

March 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
3 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga	4 Today's Sponsor Brickyard Healthcare 9:00 Intro Line Dancing 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	5 Today's Sponsor Melrose Assisted Living 9:00 UE Nursing Students 9:00 Stretch & Tone 11:30 Lunch 1:00 Balance with Brenda 1:00 Aging Matters	6 Today's Sponsor Wellcare 9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise	7 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo
10 Today's Sponsor Medisphere Research 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 12:30 Music Appreciation 1:30 Tone Up 1:00 Dementia Friends 2:30 Chair Yoga	11 9:00 Intro Line Dancing 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 12:45 CASA Presentation 1:30 Arthritis Exercise	12 9:00 Stretch & Tone 11:30 Lunch 1:00 Balance with Brenda	13 9:30 Chair Yoga 10:30 Drums Alive 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise	14 8:30 Exercise with Eva 11:30 Lunch 1:00 NO BINGO Activity Center Closed at Noon 5:00pm Purse Bingo
17 Today's Sponsor IN Donor Network 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga	18 9:00 Intro Line Dancing 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	19 Today's Sponsor Envive 9:00 UE Nursing Students 9:00 Stretch & Tone 11:30 Lunch 1:00 Balance with Brenda 4:00 Genealogy Program	20 Health & Nutrition Fair Doors open at 9:30 am Lunch served at 11:30 am (Advanced Lunch Tickets Required) No Morning Activities	21 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo BINGO Sponsor Oasis Dementia Care
24 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:30 Tone Up 2:00 Caregiver Support Group 2:30 Chair Yoga	25 Today's Sponsor The Gardens at Oasis 9:00 Intro Line Dancing 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise	26 Today's Sponsor Wellcare 9:00 UE Nursing Students 9:15 Stretch & Tone 11:30 Lunch 1:00 Balance with Brenda	27 Today's Sponsor Retreat at Leisure Living 9:30 Chair Yoga 10:30 Drums Alive 10:30 Book Club 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise	28 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo
31 9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga	Willard Public Library Beginning Genealogy by Vickie Fields Do you ever wonder where your family came from, or about the family members who came before? Join us as we learn the fundamentals of how to research your family's history. In the Activity Center March 19 - 4:00 pm		Majestic Care Newburgh Transforming Skilled Care into Majestic Care Contact Emily Oglesby 812.449.0427 Marketing.Newburgh@MajesticCare.com 5233 Rosebud Lane, Newburgh, IN 47630 Phone 812.473.4761 MajesticCare.com	

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



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\$187 per person | RSVP by 3/15/25

Includes transportation, buffet meal, and ticket

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SWIRCA & More Activity Center

Log Inn Dinner & Bingo with Prizes

Thursday, April 24 at 5:00 pm

All Tickets \$15.00 (Limited seating 150 tickets)

Tickets on sale Mon, Apr 7 – Tues, Apr 22 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 ~



12491 County Road 200 East
Warrenton, IN



**All ticket sales are final

Sponsored by



SWIRCA & MORE

NUTRITION AWARENESS DAY

Thursday, March 20, 2025 in the SWIRCA Activity Center
9:30am Doors Open
9:30–11:00 am Health & Nutrition Vendor Fair
11:00–11:30am Break
11:30am Lunch Served

Tickets on sale until, Fri, 3-14-25
at SWIRCA & More 10:00 am - 1:00 pm
\$6 donation — 60 yrs & older
\$10 fee — 59 & younger
Call 812-464-7807 for more information

Menu: Chicken Cordon Bleu, Red-Skinned Potatoes, Asparagus, Wheat Bread, Fresh Fruit Salad and Orange Creamsicle Yogurt

Presented by: SWIRCA & More, HEALS WHEELS KOUTHWYFFEN INDIANA

Sponsored by: MediSphere, Solarbron, Deaconess, Visiting Care Plus, Indiana Donor Network, Oak St Health, Careforth, Bethel Manor, Matthew 25, Indiana State Games and Seaton Harvest

SWIRCA
16 W Virginia St, Evansville, IN 47710
Presented by: Indiana Donor Network

Designer Purse Bingo

FRI, MAR 14, 2025

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

\$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 with cash or check only at the door on night of event.

All purchases at SWIRCA are CASH & CHECK ONLY

Seats on sale on Eventbrite.com and at SWIRCA Doors Open at 5:00pm
Bingo Starts at 6:30pm

License #002658

Jewels of the Rhine River Cruise
Netherlands • Germany
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October 3-14, 2025
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Featuring Utah's Five National Parks
May 10-19, 2025
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BINGOize

a "new" free evidence-based exercise class beginning Tuesday, April 8.
Classes will meet on Tuesdays and Thursdays for 10 weeks in the SWIRCA Activity Center.
2 class session times available
10:30-11:15am or 2:15-3:00pm.
Seating is limited, sign up early call 812-464-7800.

Bingocize® is like a blast of fun and fitness, shaking up the way we tackle the serious issue of falls and poor nutrition among older adults!

Sponsored by Oak St. Health

Join SWIRCA & More and Servants Travel

For a bus trip to Indianapolis

Beef & Boards

DINNER THEATRE

To see

JERSEY BOYS

The Story of Frankie Valli & The Four Seasons

Wed, April 9, 2025
\$187 per person

Includes: Transportation, Meal & Ticket

Call 812-464-7800 to make your reservations & Full Payment

Only a few seats still available

Learn about becoming a CASA Volunteer

Tuesday, March 11 at 12:45pm in the SWIRCA Activity Center

CASA stands for Court Appointed Special Advocate, which simply means to be a friend to a child during a very difficult time in their life.

CASA volunteers do everything possible to ensure children feel safe, loved, and supported. Please consider changing the life of a child by becoming a CASA volunteer.

Music Appreciation

Join us on Monday, March 10 at 12:30pm in the SWIRCA Activity Center as we explore Vivaldi's classical piece Four Seasons.

This Program is provided by Sigma Alpha Iota International Music Fraternity along with the Evansville Alumnae and Beta Epsilon Chapters.