

May 2023

SWIRCA Activity Center Calendar

Kristin Hood – Healthy Aging Director
Dave Brown – Healthy Aging 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
<div>1</div> <div>Today's Sponsor</div> <div>Park Terrace Village</div> <div>9:30 Tai Chi</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:00 Intro to Exercise</div> <div>3:00 Chair Yoga</div>	<div>2</div> <div>Today's Sponsor</div> <div>Liberty Federal Credit Union</div> <div>9:30 Line Dancing</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:30 Arthritis Exercise</div>	<div>3</div> <div>8:30 30-Minute Tone Up</div> <div>9:30 Stretch & Tone</div> <div>10:00 Aging Matters</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div>	<div>4</div> <div>Today's Sponsor</div> <div>AARP</div> <div>9:30 Chair Yoga</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div>	<div>5</div> <div>8:30 Exercise with Eva</div> <div>CINCO DE MAYO</div> <div>Doors open at 10am</div> <div>Lunch at 11:30am</div> <div>Bingo at 12:30pm</div> <div>Must have a lunch ticket to play bingo (event sold out)</div>
<div>8</div> <div>Today's Sponsor</div> <div>Silver Birch</div> <div>9:30 Tai Chi</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>12:45 Music Appreciation</div> <div>1:45 Intro to Exercise</div> <div>3:00 Chair Yoga</div>	<div>9</div> <div>Today's Sponsor</div> <div>Humana</div> <div>9:30 Line Dancing</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:30 Arthritis Exercise</div>	<div>10</div> <div>Today's Sponsor</div> <div>Celebration Villas</div> <div>8:30 30-Minute Tone Up</div> <div>9:30 Stretch & Tone</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>12:30 Crafting with Jennifer</div>	<div>11</div> <div>Today's Sponsor</div> <div>Oak Street Health</div> <div>9:30 Chair Yoga</div> <div>10:30 Livin' the Dream Presentation</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div>	<div>12</div> <div>9:30 Exercise with Eva</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:00 Bingo - The Retreat at Leisure Living</div>
<div>15</div> <div>Today's Sponsor</div> <div>Heritage Woods of Newburgh</div> <div>9:30 Tai Chi</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:00 Intro to Exercise</div> <div>3:00 Chair Yoga</div>	<div>16</div> <div>Today's Sponsor</div> <div>Bethel Manor</div> <div>9:30 Line Dancing</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:30 Arthritis Exercise</div> <div>2:45 Chair with Blair</div>	<div>17</div> <div>Today's Sponsor</div> <div>The Good Samaritan Home</div> <div>8:30 30-Minute Tone Up</div> <div>9:30 Stretch & Tone</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>12:30 Book Club</div>	<div>18</div> <div>Today's Sponsor</div> <div>The Retreat at Leisure Living</div> <div>9:30 Chair Yoga</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:30 Intro to Exercise</div> <div>1:00 ISG Shuffleboard Practice</div>	<div>19</div> <div>9:30 Exercise with Eva</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:00 Bingo - Oasis Dementia Care</div>
<div>22</div> <div>Today's Sponsor</div> <div>AARP</div> <div>9:30 Tai Chi</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:00 Intro to Exercise</div> <div>3:00 Chair Yoga</div>	<div>23</div> <div>Today's Sponsor</div> <div>Solarbron</div> <div>9:30 Line Dancing</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:30 Arthritis Exercise</div> <div>2:45 Chair with Blair</div>	<div>24</div> <div>Today's Sponsor</div> <div>Oasis Dementia Care</div> <div>8:30 30-Minute Tone Up</div> <div>9:30 Stretch & Tone</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>SPRING FLING 1-3 pm</div>	<div>25</div> <div>Today's Sponsor</div> <div>River Bend</div> <div>9:30 Chair Yoga</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:30 Intro to Exercise</div> <div>1:00 ISG Shuffleboard Practice</div>	<div>26</div> <div>9:30 Exercise with Eva</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:00 Bingo</div>
<div>29</div> <div><div>Memorial DAY</div><div>Activity Center & Ivy Café Closed Today</div></div>	<div>30</div> <div>Today's Sponsor</div> <div>Old National Bank</div> <div>9:30 Line Dancing</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:30 Arthritis Exercise</div> <div>Movement is Medicine</div> <div>2:45 Chair with Blair</div>	<div>31</div> <div>Today's Sponsor</div> <div>Celebration Villas</div> <div>8:30 30-Minute Tone Up</div> <div>9:30 Stretch & Tone</div> <div>11:00 Cards & Games</div> <div>11:30 Lunch</div> <div>1:00 Reflections of Italy Travel Show with Tourcy</div>	<div><div><div>Crafting with Jennifer</div><div>Wednesday, May 10 at 12:30 pm</div><div>\$5 per person</div><div>Sign-up SWIRCA in the lobby to reserve your seat.</div></div></div>	

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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.



FOREFRONT THERAPY



Arthritis Foundation



SWIRCA & More



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SWIRCA & More Activity Center

SPRING
FLING

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.
You must provide your own transportation to Bosse Field.

Sponsored by:
 SENIOR CONNECTION



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



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

2023 Indiana State Senior Games

IndianaStateGames.org
Official Indiana Senior Games



Athletic
Events for
Adults



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

Music APPRECIATION

Join us Mon, May 8 at 12:45 pm in the SWIRCA
Exercise Room as we explore different composers,
music styles and music genre’s.

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

All activities and events are subject to change without notice