

June 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
2 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga	3 Today's Sponsor Majestic Care of Newburgh 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	4 Today's Sponsor Wellcare 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 1:00 Aging Matters 1:00 Balance w/Brenda	5 Today's Sponsor IN Donor Network Indiana State Games Shuffleboard Competiton No Regular Scheduled Activities	6 9:30 Exercise w/Eva 11:30 Lunch 12:30 Bingo 12:30 Jazz Dance Class BINGO Sponsor Melrose Asst Living
9 Today's Sponsor Oasis Dementia Care 9:30 No Tai Chi 11:30 Lunch 12:30 Explore Music 1:00 Dementia Friends 1:30 Tone Up 2:30 Chair Yoga	10 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	11 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:00 Indiana State Games - Chair Volleyball / Cards & Games 1:00 Balance w/Brenda	12 Today's Sponsor Wellcare 9:30 Chair Yoga 10:30 Book Club 11:30 Lunch 12:30 What's the Buzz	13 9:30 Exercise w/Eva 11:30 Lunch 12:30 Bingo 12:30 Jazz Dance Class BINGO Sponsor Oasis Dementia Care
16 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga	17 Today's Sponsor Solarbron Senior Living 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	18 Today's Sponsor Walnut Creek 9:00 Stretch & Tone 11:30 Lunch 1:00 Balance w/Brenda	19 SWIRCA CLOSED JUNE TEENTH	20 9:30 Exercise w/Eva 11:30 Lunch 12:30 Bingo 12:30 Jazz Dance Class BINGO Sponsor Titzer Family Funeral Home
23 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:00 Caregiver Support Group 2:30 Chair Yoga	24 Today's Sponsor Brickyard Healthcare 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	25 Today's Sponsor Envive of Evansville 9:00 Stretch & Tone 11:30 Lunch 1:00 Balance w/Brenda	26 9:30 Chair Yoga 11:30 Lunch 12:30 Craft with Jennifer	27 9:30 Exercise w/Eva 11:30 Lunch 12:30 Bingo 12:30 Jazz Dance Class



Join us for **Cards & Games Daily** From **11 am - 4 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 | Facebook | LinkedIn | Instagram

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

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

Pre-Plan with us today!
 Your loved ones will thank you later.
Titzer Family FUNERAL HOMES
 Evansville • Newburgh • Elberfeld
812-424-9288

Oasis Dementia Care
 A Dedicated Memory Care Community
OasisDementiaCare.com
Redefining Assisted Living!
 Call to schedule your tour today!
812-303-3310
The GARDENS
 at Oasis Assisted Living
TheGardensatOasis.com

EMBRACE AN INDEPENDENT LIFESTYLE FULL OF POSSIBILITIES
 STARTING FROM **\$1,500.00**
 UTILITIES INCLUDED
 MEAL PLANS INCLUDED *
 WASHER & DRYER IN EVERY UNIT!
 MAINTENANCE FREE
 MODERN FINISHES
 DEDICATED TEAM
 SOCIALIZING & FUN
Retreat AT LEISURE LIVING
812-415-2117
 WWW.LEISURELIVINGRETREAT.COM
 2900 Cozy Court Evansville, IN 47720

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

Summer Safety Tips

- Stay Hydrated**: Drink 8 or more glasses of water per day to stay healthy & hydrated
- Know the Side Effects of Medications**: Some medications have side effects 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

Deaconess PRIMARY CARE FOR SENIORS
 1750 Oak Hill Rd. • 812-485-2580

Dinner & a Show 8.06.25
\$187 per person
 RSVP by 6.06.25
 Includes: Transportation, Buffet Meal & Ticket.
Beef & Boards DINNER THEATRE Indianapolis, IN
Waitress
Servants Travel
 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 9.01.25
 Greenbrier, TN
Dinner & a Show
A Lot of Christmas Dinner

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

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




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 travelwithtourcy.com



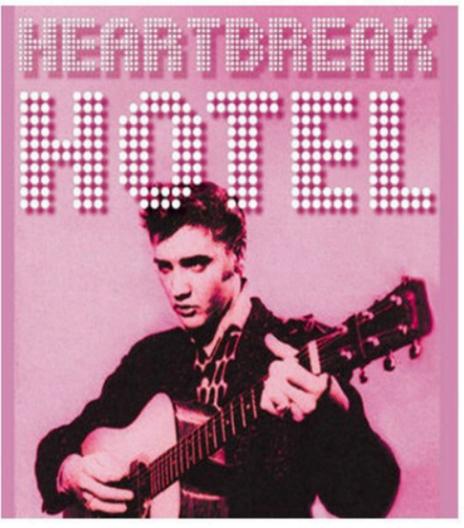
Heartbreak Hotel is a musical about Elvis Presley's life and career from his early years to becoming "The King of Rock and Roll". The musical includes a secret love story, betrayal and Colonel Tom Parker's impact on history. The show features over 40 Elvis hits including "That's All Right", "All Shook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