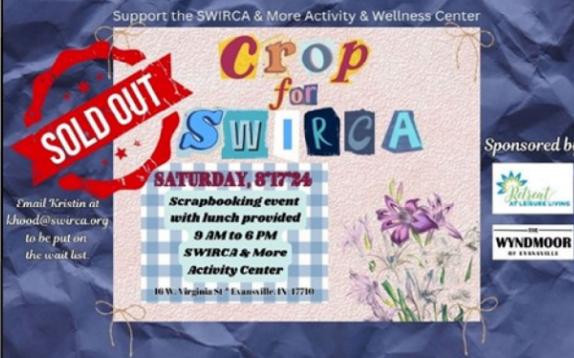


# July 2024 Activity Center Calendar

Kristin Hood – Healthy Aging Director  
David Brown - Aging Coordinator  
Open Mon - Fri, 8:00am - 4:00pm  
16 W. Virginia St. Evansville, IN 47710

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Today's Sponsor <b>Retreat at Leisure Living</b>  9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 2:30 Chair Yoga	<b>2</b> Today's Sponsor <b>Solarbron</b>  9:00 Intro Line Dance 9:30 Line Dancing 10:30 Bingocize 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise 2:15 Bingocize	<b>3</b> Today's Sponsor <b>Senior Connection</b>  9:30 Stretch & Tone 11:00 Cards & Games 11:30 Lunch 1:00 Aging Matters	<b>4</b> <b>SWIRCA Closed</b>  <b>4TH OF JULY</b>  <b>Independence Day</b>	<b>5</b> 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 <b>Bingo - Deaconess Hospice</b>
<b>8</b> Today's Sponsor <b>The Gardens At Oasis</b>  9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 12:45 Music Appreciation 1:45 Intro to Exercise 2:30 Chair Yoga	<b>9</b> 9:00 Intro Line Dance 9:30 Line Dancing 10:30 Bingocize 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise 2:15 Bingocize	<b>10</b> Today's Sponsor <b>Newburgh Healthcare</b>  9:30 Stretch & Tone 10:30 Drums Alive 11:00 Cards & Games 11:30 Lunch	<b>11</b> Today's Sponsor <b>Riverwalk Communities</b>  9:30 Chair Yoga 10:30 Bingocize 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 2:15 Bingocize	<b>12</b> 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo
<b>15</b> 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 12:30 Radio Players 1:00 Intro to Exercise 2:30 Chair Yoga	<b>16</b> Today's Sponsor <b>AARP</b>  9:00 Intro to Line Dance 9:30 Line Dancing 10:30 Bingocize 11:00 Cards & Games 11:30 Lunch 1:00 Bob Ross Painting 1:30 Arthritis Exercise 2:15 Bingocize	<b>17</b> Today's Sponsor <b>Melrose</b>  9:30 Stretch & Tone 10:30 Drums Alive 11:00 Cards & Games 11:30 Lunch	<b>18</b> Today's Sponsor <b>Riverbend</b>  9:30 Chair Yoga 10:30 Bingocize 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 2:00 WWII Presentation 2:15 Bingocize 5:00 <b>Log Inn Bingo</b>	<b>19</b> 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo
<b>22</b> 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 2:30 Chair Yoga	<b>23</b> Today's Sponsor <b>Senior Connection</b>  9:00 Intro Line Dance 9:30 Line Dancing 10:00 Bingocize 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise 2:15 Bingocize	<b>24</b> Today's Sponsor <b>Evansville Protestant Home</b>  9:30 Stretch & Tone 10:30 Drums Alive 11:00 Cards & Games 11:30 Lunch 12:30 Book Club 2:00 Tourcy Travel Show	<b>25</b> Today's Sponsor <b>Oasis Dementia Care</b>  9:30 Chair Yoga 10:30 Bingocize 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 2:00 Shuffleboard 2:15 Bingocize	<b>26</b> 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo
<b>29</b> 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 2:30 Chair Yoga	<b>30</b> 9:00 Intro Line Dance 9:30 Line Dancing 10:30 Bingocize 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise 2:15 Bingocize	<b>31</b> Today's Sponsor <b>Heritage Woods</b>  9:30 Stretch & Tone 10:30 Drums Alive 11:00 Cards & Games 11:30 Lunch	 <p>Support the SWIRCA &amp; More Activity &amp; Wellness Center <b>Crop for SWIRCA</b> SATURDAY, 8/17/24 Scrapbooking event with lunch provided 9 AM to 6 PM SWIRCA &amp; More Activity Center 16 W. Virginia St. Evansville, IN 47710</p>	



**Oasis Dementia Care**  
A Dedicated Memory Care Community  
OasisDementiaCare.com

*Redefining Assisted Living!*  
Call to schedule your tour today!  
812-303-3310



**The GARDENS**  
at Oasis Assisted Living  
TheGardensatOasis.com



**French Lick Scenic Railway**  
\$150 per person

Join Servants Travel on 10/01/2024 for a trip on the French Lick Scenic Railway through Hoosier National Forest to the Overlook Restaurant voted Indiana's most beautiful restaurant view!

Register by 08/01/2024 at [servantstravel@outlook.com](mailto:servantstravel@outlook.com) with trip name and party size! Must have 45 Reservations for trip confirmation. No deposits made until 45 seats reserved.



