

FREE TO THE PUBLIC 60 YEARS OR OLDER OR SWIRCA MEMBERS Please Contact Young & Established or

DINNER, GAMES MUSIC & DANCING

Today's Sponsor Newburgh

Healthcare

9:30 Line Dancing

11:30 Lunch

11:00 Cards & Games

1:30 Arthritis Exercise

SWIRCA & MORE TO RSVP TICKETS: Y&E: (812) 568-0607 SWIRCA: (812) 464-7800

Today's Sponsor Oak Street Health

8:30 30-Minute Tone up 9:30 Stretch & Tone 10:00 Aging Matters

8

Today's Sponsor

Silver Birch

8:30 30-Minute Tone up

12:30 UE Balance Program

15

1:30 Drums Alive (Eva)

9:30 Stretch & Tone

11:00 Cards & Games

11:30 Lunch

11:00 Cards & Games 11:30 Lunch

Today's Sponsor **MyTruAdvantage**

9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch

1:30 Intro to Exercise

Today's Sponsor

Old National Bank

9:30 Chair Yoga

11:30 Lunch

11:00 Cards & Games

1:30 Intro to Exercise

5:00 Log Inn Dinner/Bingo

Sponsored by IN Donor Network

Veterans Celebration

3

Must Have Reservations Doors Open at 9:00am Program at 10:00 Lunch at 11:30

10 **SWIRCA Closed** Veterans Day WE ARE thankful

FOR YOUR SERVICE

13 Todav's Sponsor

6

Today's Sponsor

AARP

8:30 Drums Alive (Dave)

11:00 Cards & Games

1:00 Intro to Exercise

3:00 Chair Yoga

9:30 Tai Chi

11:30 Lunch

River Bend 8:30 Drums Alive (Dave)

9:30 Tai Chi 11:00 Cards & Games

11:30 Lunch 12:45 Music Appreciation 1:45 Intro to Exercise 3:00 Chair Yoga

20

Today's Sponsor

Envive of Evansville

14 Today's Sponsor **Heritage Woods**

9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch

12:30 SWIRCA Radio **Players**

1:30 Arthritis Exercise

21

Today's Sponsor

Thrive Therapy and

Wellness, LLC

9:30 Line Dancing

Today's Sponsor **MyTruAdvantage**

8:30 30-Minute Tone up 9:30 Stretch & Tone

11:00 Cards & Games 11:30 Lunch

12:30 UE Posture Program 1:30 Drums Alive (Eva)

22

Today's Sponsor

Walnut Creek

8:30 30-Minute Tone up

9:30 Stretch & Tone

11:00 Cards & Games

11:30 Lunch

16 CHANKSGIVING LUNCH Reservations

Doors open at 9:00am

Required

17 Today's Sponsor Melrose

9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo

SWIRCA Closed

11/23-11/24

8:30 Drums Alive (Dave) 11:00 Cards & Games 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise 11:30 Lunch 1:00 Intro to Exercise

3:00 Chair Yoga Today's Sponsor Newburgh **Healthcare**

8:30 Drums Alive (Dave) 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 3:00 Chair Yoga

Today's Sponsor **MyTruAdvantage**

9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise

28 29 Today's Sponsor Humana

> 8:30 30-Minute Tone up 9:30 Stretch & Tone

11:00 Cards & Games 11:30 Lunch

12:00 Craft with Jennifer

Today's Sponsor **Majestic Care** of Newburgh

9:30 Chair Yoga 11:00 Cards & Games

11:30 Lunch 1:30 Intro to Exercise

2:00 Shuffleboard

THURSDAYS AFTER LUNCH IN THE ACTIVITY CENTER

Age Requirement: 55 and **R**OLDER

SCHEDULE A TOUR TODAY! melroseassistedliving.com • 812-556-4440



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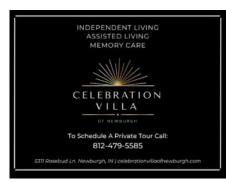
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All activities and events are subject to change without notice





Holiday Party

Special Appearance by Santa

Fri, Dec 8, 2023 from 9:00 am - 2:00 pm

All tickets \$10 on sale Mon, Nov 6th - Thur, Nov 30th

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

Thank you to our Sponsors: Humana, Oak Street Healthcare, Riverbend Nursing and Rehab, Windmore of Evansville, and Pierre Funeral Home

Call 812-464-7800 for more information

Ghristmas Gupcake Workshop





Tuesday, December 19th 10:00 AM

Ghoose a cake design when you sign up!

- * \$10.00 per Person *
- * Limited to 18 Seats *







Reflections of Italy with Collette May 13-22, 2024

Book by Nov 14 & save \$200 per person

TOURCY 3



With Optional 3 night Taormina Pre Tour Extension



New England Rails and Sails with Mayflower Cruises and Tours Sept 28-Oct 6, 2024 Free air fare when booked by Sept 30, 2023

Caregiver Support Group



January 29, 2024 at 2 PM SWIRCA & More Main Conference Room "When We Tell OUR STORIES In A Safe Community, All Those Things That Separate Us Go Away" Sarah Markley





Phone: 812-492-7443 Email: Lwright@swirca.org



