

# November

2023 SWIRCA Activity Center Calendar

Open Mon - Fri, 8:00am - 4:00pm

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

Kristin Hood – Healthy Aging Director

David Brown – Healthy Aging Coordinator

<div><p>Senior Day</p><p>FREE TO THE PUBLIC 60 YEARS OR OLDER OR SWIRCA MEMBERS</p><p>NOVEMBER 4, 2023 3PM - 5PM</p><p>FEATURING DINNER, GAMES MUSIC &amp; DANCING</p><p>PLEASE CONTACT YOUNG &amp; ESTABLISHED OR SWIRCA &amp; MORE TO RSVP TICKETS:</p><p>Y&amp;E: (812) 568-0607 SWIRCA: (812) 464-7800</p></div>		<div><p>1</p><p>Today's Sponsor <b>Oak Street Health</b></p><p>8:30 30-Minute Tone up 9:30 Stretch &amp; Tone 10:00 Aging Matters 11:00 Cards &amp; Games 11:30 Lunch</p></div>	<div><p>2</p><p>Today's Sponsor <b>MyTruAdvantage</b></p><p>9:30 Chair Yoga 11:00 Cards &amp; Games 11:30 Lunch 1:30 Intro to Exercise</p></div>	<div><p>3</p><p><b>Veterans Celebration</b></p><p>Must Have Reservations <b>Doors Open at 9:00am</b> <b>Program at 10:00</b> <b>Lunch at 11:30</b></p></div>
<div><p>6</p><p>Today's Sponsor <b>AARP</b></p><p>8:30 Drums Alive (Dave) 9:30 Tai Chi 11:00 Cards &amp; Games 11:30 Lunch 1:00 Intro to Exercise 3:00 Chair Yoga</p></div>	<div><p>7</p><p>Today's Sponsor <b>Newburgh Healthcare</b></p><p>9:30 Line Dancing 11:00 Cards &amp; Games 11:30 Lunch 1:30 Arthritis Exercise</p></div>	<div><p>8</p><p>Today's Sponsor <b>Silver Birch</b></p><p>8:30 30-Minute Tone up 9:30 Stretch &amp; Tone 11:00 Cards &amp; Games 11:30 Lunch 12:30 UE Balance Program 1:30 Drums Alive (Eva)</p></div>	<div><p>9</p><p>Today's Sponsor <b>Old National Bank</b></p><p>9:30 Chair Yoga 11:00 Cards &amp; Games 11:30 Lunch 1:30 Intro to Exercise <b>5:00 Log Inn Dinner/Bingo</b> Sponsored by IN Donor Network</p></div>	<div><p>10</p><p><b>SWIRCA Closed Veterans Day</b></p><p></p><p><b>WE ARE thankful FOR YOUR SERVICE</b></p></div>
<div><p>13</p><p>Today's Sponsor <b>River Bend</b></p><p>8:30 Drums Alive (Dave) 9:30 Tai Chi 11:00 Cards &amp; Games 11:30 Lunch 12:45 Music Appreciation 1:45 Intro to Exercise 3:00 Chair Yoga</p></div>	<div><p>14</p><p>Today's Sponsor <b>Heritage Woods</b></p><p>9:30 Line Dancing 11:00 Cards &amp; Games 11:30 Lunch <b>12:30 SWIRCA Radio Players</b> 1:30 Arthritis Exercise</p></div>	<div><p>15</p><p>Today's Sponsor <b>MyTruAdvantage</b></p><p>8:30 30-Minute Tone up 9:30 Stretch &amp; Tone 11:00 Cards &amp; Games 11:30 Lunch 12:30 UE Posture Program 1:30 Drums Alive (Eva)</p></div>	<div><p>16</p><p><b>THANKSGIVING LUNCH</b></p><p><b>Reservations Required</b> <b>Doors open at 9:00am</b></p></div>	<div><p>17</p><p>Today's Sponsor <b>Melrose</b></p><p>9:30 Exercise with Eva 11:00 Cards &amp; Games 11:30 Lunch 1:00 Bingo</p></div>
<div><p>20</p><p>Today's Sponsor <b>Envive of Evansville</b></p><p>8:30 Drums Alive (Dave) 9:30 Tai Chi 11:00 Cards &amp; Games 11:30 Lunch 1:00 Intro to Exercise 3:00 Chair Yoga</p></div>	<div><p>21</p><p>Today's Sponsor <b>Thrive Therapy and Wellness, LLC</b></p><p>9:30 Line Dancing 11:00 Cards &amp; Games 11:30 Lunch 1:30 Arthritis Exercise</p></div>	<div><p>22</p><p>Today's Sponsor <b>Walnut Creek</b></p><p>8:30 30-Minute Tone up 9:30 Stretch &amp; Tone 11:00 Cards &amp; Games 11:30 Lunch</p></div>	<div><p>SWIRCA Closed</p><p>11/23-11/24</p><p><b>Happy Thanksgiving</b></p></div>	
<div><p>27</p><p>Today's Sponsor <b>Newburgh Healthcare</b></p><p>8:30 Drums Alive (Dave) 9:30 Tai Chi 11:00 Cards &amp; Games 11:30 Lunch 1:00 Intro to Exercise 3:00 Chair Yoga</p></div>	<div><p>28</p><p>Today's Sponsor <b>MyTruAdvantage</b></p><p>9:30 Line Dancing 11:00 Cards &amp; Games 11:30 Lunch 1:30 Arthritis Exercise</p></div>	<div><p>29</p><p>Today's Sponsor <b>Humana</b></p><p>8:30 30-Minute Tone up 9:30 Stretch &amp; Tone 11:00 Cards &amp; Games 11:30 Lunch 12:00 Craft with Jennifer</p></div>	<div><p>30</p><p>Today's Sponsor <b>Majestic Care of Newburgh</b></p><p>9:30 Chair Yoga 11:00 Cards &amp; Games 11:30 Lunch 1:30 Intro to Exercise 2:00 Shuffleboard</p></div>	<div><p><b>SWIRCA EUCHRE CLUB</b></p><p></p><p><b>THURSDAYS AFTER LUNCH IN THE ACTIVITY CENTER</b></p></div>



