




May 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
<div><div><p>Transforming Skilled Care into Majestic Care</p><p>Contact Emily Oglesby 812.449.0427 Marketing.Newburgh@MajesticCare.com</p><p>5233 Rosebud Lane, Newburgh, IN 47630 Phone 812.473.4761 MajesticCare.com   </p></div></div>		<div><h3>Join us for Cards & Games Daily From 11 am to 4 pm</h3></div>	<div><div>1</div><p>Today's Sponsor</p><h3>Retreat at Leisure Living</h3><p>9:30 Chair Yogae 11:30 Lunch 1:00 Intro to Exercise</p></div>	<div><div>2</div><p>8:30 Exercise w/Eva Doors open 10:00am Ivy Cafe Lunch 11:30am Bingo at 12:30pm Food Truck Available 11:00am-1:00pm</p><div></div></div>

Pre-Plan with us today!

Your loved ones will thank you later.




Evansville • Newburgh • Elberfeld

812-424-9288

<div><div>5</div><p>Today's Sponsor</p><h3>Astound Broadband</h3><p>9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga</p></div>	<div><div>6</div><p>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise</p></div>	<div><div>7</div><p>Today's Sponsor</p><h3>Envive of Evansville</h3><p>9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance w/Brenda 1:00 Aging Matters 1:00 Shuffleboard Practice</p></div>	<div><div>8</div><p>Today's Sponsor</p><h3>Oak Street Health</h3><p>9:30 Chair Yoga 11:00 Arthritis Exercise 11:30 Lunch 1:00 Intro to Exercise</p></div>	<div><div>9</div><p>9:30 Exercise w/Eva 11:30 Lunch 12:30 Jazz Dance Class 12:30 Bingo</p><div><p>BINGO Sponsor Newburgh Healthcare</p></div></div>
<div><div>12</div><p>9:30 Tai Chi 11:30 Lunch 12:30 Explore Music 1:00 Dementia Friends 1:30 Tone Up 2:30 Chair Yoga</p></div>	<div><div>13</div><p>Today's Sponsor</p><h3>Wellcare</h3><p>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise</p></div>	<div><div>14</div><p>Today's Sponsor</p><h3>Melrose Assisted Living</h3><p>9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance w/Brenda 1:00 Hope Gallery Mosaic Class</p></div>	<div><div>15</div><p>Today's Sponsor</p><h3>The Gardens at Oasis</h3><p>9:30 Chair Yoga 10:30 Book Club 11:30 Lunch 1:00 Shuffleboard Practice</p></div>	<div><div>16</div><p>9:30 Exercise w/Eva 11:30 Lunch 12:30 Jazz Dance Class 12:30 Bingo</p><div><p>BINGO Sponsor Brickyard Healthcare</p></div></div>
<div><div>19</div><p>Today's Sponsor</p><h3>IN Donor Network</h3><p>9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:00 Caregiver Support Group 2:30 Chair Yoga</p></div>	<div><div>20</div><p>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:00 Bob Ross Painting Class 1:30 Arthritis Exercise</p></div>	<div><div>21</div><p>9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance w/Brenda</p><div></div></div>	<div><div>22</div><p>Today's Sponsor</p><h3>Wellcare</h3><p>9:30 Chair Yoga 11:30 Lunch 12:30 What's the Buzz</p></div>	<div><div>23</div><p>9:30 Exercise w/Eva 11:30 Lunch 12:30 Jazz Dance Class 12:30 Bingo</p><div><p>BINGO Sponsor Deaconess Health Systems</p></div></div>
<div><div>26</div><h2>SWIRCA Closed</h2><h1>MEMORIAL DAY</h1></div>	<div><div>27</div><p>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise</p></div>	<div><div>28</div><p>Today's Sponsor</p><h3>Medisphere Med Research Center</h3><p>9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance w/Brenda 1:00 Shuffleboard Practice</p></div>	<div><div>29</div><p>9:30 Chair Yoga 11:30 Lunch</p></div>	<div><div>30</div><p>9:30 Exercise w/Eva 11:30 Lunch 12:30 Jazz Dance Class 12:30 Bingo</p><p>Activity Center Closed at 2:00pm Staff Picnic</p><div><p>BINGO Sponsor Titzer Family Funeral Homes</p></div></div>

All activities and events are subject to change without notice



FLIP THE SCRIPT ON AGING: MAY 2025

This year's theme for Older Americans Month focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions.

Please join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.



