

# September 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
<b>September Facebook Empower Hour Sponsors</b>  <b>September 9 – Trilogy</b> <b>September 23 – Trilogy</b> <b>September 30 – Silver Birch</b>		<b>1</b> 8:30 30-Minute Tone up 9:30 Stretch & Tone 11:30 Lunch	<b>2</b> 9:30 Chair Yoga 10:00 Facebook Empower Hour 11:30 Lunch	<b>3</b> 9:30 Exercise with Eva 11:30 Lunch 1:00 Bingo
<b>6</b>  <b>LABOR DAY</b> <b>SWIRCA &amp; More Closed</b>	<b>7</b> 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	<b>8</b> Today's Sponsor <b>Adaptive Nursing</b>  8:30 30-Minute Tone up 9:30 Stretch & Tone 11:30 Lunch <b>12:45 Movie Day at SWIRCA</b>	<b>9</b> 9:30 Chair Yoga 10:00 Facebook Empower Hour 11:30 Lunch	<b>10</b> Today's Sponsor <b>Silver Birch</b>  9:30 Exercise with Eva 11:30 Lunch 1:00 Bingo
<b>13</b> Today's Sponsor <b>Heritage Woods</b>  9:30 Tai Chi 11:30 Lunch	<b>14</b> Today's Sponsor <b>United Healthcare Community Plan</b>  9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	<b>15</b> Today's Sponsor <b>Walnut Creek</b>  8:30 30-Minute Tone up 9:30 Stretch & Tone 11:30 Lunch <b>12:30 Book Club</b>	<b>16</b> Today's Sponsor <b>Solarbron</b>  9:30 Chair Yoga 10:00 Facebook Empower Hour 11:30 Lunch	<b>17</b> Today's Sponsor <b>AARP</b>  9:30 Exercise with Eva 11:30 Lunch 1:00 Bingo  <b>Activity Center Closed at 3:00pm</b>
<b>20</b> Today's Sponsor <b>Atria</b>  9:30 Tai Chi 11:30 Lunch	<b>21</b> Today's Sponsor <b>Oasis</b>  9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	<b>22</b> Today's Sponsor <b>Wyndmoor</b>  8:30 30-Minute Tone up 9:30 Stretch & Tone 11:30 Lunch	<b>23</b> Today's Sponsor <b>Trilogy</b>  9:30 Chair Yoga 10:00 Facebook Empower Hour 10:30 Essential Oils 11:30 Lunch	<b>24</b> Today's Sponsor <b>Home Instead</b>  9:30 Exercise with Eva 11:30 Lunch 1:00 Bingo
<b>27</b> 9:30 Tai Chi 11:30 Lunch	<b>28</b> 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise  <b>Activity Center Closed at 2:30pm Board Mtg</b>	<b>29</b> Today's Sponsor <b>Old National Bank</b>  8:30 30-Minute Tone up 9:30 Stretch & Tone 11:30 Lunch <b>1:00 SHIP-Shred Your Mail</b>	<b>30</b> 9:30 Chair Yoga 10:00 Facebook Empower Hour 11:30 Lunch	

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

## SOCIAL TIME

Tables are available in the Activity Center for cards, dominos, clabber and other social activities from 12:45-3:30pm. Don't forget...the Ivy Café is serving lunch from 11:30am-12:30pm Monday - Friday.



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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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**SWIRCA & More**



SWIRCA & More Activity Center

TROPICANA

EVANSVILLE

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Dinner at ...

Tropicana Conference Center

Thursday, September 23 at 5:00 pm

\$10.00 per person

Tickets on sale at SWIRCA through Thurs, Sept 17 while they last

Each Guest Receives \$10 Tokens

Menu: Smoked Pulled Pork, Potato Salad, Baked Beans, Corn on the Cob, Roll with Butter, Fruit Cobbler, Tea/Coffee/Lemonade

Call 812-464-7800 for more information

Aging Matters group provided by:



LIVING WITH LOSS

Moving forward after loss. This group assists individuals who have dealt with loss in their life, explore the stages of grief, coping techniques and taking positive steps forward. At SWIRCA & More the first Wednesday of each month 10:00 –11:00 am.

Call 812-492-7443 for more information.

TOURCY



Alaska Discovery Land & Cruise with SWIRCA

Discover Alaska on this amazing Land and Cruise Trip Visit: <https://www.travelwithtourcy.com/> for more details about this trip or call 812-781-0201.

September 3 - 14, 2022

Join us for Movie Day at SWIRCA & More



Enjoy the Movie of the month on Wed, Sept 8 at 12:45 pm. call 812 - 464 - 7800 for movie information.



EMPOWER HOUR

WITH KRISTIN & KIM

Thursdays @ 10 am

facebook.com/SwircaAndMore



SHIP Shred Event Got Mail ????

Wednesday, September 29 1:00-3:00 pm

Meet with experts at the SWIRCA Activity Center to know what to keep, toss, or shred.

Looking Ahead

Fall Festival Oct 4 – Oct 9

BrewFest Sat, Oct 16

Veterans' Celebration Fri, Nov 5

Thanksgiving Lunch Thurs, Nov 18

Log Inn Dinner Bingo w/Prizes Tues, Nov 9

Holiday Party Fri, Dec 10