

June 2025

SWIRCA ACTIVITY CENTER CALENDAR

KRISTIN HOOD
HEALTHY AGING DIRECTOR

SHANNON EPLEY
HEALTHY AGING COORDINATOR

OPEN MON - FRI, 8:00AM -4:00PM
16 W. VIRGINIA ST. EVANSVILLE, IN 47710
812-464-7800 OR 800-253-2188
WWW.SWIRCA.ORG

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div>9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga</div>	<div>3</div> <div>Today's Sponsor Majestic Care of Newburgh</div> <div>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise</div>	<div>4</div> <div>Today's Sponsor Wellcare</div> <div>9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 1:00 Aging Matters 1:00 Balance w/Brenda</div>	<div>5</div> <div>Today's Sponsor IN Donor Network</div> <div>Indiana State Games Shuffleboard Competiton</div> <div>No Regular Scheduled Activities</div>	<div>6</div> <div>9:30 Exercise w/Eva 11:30 Lunch 12:30 Bingo 12:30 Jazz Dance Class</div> <div>BINGO Sponsor Melrose Asst Living</div>
<div>9</div> <div>Today's Sponsor Oasis Dementia Care</div> <div>9:30 No Tai Chi 11:30 Lunch 12:30 Explore Music 1:00 Dementia Friends 1:30 Tone Up 2:30 Chair Yoga</div>	<div>10</div> <div>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise</div>	<div>11</div> <div>9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch</div> <div>12:00 Indiana State Games - Chair Volleyball / Cards & Games 1:00 Balance w/Brenda</div>	<div>12</div> <div>Today's Sponsor Wellcare</div> <div>9:30 Chair Yoga 10:30 Book Club 11:30 Lunch 12:30 What's the Buzz</div>	<div>13</div> <div>9:30 Exercise w/Eva 11:30 Lunch 12:30 Bingo 12:30 Jazz Dance Class</div> <div>BINGO Sponsor Oasis Dementia Care</div>
<div>16</div> <div>9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga</div>	<div>17</div> <div>Today's Sponsor Solarbron Senior Living</div> <div>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise</div>	<div>18</div> <div>Today's Sponsor Walnut Creek</div> <div>9:00 Stretch & Tone 11:30 Lunch 1:00 Balance w/Brenda</div>	<div>19</div> <div>SWIRCA CLOSED</div> <div>JUNE TEENTH</div>	<div>20</div> <div>9:30 Exercise w/Eva 11:30 Lunch 12:30 Bingo 12:30 Jazz Dance Class</div> <div>BINGO Sponsor Titzer Family Funeral Home</div>
<div>23</div> <div>9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:00 Caregiver Support Group 2:30 Chair Yoga</div>	<div>24</div> <div>Today's Sponsor Brickyard Healthcare</div> <div>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise</div>	<div>25</div> <div>Today's Sponsor Envive of Evansville</div> <div>9:00 Stretch & Tone 11:30 Lunch 1:00 Balance w/Brenda</div>	<div>26</div> <div>9:30 Chair Yoga 11:30 Lunch 12:30 Craft with Jennifer</div>	<div>27</div> <div>9:30 Exercise w/Eva 11:30 Lunch 12:30 Bingo 12:30 Jazz Dance Class</div>
<div>30</div> <div>9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga</div>	<div><div></div><div><div>Join us for Cards & Games Daily From 11 am - 4 pm</div><div><div>Majestic Care Newburgh</div><div>Transforming Skilled Care into Majestic Care</div><div>Contact Emily Oglesby 812.449.0427 Marketing.Newburgh@MajesticCare.com</div><div>5233 Rosebud Lane, Newburgh, IN 47630 Phone 812.473.4761 MajesticCare.com   </div></div></div></div>			

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




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Summer Safety Tips




Stay Hydrated
Drink 8 or more glasses of water per day to stay heathly & hydrated




Know the Side Effects of Medications
Some medications have side affects such as drowsiness or sun sensitivity




Stay Cool
Stay in the A/C, indoors, go swimming, etc.



Wear Light, Loose Fitting Clothing
Wear breathable clothing and light colors that reflect the sun



Have Emergency Contacts
Have a list of people to call in case of emergency



Know the Weather Forecast
Plan your days accordingly depending on the weather



8.06.25

\$187 per person
RSVP by 6.06.25

Includes: Transportation, Buffet Meal & Ticket.



Indianapolis, IN





Servants Travel

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No checks deposited until 45 paid trip reservations

12.13.25

\$187 per person
RSVP by 9.01.25
Greenbrier, TN





A LOT OF CHRISTMAS DINNER SHOW

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Your loved ones will thank you later.



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SWIRCA & More Activity Center



Join us in the SWIRCA Activity Center for this FREE Event

SUMMER SHINDIG

On Thursday, July 10 1:00–3:00pm

Clowns – Face Painting & Balloon Animals, Kona Ice Truck, Bingo for Prizes & It Takes A Village

Call 812-464-7800 to RSVP Before Thursday, July 3

Children of All Ages Welcome
Must Be Accompanied By An Adult



Log Inn Dinner & Bingo

with Prizes

Thursday, July 24 at 5:00 pm

All Tickets \$15.00 (limited seating 150 tickets)
Limit 10 tickets per person

Tickets on sale Monday July 7th - Tues, July 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



12491 Country Road 200 East
Warrenton, IN

Sponsored by:





*All ticket sales are final

YOGA STUDY



Are you 50 or older, looking to reduce stress, improve mobility, and support healthy aging? We're looking for participants for a 10-week study on how yoga-based mindful movement affects stress, movement, and memory in older adults.

Limited seating, please call Kristin at SWIRCA 812-492-7435 for more information or to register



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



And

TOURCY



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



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 SWIRCA & More and Servants Travel

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



Crafting with Jennifer

THURSDAY, JUNE 26
12:30 PM

Sign up by Thurs, June 12!

IN THE SWIRCA LOBBY OR
CALL 812-464-7800
ONLY \$5.00 PER PERSON



WHAT'S THE Buzz



Join us
Thursday, June 12
at 12:30 pm

June Healthy Aging topic:
"Confidence in Retirement"
with
Andrew Bartley