

March 2023

SWIRCA Activity Center Calendar

16 W. Virginia St. Evansville, IN 47710
(812) 464-7800 or (800) 253-2188 www.swirca.org

Kristin Hood – Healthy Aging Director

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Brain Neurobics Join Meaghan Salomon EdD Wed, March, 15 at 10:30am in the Activity Center Participants will learn that through adopting multiple healthy lifestyle choices, including a healthy diet, not smoking, regular exercise, cognitive stimulation, and social interactions, may decrease their risks of cognitive decline and dementia. To sign up for this informative class call 812-464-7800.		1 8:30 30-Minute Tone up <i>UE Nursing Students</i> 9:30 Stretch & Tone 10:00 Aging Matters 11:00 Cards & Games 11:30 Lunch	2 9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch	3 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo - Sponsored by Heritage Woods of Newburgh
6 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 3:00 Chair Yoga*	7 Today's Sponsor Walnut Creek 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	8 Today's Sponsor Celebration Villas 8:30 30-Minute Tone up 9:30 Stretch & Tone 11:00 Cards & Games 11:30 Lunch	9 Today's Sponsor Humana 9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch	10 9:30 Exercise with Eva 11:30 Lunch 11:00 Cards & Games 11:30 Lunch 1:00 Bingo - Sponsored by- The Retreat at Leisure Living
13 Today's Sponsor Good Samaritan 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 12:45 Music Appreciation 1:45 Intro to Exercise 3:00 Chair Yoga*	14 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	15 Today's Sponsor Oasis Dementia Care 8:30 30-Minute Tone up 9:30 Stretch & Tone 11:00 Cards & Games 11:30 Lunch 12:30 Book Club	16 Health & Nutrition Fair Doors open at 9:30 am Lunch served at 11:30 am (Advanced Lunch Tickets Required) No Morning Activities 12:30 Cards & Games	17 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo - Sponsored by Majestic Care of Newburgh
20 Today's Sponsor Solabron 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 3:00 Chair Yoga*	21 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	22 Today's Sponsor Silver Birch 8:30 30-Minute Tone up 9:30 Stretch & Tone 11:00 Cards & Games 11:30 Lunch 12:45 "New to Medicare"	23 Today's Sponsor The Retreat at Leisure Living 9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch	24 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo - Sponsored by- Oak Street Health
27 Today's Sponsor Oak Street Health 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 3:00 Chair Yoga*	28 Today's Sponsor Senior Connections 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	29 Today's Sponsor Heritage Woods 8:30 NO 30-Minute Tone up 9:30 Stretch & Tone <i>UE Nursing Students</i> 11:00 Cards & Games 11:30 Lunch 12:30 Crafting w/Jennifer	30 9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch	31 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo

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

***Special Note: Location change for Monday Chair Yoga**



Due to AARP Tax-Aide using the Activity Center for tax preparation, the Monday chair yoga class at 3pm will be moved to the Firefighters Local 357 Union Hall at 2322 E. Division St. Evansville, IN 47711 (behind Kipplee's). This ONLY effects the Monday at 3pm chair yoga class, all other activities will remain the same.

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SWIRCA & More Activity Center

Log Inn Dinner & Bingo with Prizes

Thursday, April 13 at 5:00 pm

All Tickets \$15.00 (Limited seating 150 tickets)

Tickets on sale Tues, March 7 – Tues, April 11 or while tickets last
at SWIRCA & More Activity Center, 16 W Virginia St Evansville, IN

Menu: Log Inn's Famous Fried Chicken, Mashed Potatoes & Gravy,
Green Beans, Cole Slaw, Dinner Roll, and Tea/Coffee/Lemonade

~ You must provide your own transportation to the Log Inn ~

Sponsored by



12491 County Road 200 East, Warrenton, IN



NEW TO MEDICARE INFO SESSION

- Learn about Original Medicare Coverage and Costs
- Understand Medicare Coverage Options
- Learn how and when to enroll in Medicare
- Interact with Medicare experts to better understand how Medicare will best work for you

The State Health Insurance Assistance Program (SHIP) is a free and impartial counseling program for people with Medicare. SHIP is provided by the Administration for Community Living and the Indiana Department of Insurance.

Join us at SWIRCA's
Activity Center on
Wednesday, March 22nd
at 12:45 PM.



Servants Travel Bus Trip



Thursday, July 13, 2023 \$100 per person

The Adsmore Home & Lambert's Café Sikeston
Includes transportation, Adsmore Home Admission,
Meal on your own (range from \$9.99-22.99 + tax)
Tickets on sale now at SWIRCA through Mon, May 1, 2023

Pick-up location at SWIRCA

Be at SWIRCA by 7:15am bus leaves at 7:30am



Pick-up Brackets on Monday, March 13 in Lobby

Your completed brackets must be returned to the
receptionists in the Lobby with **your name** on it by
Wed, March 15th. Prizes will be awarded to the winning
bracket winner(s). Good Luck and put your skills to work!

Spring/ Easter Crafting with Jennifer MARCH 29TH, 12:30

Sign up by March 24th at the front desk
\$5 per person at registration



Nutrition Awareness Day

**Health and
Nutrition Fair**
9:30 am to 11:00 am

Thursday, March 16, 2023

Doors open at 9:30
Lunch served at 11:30

Donation amounts
60 years & over \$6.00
59 years & under \$8.00

Tickets on Sale
Monday, February 13th - Monday, March 13th 2023
Available in the Ivy Café 10:00am to 1:00pm Daily

Call 812-464-7807 for more information
Thank you to our Sponsors:

Humana
Indiana Donor Network
United Healthcare Community Plan



Music Appreciation

Join us March 13 at 12:45pm in the
SWIRCA Exercise Room as Dr. Edwin Lacy,
UE Professor of Music and Adjunct
Professor of Music presents a
program featuring Jazz Music.



*This Program is provided by Sigma Alpha Iota International Music Fraternity
along with the Evansville Alumnae and Beta Epsilon Chapters.*

LIVING WITH LOSS

Moving forward after loss

Aging Matters group provided by:



This group is to assist individuals who have dealt with loss
in their life, explore the stages of grief, coping techniques
and taking positive steps forward.

SWIRCA & More
First Wednesday of each month
10:00am - 11:00am

Activity Center

Inclement Weather Policy

If the Evansville Vanderburgh School Corporation
is CLOSED OR on a 2 Hour Delay
The SWIRCA & More Activity Center
will open at 11:00 am

Most class videos can be found on SWIRCA's Facebook page
www.facebook.com/SwircaAndMore

Please check WFIE Channel 14 for information/updates.