

October

2024 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 www.swirca.org

Kristin Hood – Healthy Aging Director
David Brown – Healthy Aging Coordinator

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>October 28, 2024 at 2 O'clock 16 W Virginia St Evansville, IN 47710 SWIRCA & More Main Conference Room</p>	1 Today's Sponsor	2 Today's Sponsor Deaconess Hospice	3 Today's Sponsor Heritage Woods	4 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo Sponsored by Aetna
	9:00 Intro Line Dancing 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	9:00 Stretch & Tone 10:00 Drums Alive 11:00 Cards & Games 11:30 Lunch 1:00 Aging Matters 1:00 Balance with Brenda	9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 12:30 Weaving Workshop 1:30 Intro to Exercise	11 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo Sponsored by Careforth
7 Today's Sponsor 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 1:00 Dementia Friends 2:30 Chair Yoga	8 Today's Sponsor 9:00 Intro Line Dancing 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:00 Bob Ross Painting 1:30 Arthritis Exercise	9 Today's Sponsor 9:00 Stretch & Tone 10:00 Drums Alive 11:00 Cards & Games 11:30 Lunch 1:00 Balance with Brenda	10 Today's Sponsor 9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 12:30 Weaving Workshop 1:30 Intro to Exercise	
Indigenous Persons Day & Columbus Day SWIRCA & More Closed	15 Today's Sponsor 9:00 Intro Line Dancing 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	16 Today's Sponsor Aetna 9:00 Stretch & Tone 10:00 Drums Alive 11:00 Cards & Games 11:30 Lunch 12:30 Crafts with Jennifer 1:00 Balance with Brenda	17 Today's Sponsor Retreat at Leisure Living 9:30 Chair Yoga 10:30 Book Club 11:00 Cards & Games 11:30 Lunch 12:30 Weaving Workshop	18 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo
	21 Today's Sponsor Visiting Care Plus 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 12:45 Music Appreciation 1:00 Intro to Exercise 2:30 Chair Yoga	22 Today's Sponsor AARP 9:00 Intro Line Dancing 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	23 Today's Sponsor Melrose 9:00 Stretch & Tone 11:00 Cards & Games 11:30 Lunch 1:00 Balance with Brenda	24 Today's Sponsor 9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 12:30 Weaving Workshop 1:30 Intro to Exercise
28 Today's Sponsor 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 2:00 Caregiver Support Group 2:30 Chair Yoga	29 Today's Sponsor 9:00 Intro Line Dancing 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	30 Today's Sponsor 9:00 Stretch & Tone 11:00 Cards & Games 11:30 Lunch 1:00 Balance with Brenda	31 Today's Sponsor Dr. Acula's Hematology Haus 9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:30 Intro to Exercise	 <p>Information Session October 7, 2024 at 1 o'clock Contact Linda: 812-492-7443 16 W Virginia St Evansville, IN 47710 SWIRCA & More Main Conference Room</p>

RIVERWALK COMMUNITIES

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RESERVATION & PAYMENT DEADLINE 02/25/2025
NO CHECKS DEPOSITED UNTIL 40 SEATS RESERVED
MEET AT 3535 N. GREEN RIVER ROAD.

Servants Travel

Oasis Dementia Care
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Schedule a tour today!



Costume Contest!

SWIRCA Activity Center
October 25th 12:45
Prizes for 1st, 2nd, and 3rd Place

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

SWIRCA & More

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

SWIRCA & More Activity Center

SWIRCA & More 2024

Veterans Celebration

on Friday, November 1 in the SWIRCA Activity Center

RSVP by Friday, October 25th ★9:00 am - Vendor Fair ★10:00 am - Program ★11:30 am-Lunch

FREE To All Veterans & One Guest, \$8.00 for Additional Guests, Call 812-464-7800

Sponsored by

Aetna, Deaconess Hospice, Heritage Woods of Newburgh, Retreat at Leisure Living, Riverbend Nursing & Rehabilitation, United Healthcare, and Visiting Care Plus



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

2025 Rhine River Cruise Tour
Information Session
Tuesday, November 12
2:30PM CST
at SWIRCA & More



For more information please
call 812-270-0201 or visit
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

Music Appreciation

October 21st at 12:45

SWIRCA Activity Center

provided by

Sigma Alpha Iota International Music Fraternity
along with the Evansville Alumnae
and Beta Epsilon Chapters.

Senior Scholastica Halloween Book Fair

October 25th
9:00 AM - 1:00 PM

Provided by
Your Brother's Bookstore

Grab a brochure and
Preorder Your Favorite Titles Today!



Are you worried you might have been the victim of outpatient mental health care fraud? The Indiana SMP and its trained volunteers are here to help educate and empower Medicare beneficiaries in the fight against health care fraud. They're here to answer your questions, hear your concerns, and counsel you about potential fraud and abuse issues.

Call 800-986-3505.



State Health Insurance Assistance Program
Navigating Medicare

Get Ready for Medicare's Annual Open Enrollment Period



October 15th - December 7th

Let SHIP assist you with your Medicare options during the Medicare Annual Open Enrollment period.

SHIP CAN HELP YOU

- Compare Medicare Part D and Part C plans for next year
- Understand your options for Medicare coverage in 2025
- Choose the plan that is right for you
- Take the STRESS out of Medicare!



MEET WITH ONE OF SWIRCA'S SHIP COUNSELORS

Appointments taken at Oaklyn Library
3001 Oaklyn Dr. Evansville, IN 47711

You can call 812-464-7817 to schedule your SHIP Counseling appointment.

Indiana State Health Insurance Assistance Program (SHIP) is provided by the Administration for Community Living and the Indiana Department of Insurance.



Please Join Us November 6th at 1:00 PM for the Servants Travel Show

All Trips require minimum reservation be met BEFORE any deposits are made.
A portion of proceeds from The Jersey Boys trip goes to benefit SWIRCA & More Activity Center.

