






# August 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><h2>YOGA STUDY</h2><p>All are welcome to attend Gentle Yoga</p><p>Tues, 2:30 pm Thurs, 1:00 pm Fri, 10:00 am</p></div>		<div><h2>EXPLORE Music</h2><p>Join us Mon, Aug 11 at 12:30 pm</p></div>		<div><p>1</p><p>9:00 Exercise w/Eva 10:00 Gentle Yoga 11:30 Lunch 12:30 Bingo</p><div>BINGO Sponsor Titzer Funeral Home</div></div>

Pre-Plan with us today!

Your loved ones will thank you later.



Evansville • Newburgh • Elberfeld

812-424-9288

<div>4 Today's Sponsor <b>Helping Hands Home Management</b></div> <div>9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga</div>	<div>5 Today's Sponsor <b>Medisphere Med Research Center</b></div> <div>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 12:30 What's the Buzz 1:30 Arthritis Exercise 2:30 Gentle Yoga</div>	<div>6 Today's Sponsor <b>Oasis Dementia Care</b></div> <div>9:00 Stretch &amp; Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance w/Brenda 1:00 Aging Matters</div>	<div>7 9:30 Chair Yoga 10:30 Belly Dance Exercise <b>IVY CAFE CLOSED NO LUNCH</b> 1:00 Gentle Yoga</div>	<div>8 9:00 Exercise w/Eva 10:00 Gentle Yoga 11:30 Lunch 12:30 Bingo</div> <div>BINGO Sponsor <b>Oasis Dementia Care</b></div>
<div>11 Today's Sponsor <b>IN Donor Network</b></div> <div>9:30 Tai Chi 11:30 Lunch 12:30 Explore Music 1:00 Dementia Friends 1:30 Tone Up 2:30 Chair Yoga</div>	<div>12 Today's Sponsor <b>AT&amp;T Events</b></div> <div>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise 2:30 Gentle Yoga</div>	<div>13 Today's Sponsor <b>Brickyard Healthcare</b></div> <div>9:00 Stretch &amp; Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance w/Brenda</div>	<div>14 9:30 Chair Yoga 10:30 Belly Dance Exercise 11:30 Lunch 12:30 Make A Will Q&amp;A 1:00 Gentle Yoga</div>	<div>15 9:00 Exercise w/Eva 10:00 Gentle Yoga 11:30 Lunch</div> <div><b>NO Bingo</b> <b>Activity Center Closes at 11:30am</b></div>
<div>18 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga</div>	<div>19 Today's Sponsor <b>Wellcare</b></div> <div>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise 2:30 Gentle Yoga</div>	<div>20 Today's Sponsor <b>Walnut Creek Alzheimer's Special Care Unit</b></div> <div>9:00 Stretch &amp; Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance w/Brenda</div>	<div>21 Today's Sponsor <b>Melrose Asst Living</b></div> <div>9:30 Chair Yoga 10:30 Belly Dance Exercise 10:30 Book Club 11:30 Lunch 1:00 Gentle Yoga</div>	<div>22 9:00 Exercise w/Eva 10:00 Gentle Yoga 11:30 Lunch 12:30 Bingo</div> <div>BINGO Sponsor <b>Wellcare</b></div>
<div>25 Today's Sponsor <b>Careforth</b></div> <div>9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:00 Caregiver Support Group 2:30 Chair Yoga</div>	<div>26 Today's Sponsor <b>Solarbron Family First Senior Living</b></div> <div>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise 2:30 Gentle Yoga</div>	<div>27 Today's Sponsor <b>Wellcare</b></div> <div>9:00 Stretch &amp; Tone 10:15 NO Drums Alive 11:30 Lunch 1:00 Balance w/Brenda</div>	<div>28 9:30 Chair Yoga 10:30 Belly Dance Exercise 11:30 Lunch 12:15 Crafting w/Jennifer 12:30 Make A Will Q&amp;A 1:00 Gentle Yoga</div>	<div>29 9:00 Exercise w/Eva 10:00 Gentle Yoga 11:30 Lunch 12:30 Bingo</div> <div>BINGO Sponsor <b>Wellcare</b></div>



812-752-6000

Companionship  
Transportation  
Senior Care  
Recuperative Care

**Dementia Support Group**

**SWIRCA's 1st support group for persons living with dementia is Mon, Aug 25 from 2 - 3 pm. Socialize with others and discuss issues or concerns. For more information or to register, contact Linda Wright at 812-492-7443 or email at [lwright@swirca.org](mailto:lwright@swirca.org).**



