


September 2023

Kristin Hood – Healthy Aging Director
David 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
Casting Call! Join us for an open audition 5-Minute Mystery Radio Play! 09/06/2023 at 12:30 PM	September is National Senior Center Month Senior centers offer unique and supportive environments to learn new skills, stay healthier, and find comradery. SWIRCA & More welcomes all individuals aged 50 and up, and we strive to ensure all of whom we serve are better able to age healthfully and with dignity. We all have Interests, Talents, and Aspirations. Visit a Senior Center and <i>Discover Yours!</i> 			1 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo - The Retreat at Leisure Living
4 SWIRCA is Closed for Labor Day!	5 Today's Sponsor Old National Bank 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	6 Today's Sponsor Heritage Woods of Newburgh 8:30 30-Minute Tone Up 9:30 Stretch & Tone 11:00 Cards & Games 11:30 Lunch 1:00 Drums Alive (Eva)	7 Today's Sponsor MyTruAdvantage 9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:30 Intro to Exercise 5:00 Ballys Night at Conference Center	8 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo - Humana
11 Today's Sponsor Senior Connections 8:30 Drums Alive (Dave) 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 12:45 Music Appreciation 1:30 No Intro to Exercise 3:00 Chair Yoga	12 Today's Sponsor Silver Birch 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	13 Today's Sponsor MyTruAdvantage 8:30 30-Minute Tone Up 9:30 Stretch & Tone 11:00 Cards & Games 11:30 Lunch 1:00 Drums Alive (Eva)	14 Today's Sponsor Oasis Dementia Care 9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:00 New to Medicare 1:30 Intro to Exercise	15 Today's Sponsor Melrose Assisted Living 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo
18 Today's Sponsor Walnut Creek 8:30 Drums Alive (Dave) 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 12:45 Mayoral Candidate Panel 2:00 Intro to Exercise 3:00 Chair Yoga	19 Today's Sponsor Humana 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	20 Today's Sponsor Newburgh Healthcare 8:30 30-Minute Tone Up 9:30 Stretch & Tone 11:00 Cards & Games 11:30 Lunch 12:30 Book Club 1:00 Drums Alive (Eva)	21 Today's Sponsor Solarbron 9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:00 Movie Day: The Quiet Man 1:30 Intro to Exercise	22 9:00 Intergenerational Mentoring Event 9:30 No Exercise with Eva 11:30 Lunch 1:00 Bingo
25 Today's Sponsor Oak Street Health 8:30 Drums Alive (Dave) 9:30 No Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 3:00 Chair Yoga	26 Today's Sponsor AARP 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	27 Today's Sponsor Envive of Evansville 8:30 30-Minute Tone Up 9:30 Stretch & Tone 11:00 Cards & Games 11:30 Lunch 12:30 Crafts w/ Jennifer 1:00 Drums Alive (Eva)	28 Today's Sponsor Liberty Federal Credit Union 9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:00 Posh Sweet Treats 1:30 Intro to Exercise 2:00 Shuffleboard Club	29 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo - Oasis

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OF NEWBURGH

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Blood Infections from UTIs Can Be Serious
Adults 60 & Over who have had a UTI in the past 2 Years may Qualify for the Embrace Vaccine Study
A clinical research study to evaluate an investigational vaccine in adults 60 years of age and older is now enrolling to assess the efficacy and safety of an investigational vaccine in the prevention of E. coli bacteria.
Call MediSphere Today to Join 812-471-4110
Compensation up to \$1,186.00




Age Requirement:
55 and BOLDER

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SWIRCA & More Activity Center



SWIRCA & MORE HALLOWEEN

\$30
PER SEAT
\$190
6 PER TABLE

**FRIDAY
OCTOBER
27**

AT SWIRCA
16 W VIRGINIA ST
EVANSVILLE, IN 47710

DESIGNER PURSE

BINGO

AND COSTUME CONTEST

LIMITED SEATING

DOORS OPEN AT 5:00 PM
BINGO BEGINS AT 6:30 PM
BUY TICKETS NOW IN THE SWIRCA LOBBY
(CASH OR CHECK ONLY).
OR ONLINE AT SWIRCA.ORG/PURSE BINGO
BRING CASH FOR FOOD TRUCKS, BEER, WINE, HALF-POT,
RAFFLE, EXTRA PACKS AND SPECIALS
LICENSE # 002658 MUST BE 18 YEARS OR OLDER TO PLAY

Pathways to Intergenerational Mentoring


Our Welcomed Guests

- Big Brothers Big Sisters
- YWCA
- AARP/Carver Center
- Boys and Girls Club
- Patchwork Central
- The Dream Center
- CAPE/Foster Grandparent Program

SWIRCA & More
16 W. Virginia St
Evansville, IN 47710
(812) 492-7462
dbrown@swirca.org

Creating Positive Direction through
Community, Relationships, and Guidance.
September 22nd 9:00 AM - 11:00 AM

Continental Breakfast Provided.
Door Prizes for Attendees!




Reflections of Italy with Collette
May 13-22, 2024

Book by Nov 14
& save \$200 per person

TOURCY

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Sept 28-Oct 6, 2024

Free air fare when booked by
Sept 30, 2023

Meet The Candidates Mayoral Panel

September 18th
at 12:45

16 W. Virginia St.
Evansville, IN 47710



Stephanie Terry
Democrat




Natalie Rascher
Republican



Michael Daugherty
Libertarian

Please join us for
conversation and
light refreshments
with Evansville
Mayoral Candidates



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

- Learn what changes can be made during Medicare's Open Enrollment Period.
- Understand how to review your plans for next year, where to find plan information, and how to get assistance.
- Know what Medicare mail materials you need to keep, toss, or shred.

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.

GETTING READY FOR MEDICARE'S OPEN ENROLLMENT PERIOD

Join us at SWIRCA's
Activity Center on
Thursday, September 14th
at 1:00 PM.

The Evansville African American Museum and SWIRCA & More present Jazz Appreciation

\$5.00
per Person

Sept 11th
12:45 PM
579 S. Garvin St

Tour
Guided By
Janice
Hale

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