



# December 2021

## SWIRCA Activity Center Calendar

Open Mon - Fri, 8:00am - 4:00pm

16 W. Virginia St. Evansville, IN 47710

(812) 464-7800 or (800) 253-2188 [www.swirca.org](http://www.swirca.org)

**Kristin Hood – Healthy Aging Director**

**Kim Morehead – Healthy Aging/Volunteer Coordinator**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>December Facebook Empower Hour Sponsors</b> Empower Hour can be viewed Thursdays at 10:00am  <b>December 9 - The Gardens at Oasis &amp; Oasis Dementia Care</b>  <b>December 23 - Trilogy</b>		<div>1</div> <div>Today's Sponsor</div> <div>AARP</div> <div>8:30 30-Minute Tone up</div> <div>9:30 Stretch &amp; Tone</div> <div>10:00 Aging Matters</div> <div>11:30 Lunch</div>	<div>2</div> <div>Today's Sponsor</div> <div>Oasis Dementia Care</div> <div>9:30 Chair Yoga</div> <div>10:00 Facebook Empower Hour</div> <div>11:30 Lunch</div> <div>Bally's Dinner at 5:00pm</div>	<div>3</div> <div>Today's Sponsor</div> <div>Old National Bank</div> <div>9:30 Exercise with Eva</div> <div>11:30 Lunch</div> <div>Activity Center Closed at Noon</div> <div>Designer Purse Bingo 5:00</div>
<div>6</div> <div>Today's Sponsor</div> <div>Heritage Woods</div> <div>9:30 Tai Chi</div> <div>11:30 Lunch</div>	<div>7</div> <div>9:30 Line Dancing</div> <div>10:30 Essential Oils</div> <div>11:30 Lunch</div> <div>1:30 Arthritis Exercise</div>	<div>8</div> <div>Today's Sponsor</div> <div>Home Instead</div> <div>8:30 30-Minute Tone up</div> <div>9:30 Stretch &amp; Tone</div> <div>11:30 Lunch</div>	<div>9</div> <div>Today's Sponsor</div> <div>United Healthcare Community Plan</div> <div>9:30 Chair Yoga</div> <div>10:00 Facebook Empower Hour</div> <div>10:30 Winterize Your Hand &amp; Face</div> <div>11:30 Lunch</div>	<div>10</div> <div>No Regular Activities</div> <div>Holiday Party</div> <div>Must have a ticket</div> <div>9:00am – 2:00pm</div> <div>Doors open at 9:00am</div> <div>Lunch at 11:30</div> <div>Dance at 12:30</div>
<div>13</div> <div>Today's Sponsor</div> <div>The Gardens at Oasis</div> <div>9:30 Tai Chi</div> <div>11:30 Lunch</div>	<div>14</div> <div>Today's Sponsor</div> <div>Trilogy</div> <div>9:30 Line Dancing</div> <div>11:30 Lunch</div> <div>1:30 Arthritis Exercise</div>	<div>15</div> <div>Today's Sponsor</div> <div>Silver Birch</div> <div>8:30 30-Minute Tone up</div> <div>9:30 Stretch &amp; Tone</div> <div>11:30 Lunch</div> <div>12:30 Presentation by Vivian Elder</div>	<div>16</div> <div>Today's Sponsor</div> <div>Atria</div> <div>9:30 Chair Yoga</div> <div>10:00 Facebook Empower Hour</div> <div>11:30 Lunch</div> <div>Closed at Noon</div> <div>Staff Holiday Party</div>	<div>17</div> <div>Today's Sponsor</div> <div>Adaptive Nursing</div> <div>9:30 Exercise with Eva</div> <div>11:30 Lunch</div> <div>1:00 Bingo</div>
<div>20</div> <div>9:30 Tai Chi</div> <div>11:30 Lunch</div> <div>12:45 Movie Day at SWIRCA</div>	<div>21</div> <div>9:30 Line Dancing</div> <div>11:30 Lunch</div> <div>12:45 Color Yourself Calm</div> <div>1:30 Arthritis Exercise</div>	<div>22</div> <div>9:30 Stretch &amp; Tone</div> <div>11:30 Lunch</div> <div>12:45 Holiday Pictionary</div>	<div>23</div> <div>9:30 Chair Yoga</div> <div>10:00 Facebook Empower Hour</div> <div>11:30 Lunch</div> <div>1:00 Holiday Bingo</div>	<div>24</div> <div>Happy Holidays</div> <div>Christmas Eve</div> <div>SWIRCA Closed</div>
<div>27</div> <div>Happy Holidays</div> <div>Christmas Day Observed</div> <div>SWIRCA Closed</div>	<div>28</div> <div>Today's Sponsor</div> <div>Walnut Creek</div> <div>9:30 Line Dancing</div> <div>11:30 Lunch</div> <div>1:30 Arthritis Exercise</div>	<div>29</div> <div>8:30 30-Minute Tone up</div> <div>9:30 Stretch &amp; Tone</div> <div>11:30 Lunch</div>	<div>30</div> <div>Today's Sponsor</div> <div>Point Man Of Newburgh</div> <div>9:30 Chair Yoga</div> <div>10:00 Facebook Empower Hour</div> <div>11:30 Lunch</div> <div>1:00 Bingo</div>	<div>31</div> <div>New Year's Eve</div> <div>New Year's Eve</div> <div>SWIRCA Closed</div>

