


# September 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>1</div> <div></div>	<div>2</div> <div>Today's Sponsor</div> <div>IN Donor Network</div> <div>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise 2:30 Gentle Yoga</div>	<div>3</div> <div>Today's Sponsor</div> <div>Helping Hands Home Management</div> <div>9:00 Stretch &amp; Tone 10:15 Drums Alive 11:30 Lunch 1:00 Aging Matters 1:00 Balance W/ Brenda</div>	<div>4</div> <div>Today's Sponsor</div> <div>Wellcare</div> <div>9:30 Chair Yoga 11:30 Lunch 10:30 Belly Dance 1:00 Gentle Yoga</div>	<div>5</div> <div>9:00 Exercise W/ Eva 10:00 Gentle Yoga 11:30 Lunch 12:30 Bingo</div>
<div>8</div> <div>Today's Sponsor</div> <div>Wellcare</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>9</div> <div>Today's Sponsor</div> <div>Newburgh Healthcare</div> <div>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise 2:30 Gentle Yoga</div>	<div>10</div> <div>Today's Sponsor</div> <div>Majestic Care Of Newburgh</div> <div>9:00 Stretch &amp; Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance W/ Brenda</div>	<div>11</div> <div>Today's Sponsor</div> <div>The Gardens At Oasis</div> <div>9:30 Chair Yoga 10:30 Belly Dance 11:30 Lunch 1:00 Gentle Yoga</div>	<div>12</div> <div>9:00 Exercise W/ Eva 10:00 Gentle Yoga 11:30 Lunch 12:30 Bingo</div> <div>Bingo Sponsor Deaconess Heath System</div>
<div>15</div> <div>Today's Sponsor</div> <div>Visiting Care Plus</div> <div>9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga</div>	<div>16</div> <div>Today's Sponsor</div> <div>Envive of Evansville</div> <div>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise 2:30 Gentle Yoga</div>	<div>17</div> <div>Today's Sponsor</div> <div>Wellcare</div> <div>9:00 Stretch &amp; Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance W/ Brenda</div>	<div>18</div> <div>Today's Sponsor</div> <div>Solarbron Family - First Senior Living</div> <div>9:30 Chair Yoga 10:30 Belly Dance 10:30 Book Club 11:30 Lunch 1:00 Gentle Yoga</div>	<div>19</div> <div>9:00 Exercise W/ Eva 10:00 Gentle Yoga 11:30 Lunch 12:30 Bingo</div> <div>Bingo Sponsor Majestic Care of Newburgh</div>
<div>22</div> <div>Today's Sponsor</div> <div>Newburgh Healthcare</div> <div>9:00 Move w/ the Mayor 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga</div>	<div>23</div> <div>9:00 Intro Line Dancing 9:30 Line Dancing 10:00 Gemstones of the World 11:30 Lunch 1:30 Arthritis Exercise 2:30 Gentle Yoga</div>	<div>24</div> <div>Today's Sponsor</div> <div>Wellcare</div> <div>9:00 Stretch &amp; Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance W/ Brenda</div>	<div>25</div> <div>Today's Sponsor</div> <div>Helping Hands Home Management</div> <div>9:00 Fall Prevention No Chair Yoga 11:30 Lunch 12:00 Brain Health 1:00 Bob Ross Painting</div>	<div>26</div> <div>9:00 Exercise W/ Eva 10:00 Gentle Yoga 11:30 Lunch 12:30 Bingo</div> <div>Bingo Sponsor Melrose Assisted Living</div>
<div>29</div> <div>9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:00 Caregiver Support Group 2:30 Chair Yoga</div>	<div>30</div> <div>Today's Sponsor</div> <div>Newburgh Healthcare</div> <div>9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise 2:30 Gentle Yoga</div>	<div>September is Natonal</div> <div>SENIOR CENTER MONTH</div> <div>Powering Possibilities: Flip the Script</div>		<div>Gemstones of the World</div> <div>with Ruth Reisinger</div> <div>on Tues. Sept 23 from 10-2 in the Activity Center.</div> <div>Show 'n tell of beautiful gemstones</div> <div></div>

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



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INDEPENDENT LIVING • ASSISTED LIVING  
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MEMORY SUPPORT

Explore Music

Mon, Sept 8 at 12:30pm

Join us for Birthday cake and explore 40 Years of Farm Aid and Indiana's own John Cougar Mellencamp's iconic music.