Age Requirement:  
**55 and BOLDER**

SCHEDULE A TOUR TODAY!

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April 10th, 2024 Individual Reservation \$167.00

To Reserve Seats Contact [servantstravel@outlook.com](mailto:servantstravel@outlook.com)

Must have 45 Reservations  
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**The GARDENS**  
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**SWIRCA & More 11/13/2023 1:00 - 1:50**

1. How is AI influencing music composition and therapy?

With Guest Speaker  
Prof. Melissa Heffner

**Music Appreciation**



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



**SWIRCA & More**





# Holiday Party

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

*Special Appearance  
by Santa*

*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*

## Christmas Cupcake Workshop



**Tuesday, December 19th  
10:00 AM**

**Choose 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



**For more information  
Call 812-781-0201**

**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*



The Caregiver Support Group meets the last Monday of every month starting January 2024. This is a safe place to discuss the stresses, challenges, & rewards of providing care for a loved one.

**If Interested Please Contact  
Linda Wright  
Phone: 812-492-7443  
Email: Lwright@swirca.org**

**Crafting with Jennifer  
Wednesday, November 29th  
12:00pm**

**Limited to 20 Seats  
Sign up by November 22nd**

**11/14/2023  
at 12:30 PM**

## Casting Call!

**Join us for a Script Reading  
for a Radio Play Mystery!**

**No Experience Required!  
Be One of Our Stars or Stay Behind the Scenes!  
Extras and Sound FX Needed!**

**Presented by**

**SWIRCA & More  
16 W. Virginia St  
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**Half S Studio  
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