

January 2025 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
 Shannon Epley – Healthy Aging Coordinator

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Deaconess PRIMARY CARE FOR SENIORS 1750 Oak Hill Rd. • 812-485-2580</p>		 <p>2025 Happy New Year SWIRCA Closed New Year's Day</p>	<p>2 Today's Sponsor Retreat at Leisure Living</p> <p>9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise</p>	<p>3</p> <p>9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo</p>
<p>6</p> <p>9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 2:30 Chair Yoga</p>	<p>7</p> <p>9:00 Intro Line Dancing 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise</p>	<p>8</p> <p>9:00 Stretch & Tone 11:30 Lunch 1:00 Balance with Brenda 1:00 Aging Matters</p>	<p>9 Today's Sponsor Medisphere Research</p> <p>9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise</p>	<p>10</p> <p>9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo</p> <p>BINGO Sponsor Brickyard Healthcare</p>
<p>13</p> <p>9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 1:00 Dementia Friends 2:30 Chair Yoga</p>	<p>14</p> <p>9:00 Intro Line Dancing 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise</p>	<p>15 Today's Sponsor Brickyard Healthcare</p> <p>9:00 Stretch & Tone 11:30 Lunch 1:00 Balance with Brenda</p>	<p>16</p> <p>9:30 Chair Yoga 10:30 Drums Alive 10:30 Book Club 11:00 Cards & Games 11:30 Lunch 12:45 Silver Strength 1:00 Intro to Exercise</p>	<p>17</p> <p>9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo</p>
<p>20</p>  <p>MARTIN LUTHER KING JR. DAY</p> <p>SWIRCA Closed</p>	<p>21 Today's Sponsor Oak Street Health</p> <p>9:00 Intro Line Dancing 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise</p>	<p>22 Today's Sponsor Envive</p> <p>9:00 Stretch & Tone 11:30 Lunch 1:00 Balance with Brenda</p>	<p>23</p> <p>9:30 Chair Yoga 10:30 Drums Alive 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise</p>	<p>24</p> <p>9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo</p>
<p>27</p> <p>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</p>	<p>28</p> <p>9:00 Intro Line Dancing 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise</p>	<p>29</p> <p>9:00 Stretch & Tone 11:30 Lunch 1:00 Balance with Brenda</p>	<p>30</p> <p>9:30 Chair Yoga 10:00 Drums Alive 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise</p>	<p>31</p> <p>9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo</p>



Oasis
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A Dedicated Memory Care Community

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

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3.18.2025

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3 Days, 2 Nights Admission, Meal Voucher for Emzara's Kitchen and Noah's Cafe, Double Occupancy at General Butler State Resort Park, Breakfast at the Lodge, and Transportation

\$115 per person **RSVP by 1/15**

\$600 per person **RSVP by 2/01**

3.24 - 26, 2025

Lunch of Amish Home Cooking, Visit an Amish Flea Market, Bakery, and Gift Shop. Also Enjoy Buggy Rides and Amish Traditions

No checks deposited until 45 paid trip reservations

ARK ENCOUNTER **CREATION MUSEUM**

All activities and events are subject to change without notice

SWIRCA & More Activity Center

Log Inn Dinner & Bingo with Prizes

Thursday, February 20 at 5:00 pm

All Tickets \$15.00 (Limited seating 150 tickets)

Tickets on sale Mon, Feb 3 – Tues, Feb 18 or while tickets last
Purchase tickets 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



**All ticket sales are final

SWIRCA 16 W Virginia St, Evansville, IN 47710

Presented by: Indiana Donor Network

Designer Purse Bingo

FRI, MAR 14, 2025

Seats on sale Tues, Jan 14 on
Eventbrite.com and at
SWIRCA

Bingo, Pull-Tabs,
Half-Pot, Raffle,
Snacks, Beer,
Wine & Food Trucks

License #002658

\$20
per seat

Includes entry & single seat
First come, first serve
when you arrive

\$130
per table

Includes entry
& reserved table
for 6

Bingo Packets are sold separately \$10 each
cash or check only at the door on night of event.

All purchases at SWIRCA are
CASH & CHECK ONLY



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



And

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



Join
For a bus trip to Beef & Boards in Indianapolis

Wed, April 9, 2025 • \$187 per person
Includes: Transportation, Meal & Ticket
Reservations & Full Payment Due Feb 9, 2025
Call 812-464-7800 for more information

Beef & Boards
DINNER THEATRE

Jersey Boys is a musical biography of the Four Seasons that follows the lives of Frankie Valli, Bob Gaudio, Tommy DeVito and Nick Massi as they rise from their working-class New Jersey neighborhoods to international stardom. The show includes the hits "Sherry", "Big Girls Don't Cry" and "Can't Take My Eyes Off Of You" and also explores the group's friendships, personal conflicts and the challenges of fame. The show has been described as dramatic, beautifully staged and magnificently performed.



JERSEY BOYS
The Story of Frankie Valli & The Four Seasons



Strength and Wellness as We Age

By Chris Sepronski
At SWIRCA (16 W. Virginia St, Evansville, IN 47710)
Thurs, Jan 16, 2025 at 12:45 pm

Improving lives through increasing strength, muscle mass,
balance and improved physical function.

Presentation and Q & A Focused on:

- Strength – what, how and why
- Exercise myths in the media
- Training strategies for middle aged and senior populations
- Nutritional needs for improved muscle mass and strength
- Exercise (Training) as Medicine
 - ◆ Combating bone loss, decreased muscle mass, prescription drug use, balance issues, etc.

Program
& Refreshments



SWIRCA Activity Center

Inclement Weather Policy

If the Evansville Vanderburgh School Corporation
is CLOSED OR on a 2 Hour Delay
The SWIRCA & More Activity Center
will open at 11:00 am

Most class videos can be found on
SWIRCA's Facebook page
www.facebook.com/SwircaAndMore

Please check WFIE Channel 14
for information/updates.