Overlook Restaurant  
Servants Travel

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STUDIO, 1 & 2 BEDROOMS APARTMENTS  
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Bring harmony to life...  
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Visit our Website or Contact our Referral Line:  
**DIRECT CONNECT** 24/7 Referral Line  
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In the Care of Community

**RIVERWALK COMMUNITIES**

ASSISTED LIVING SERVICES PROVIDED 24 HOURS A DAY!



Medicaid Approved & Accepted  
CALL TO SCHEDULE A TOUR!  
812-781-0392

**HOSPICE SCHEME**

Beneficiaries are being tricked into signing up for hospice under the guise they were signing up for a program that offers money for enrolling, nurse visits, gloves, lotion, & Ensure shakes.



Be on the lookout for #HospiceSchemes that are on the rise. Review your Medicare statements for any charges that look suspicious.

If you find that you have been signed up for hospice services against your will, contact your Indiana #SMP at 800-986-3505.



Happy 4th of July  
FROM THE SMP  
Presenting Medicare Fraud



**MELROSE**  
ASSISTED LIVING  
812.556.4440  
**Schedule a tour today!**




**Heritage Woods of Newburgh**  
An Affordable Assisted Lifestyle Community for the Older Adult

- Three restaurant-style meals served daily plus snacks
- Assistance with daily living

4211 Grimm Road, Newburgh, IN 47630  
hw-newburgh.com 812-853-9810  
Managed by Gardant Management Solutions

- Weekly housekeeping and laundry
- Medication administration

Medicaid Waiver Accepted

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



**SWIRCA & More**

# SWIRCA & More Activity Center

## Log Inn Dinner & Bingo with Prizes

**SOLD OUT!**

**Thursday, July 18 at 5:00 pm**  
**All Tickets \$15.00** (Limited seating 150 tickets)

Tickets on sale Mon, June 17 – Tues, July 16 or while tickets last  
 at SWIRCA & More Activity Center, 16 W Virginia St Evansville, IN

**Menu:** Log Inn's Famous Fried Chicken, Mashed Potatoes & Gravy,  
 Green Beans, Cole Slaw, Dinner Roll, and Tea/Coffee/Lemonade

~ You must provide your own transportation to the Log Inn ~



Sponsored by



12491 County Road 200 East, Warrenton, IN



Jewels of the Rhine River Cruise  
 Netherlands • Germany  
 France • Switzerland  
 October 3-14, 2025  
 Free Airfare (Limited Time Offer)

Painted Canyons of the West  
 Travel Show  
 Wednesday, July 24, 2024  
 2:00 pm CDT  
 At SWIRCA & More



For more Information please call  
 812-781-0201 or visit  
[travelwithtourcy.com](http://travelwithtourcy.com)



Painted Canyons of the West  
 Featuring Utah's Five National Parks  
 May 10-19, 2025  
 Book by November 11, 2024 &  
 save \$100 per person

**FREE Event For All Ages! RSVP by 07/05!**

**12:30 - 1:30 Music, Cake, Ice Cream, and Door Prize Drawing #1**

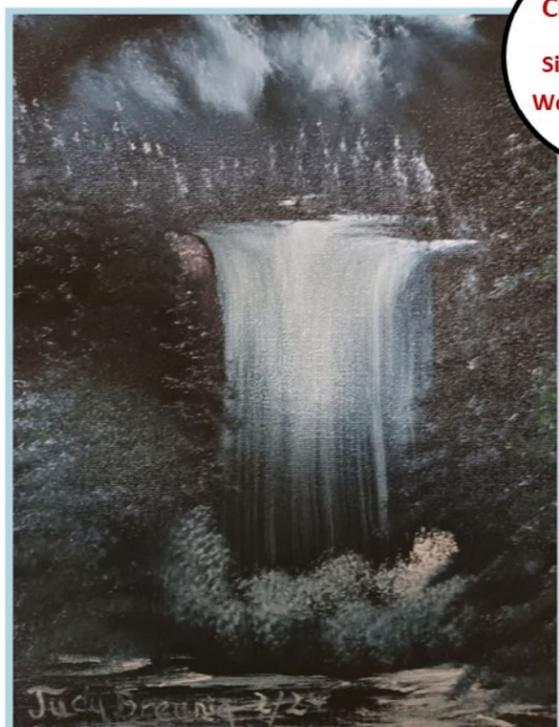
**1:30 - 2:00 It Takes a Village Furever Friends**

**2:00 - 3:30 Bingo for Prizes, Crafts, Games, and Door Prize Drawing #2**

## SWIRCA's 50th Anniversary Summer Fun Fair

**July 11th 12:30 - 3:30**

### Bob Ross Painting Workshop with Judy Breunig Certified Bob Ross Artist



July 16th at 1:00 PM  
 Limited to 10 seats

Class is FULL.  
 Sign up for Oct. Workshop today!

## BINGO

Twice a Week June 4th – Aug 8th

Evidence-Based  
 ACL – Approved  
 A Blast of Fun and Fitness!

Tuesdays and Thursdays  
 10:30 – 11:15 AM or 2:15 – 3:00 PM  
 Seating is limited,  
 please sign up by calling  
 812-464-7800

## Balance with Brenda

Join us for new balance class with Brenda Webb! Limited to 10 seats

Wednesdays at 1:00 PM  
 Beginning 07/17/2024