

& Ivy Café

**Closed Today** 



**Italy Travel Show** 

with Tourcy



Sign-up SWIRCA in the

lobby to reserve your seat.



### We Make Senior Living Easy!

Heritage Woods of Newburgh

is the choice for an affordable assisted lifestyle!

Contact us today to learn more about our Community

812-853-9810 | 4211 Grimm Rd Newburgh, IN 47630 | www.hw-newburgh.com

Movement is Medicine

Presented by Forefront Therapy and the Arthritis Foundation. Please join us on Tuesday, May 30 at 1:30 pm at the SWIRCA & More Activity Center. This program will feature a 45 minute exercise class led by Eva Key.



**Movement is Medicine** 

2:45 Chair with Blair







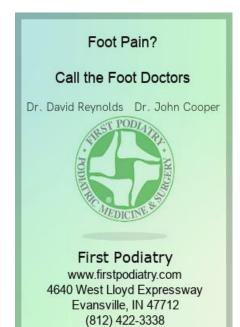
812-476-4912 601 N Boeke Road Evansville, IN 47711





RIVERBEN





## **FIJIO** Wednesday, May 24 1:00 -3:00 PM Cake & Punch, DJ Larry will play music for your listening enjoyment, Door prizes & fun for all! This event is free for everyone, call 812-464-7800 to make a required RSVP by Fri, May 19. Open to the public. Sponsored by:

Lunch & Ballgame

Wednesday, June 21, 2023 at 12:05 pm Gates Open at 11:00am, \$6.00 per person - Includes Admission and Lunch: 1 Hot Dog, 1 Bag of Chips and 1 Bottle of Water

Tickets on sale Through Wednesday, June 14 in the SWIRCA & More Lobby 16 W Virginia St Evansville, IN. Call 812-464-7800 for more information. Sponsored by: You must provide your own transportation to Bosse Field.



**Reflections of Italy with Collette** May 13-22, 2024

> **Book by Nov 14** & save \$200 per person

# TOURCY!

Join us for our 2024 tours travel show in the SWIRCA Activity Center on Wednesday, May 31st at 1:00 pm

Call 812-781-0201 to RSVP or for more information



SENIOR CONNECTION

**New England Rails and Sails with Mayflower Cruises and Tours** Sept 28-Oct 6, 2024

Free air fare when booked by Sept 30, 2023

### If you have one wish, what would it be?



Wish of a Lifetime is an affiliate of AARP Foundation that grants lifelong wishes to older adults (65+) and Shares their stories to Inspire those of all ages. Oak Street will be partnering with Wish of a Lifetime in order to grant Wishes to our Seniors here in the Evansville Area. Share your wish with us during our "Livin' the Dream Event!" at SWIRCA on Thursday, May 11 at 10:30 am.

#### Shuffleboard at SWIRCA

#### **Practice Dates**

**Thursdays** May 18, 25 & June 1

1:00 - 3:00 pm

Call 812-464-7800 to RSVP



## LIVING WITH LOSS

Moving forward after loss

Southwestern Behavioral Healthcare, Inc.

Aging Matters group provided by: This group is to assist individuals who have dealt with loss SWIRCA 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