Happy 40<sup>th</sup> Birthday Farm Aid





Deaconess

PRIMARY CARE FOR SENIORS

1750 Oak Hill Rd. • 812-485-2580

Dementia Support Group

SWIRCA's support group for persons living with dementia is Mon, Sept 29 from 2:00 - 3:00 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).

Home Helpers<sup>®</sup>

Home Care

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WE NEED A LOT OF CHRISTMAS DINNER SHOW

Dec 13 2025

Cost \$195 PP

Deadline Oct 1

call for more Info



servantstravel.pro

812.629.7888

Servants Travel

Nov 29 2025 Cost \$125.00





BRICKYARD Healthcare

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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



Sponsored by:



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



Scotland awaits.  
Discover a land of rolling green  
Highlands, friendly sheepdogs,  
and historic castles.

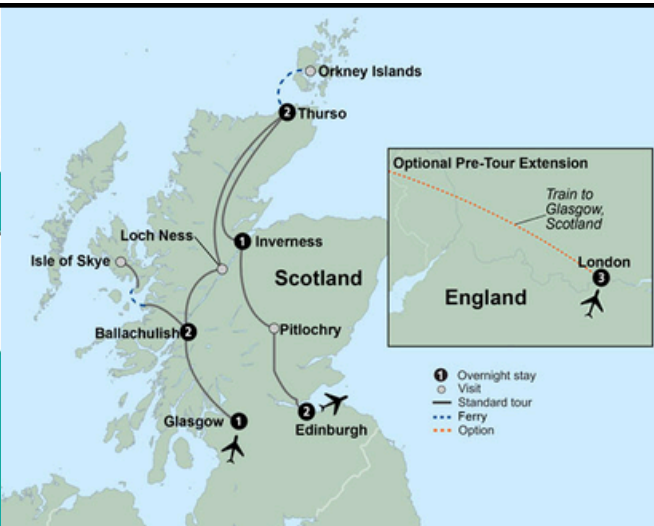
May 2 – 11, 2026



And



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



September  
is National Fall Prevention Month

Please join us on  
Thursday, September 25  
from 9:00-11:00 am  
in the Activity Center  
for a FREE Fall Prevention Program.

Informational sessions with local experts,  
balance screenings, nutritional snacks,  
door prizes, and more!



RSVP by calling SWIRCA at  
812-464-7800 by  
Tuesday, September 23, 2025.

BRAIN HEALTH SERIES

Session 1: The connection between  
hearing loss & dementia.

Presenter: Rhonda Walsh -  
Dementia Outreach Specialist

Date: September 25<sup>th</sup>

Time: 12 - 1:30 PM

Location: SWIRCA & More  
Activity Center



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".

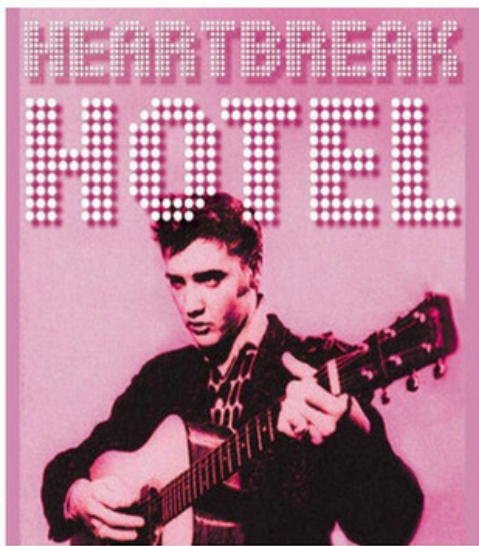


Wed, Oct 8, 2025 - \$187 per person

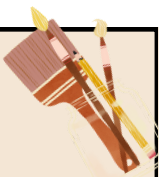
Includes: Transportation, Meal & Ticket

Reservations & Full Payment Due Fri, Aug 8, 2025

Call SWIRCA 812-464-7800 for more information



BOB ROSS  
PAINTING CLASS



Sign up in the  
SWIRCA Lobby  
or call 812-464-7800

With Judy Breunig  
In The SWIRCA  
Activity Center

Seating Limited to 10

Thurs, Sept 25  
1:00 - 4:00 pm  
\$10 fee per person

Move with  
Mayor  
Stephanie Terry



Celebrate National Senior Center Month with us!  
Monday, September 22, at 9:00 am

Conversation with Mayor Terry.  
Bring your questions and chat with the Mayor,  
followed by Tai Chi stretch/warm-up with  
Sifu Ron Weatherford.  
Then we will walk on the North Main walkway.  
A light continental breakfast provided.