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



**Heritage Woods of Newburgh**  
An Affordable Assisted Lifestyle Community for the Older Adult



**Now Open! Call 812-853-9810 to schedule a tour!**

**4211 Grimm Road, Newburgh, IN 47630 · [hw-newburgh.com](http://hw-newburgh.com)**



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.

# 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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*Affordable Assisted Living*

Call to make a reservation today at:

 812.777.4490 

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**THE GOOD SAMARITAN HOME**

*Specializing in Dementia Care*

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Evansville, IN 47711  
Visit us: [goodsamhome.org](http://goodsamhome.org)

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**Call to schedule your tour today!**  
**812-303-3310**  
4301 Washington Ave,  
Evansville, IN 47714



**WORKERS WANTED!**  
For positions in Gibson, Pike, Posey, Vanderburgh, & Warrick counties

The following **paid training** positions are currently available:

- Custodial, Thrift Store Workers, Clerical

For further information, call  
AARP Foundation Senior Employment  
**812-422-3910**



## SWIRCA & More Activity Center

SWIRCA & More Activity Center



# Holiday Party

Fri, Dec 10, 2021 from 9:00 am - 2:00 pm

*All tickets \$10 on sale Tue, Nov 2 - Wed, Dec 1*

Doors open at 9:00am, Bingo at 10:00am, Reindeer Games at 10:45am,  
Lunch at 11:30am and Dance with Music by DJ Larry at 12:30pm

*Special Appearance  
by Santa*

Lunch Menu:  
Marx Sliced Pork BBQ on Bun,  
Pickle & Onion,  
Marx German Potato Salad,  
Baked Beans,  
Holiday Cupcake,  
Coffee & Tea

Thank you to our Sponsor: Subaru Share the Love And Trilogy Health Services

Call 812-464-7800 for more information

## Designer Purse Bingo

Fri, Dec 3 at SWIRCA Doors open at 5:00 PM  
Bingo Begins at 6:30 PM

\$25 Per Seat or Reserve Tables of 4 \$100  
(Each seat includes 1 bingo card good for 16 regular games)

Extra Slide Cards \$10 each, Specials 1 for \$1 or 3 for \$2,  
Half Pot, Pull Tabs, Raffle, Snacks, and Beer & Wine for Purchase.

Check out our Facebook event page. Purchase tickets online  
at [SWIRCA.org/pursebingo](https://www.facebook.com/swircaorg) or come to  
SWIRCA & More 16 W Virginia St. Evansville IN. 47710  
Call 812-464-7800 for information.

Check or cash only Limited Seating

License # 002658  
Must be 18 years or older

Food Trucks Available  
To purchase food on your own



Fuego's Taqueria  
5:00-6:45 PM



Fire & Smoke  
5:00-6:45 PM

**\$25  
Per  
Seat**



# TOURCY



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.

Alaska Discovery Land & Cruise  
with SWIRCA

September 3 - 14, 2022

## alzheimer's association®

### Education Programs



### Healthy Living for Brain and Body

Join us on Monday, January 10th at 12:45pm in the SWIRCA Activity Center  
for this 60 minute program is designed to offer you research-based  
recommendations about taking care of our brains and our bodies in order to  
age as well as possible. For more information call 812-247-8726 ext 2056

**Join us for Movie Day  
at SWIRCA & More**



Enjoy the Movie of the month  
on Mon, Dec 20 at 12:45 pm.  
call 812 - 464 - 7800  
for movie information.



### Essential Oil Workshops in December

Join Young Living representative  
Erin Rainey as we make  
an all natural wellness roller.  
Please pay on the  
day of the workshop  
Tuesday, December 7th at 10:30am