ELITE HOME CARE & HOUSING

An Indiana Structured Family Caregiving Medicaid Waiver Provider

GET PAID UP TO \$650 WEEKLY TO TAKE CARE OF YOUR LOVED ONE!

contact us today:(317)912-4090 / contact@eliteHCH.com

BRICKYARD Healthcare

SKILLED NURSING • SHORT-TERM REHAB • LONG-TERM CARE • THERAPY



Visit our Website or Contact our Referral Line:

DIRECT CONNECT 24/7 Referral Line
ph: 855-855-8113 fax: 855-855-5270

In the Care of Community



Deaconess

PRIMARY CARE FOR SENIORS

1750 Oak Hill Rd. • 812-485-2580

Dinner & Show

Includes: Transportation, Buffet Meal & Ticket.

8.6.25

\$187 per person
RSVP by 6.06.25



Indianapolis, IN



For more information, email
servantstravel@outlook.com
812-629.7888 | www.servantstravel.pro

No checks deposited until 45 paid trip reservations

12.13.25

\$187 per person
RSVP by 9-1-25
Greenbrier, TN



Dinner & Show

WE NEED A LOT OF CHRISTMAS SHOW



Bring harmony to life... tune in to great living!

SOLARBON

Family-First Senior Living from CarDon

812-985-9955

INDEPENDENT LIVING • ASSISTED LIVING
REHABILITATION • LONG TERM CARE
MEMORY SUPPORT

Join us in the SWIRCA Activity Center for this **FREE** Event

Spring Fling

Wed, May 21 1 pm - 3 pm
Open to the public.
Call 812-464-7800 to RSVP by Fri, May 16

Snacks, Cake, Punch

Dance & Music by DJ Larry,

Sponsored by:

And


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

For more information please call
812-781-0201 or visit
travelwithtourcye.com



Mosaic WORKSHOP

with the
Hope Gallery of
Newburgh Artists



**Wednesday, May 14
at 1:00 pm
in the Activity Center**

**The workshop will be
FREE but limited to 15
people. Sign Up in the
lobby or
by calling SWIRCA
812-464-7800**

**READY, SET,
GO!**
GETTING STARTED
ON A FITNESS
ROUTINE

 **Join us on
Thursday
May 8,
11am-12pm
at SWIRCA**



Don't let inexperience, inertia, weight, or arthritis hold you back. There is never an age, skill level, or stage of arthritis so bad that you can't get moving.

Justin Merritt, PTA, will discuss how to start – & stick with – an exercise program. He will also discuss pain management and demonstrate stretching exercises to make movement easier and avoid injury.

To register, visit: <https://joinus.arthritis.org/evansvillefitness>

Heartbreak Hotel is a musical about Elvis Presley's life and career from his early years to becoming "The King of Rock and Roll". The musical includes a secret love story, betrayal and Colonel Tom Parker's impact on history. The show features over 40 Elvis hits including "That's All Right", "All Shook Up", "Burning Love", "Hound Dog", "Love Me Tender", and "Blue Suede Shoes".

Join
 and 

For a bus trip to **Beef & Boards** Indianapolis, Indiana
DINNER THEATRE

Wed, Oct 8, 2025 - \$187 per person
Includes: Transportation, Meal & Ticket
Reservations & Full Payment Due Fri, Aug 8, 2025
Call SWIRCA 812-464-7800 for more information




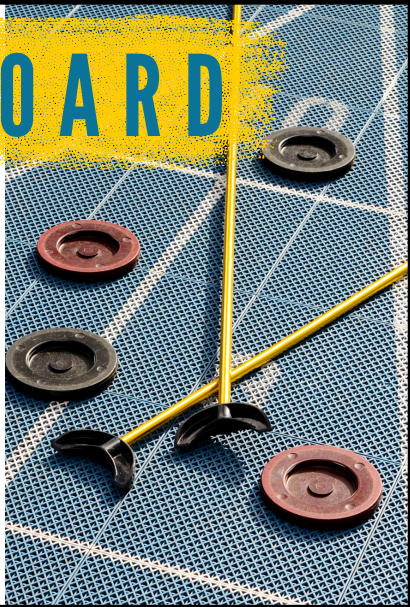
SHUFFLEBOARD

Open Practice


at SWIRCA
Wed, May 7 - 1:00pm
Thurs, May 15 - 1:00pm
Wed, May 28 - 1:00pm

Sponsored by:





WHAT'S THE BZZ



Join us each month
on the 4th Thursday
beginning in May

May Healthy Aging topic:
**"Fighting Diseases
& Injuries While Aging"**
with **Chris Seponski**

on Thursday, May 22
at 12:30 pm