponsor Adaptive 10:00 Chair Yoga with Melanie	7 9:30 Exercise with Eva Bingo with Prizes 1:00 pm Sponsored by Silver Birch Call for Reservations 812-464-7800
10 Today's Sponsor Silver Birch 9:30 Tai Chi with Ron	11 9:30 Line Dancing 11:00 Empower Hour with Kristin & Kim 1:30 Arthritis Exercise	12 8:30 Spring Tone-Up with Donna 9:30 Stretch & Tone with Donna	13 Today's Sponsor Solarbron 9:00 Essential Oils 10:00 Chair Yoga with Melanie	14 9:30 Exercise with Eva Bingo with Prizes 1:00 pm Sponsored by Home Instead Call for Reservations 812-464-7800
17 Today's Sponsor Old National Bank 9:30 Tai Chi with Ron	18 9:30 Line Dancing 11:00 Empower Hour with Kristin & Kim 1:30 Arthritis Exercise	19 Today's Sponsor Heritage Woods 9:30 Stretch & Tone with Donna 12:30 Book Club	20 Today's Sponsor Wyndmoor 9:00 Essential Oils 10:00 Chair Yoga with Melanie 12:00 Tourcy Travel Show Southern Charm	21 9:30 Exercise with Eva Bingo with Prizes 1:00 pm Sponsored by Trilogy Call for Reservations 812-464-7800
24 Today's Sponsor AARP 9:30 Tai Chi with Ron	25 9:30 Line Dancing 11:00 Empower Hour with Kristin & Kim 1:30 Arthritis Exercise	26 9:30 Stretch & Tone with Donna	27 10:00 Chair Yoga with Melanie	28 9:30 Exercise with Eva Bingo with Prizes 1:00 pm Sponsored by Walnut Creek Call for Reservations 812-464-7800
31 SWIRCA CLOSED  Memorial DAY	Celebrate OLDER AMERICANS MONTH COMMUNITIES OF STRENGTH: MAY 2021 		Most classes will be available on Facebook live at www.facebook.com/SwircaAndMore/ videos Classes in RED will be held in the Activity Center, reservations are required please call 812-464-7800.	May Empower Hour Sponsors May 11 - Encompass Health Deaconess Rehabilitation Hospital May 25 - Silver Birch

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.
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Aging & Disability Resource Center

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