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

**SOLARBROWN**  
Family-First Senior Living from CarDon

812-985-9955

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



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PRIMARY CARE  
FOR SENIORS

1750 Oak Hill Rd. • 812-485-2580

**HELPING HANDS HOME MANAGEMENT LLC**

HOME CARE SERVICES FOR AGED AND DISABLED



HOME COMMUNITY BASED WAIVER, ANTHEM, HUMANA, UHC & PRIVATE PAY ACCEPTED

317-353-5161  
317-345-2726

[WWW.HELPINGHANDSWECARE.COM](http://WWW.HELPINGHANDSWECARE.COM)

Nov 1 2025 Cost \$195.00  
Reservation by 9/1/2025



**Ray Stevens**



servantstravel@outlook.com  
servantstravel.pro



812.629.7888

Nov 29 2025 Cost \$125.00



**COUNTRY CHRISTMAS SHOW**  
THE KENTUCKY OPRY

**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



## SWIRCA & More Activity Center

**Bally's**  
EVANSVILLE

Sponsored by:

**BRICKYARD**  
Healthcare

**MELROSE**  
ASSISTED LIVING

**Oak St. Health**

**Oasis**  
Dementia Care  
A Dedicated Memory Care Community

## Dinner at the Conference Center

Mon, Sept 22 at 5:00 pm

Tickets: \$10 per person on sale at SWIRCA Mon, Aug 11 – Mon, Sept 15  
Call 812-464-7800 for more information

Menu: Buffet Dinner of Smoked Pulled Pork with BBQ Sauce, Potato Salad, Baked Beans, Southern Style Green Beans, Rolls/Butter, Fruit Cobbler, Coffee, Iced Tea, and Lemonade

Must provide own transportation

Each  
Guest  
Receives  
\$10  
Tokens



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



## MAKE A WILL MONTH

August is National "Make a Will Month". Please join Hope Jordan, Public Notary as she explains the importance of notarization and answers questions on.....

Question and Answer Sessions will be held in the SWIRCA Activity Center on Thursday, August 14 & 28 at 12:30 pm.

Call 812-464-7800 to reserve your spot or for more information.



## Crafting WITH Jennifer

THURS, AUG 28

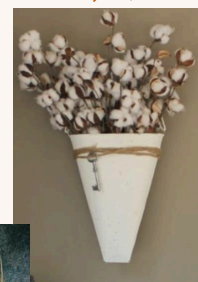
12:15 pm

Only \$5.00  
per person

Sign up by Fri, Aug 22  
Call 812-464-7800 or see the receptionist in the lobby

## Fall Theme

Tin Wall Vase  
and  
Scarecrow



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".

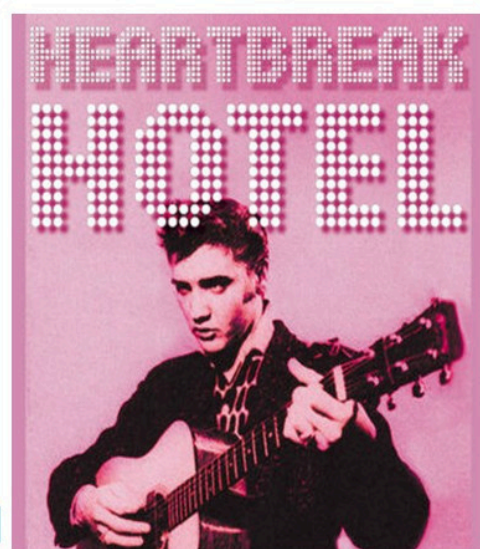
Join  
SWIRCA & More and **Servants Travel**  
For a bus trip to **Beef & Boards** Indianapolis, Indiana  
DINNER THEATRE

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



## BELLY DANCE

EXERCISE CLASS

BEGINS  
THURS  
AUG 7

Led by  
Tami Tenbarger

4 Week Class  
Thursdays at 10:30 am  
Designed as an intro to  
Belly Dance for all ages.

RESERVE YOUR SPOT NOW  
812-464-7800



## WHAT'S THE Buzz



Join us each month

August Healthy Aging topic:

"Staying Independent  
and Safe at Home"

with  
Helping Hands  
Home Management

on Tuesday, August 5  
at 12:30 pm