



October 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 800-253-2183 WWW.SWIRCA.ORG

Monday	Tuesday	Wednesday	Thursday	Friday
Medicare Open Enrollment Oct 15 - Dec 7 Please call ADRC to schedule your appointment 812-464-7817 Appointments Every Tuesday		1 Today's Sponsor Wellcare 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 1:00 Aging Matters 1:00 Balance w/Brenda	2 Today's Sponsor Brickyard Healthcare 9:30 Chair Yoga 11:30 Lunch	3 9:00 Exercise w/ Eva 11:30 Lunch 12:30 Bingo Bingo Sponsor Gardens at Oasis
6 9:30 Tai Chi 11:30 Lunch 1:00 Dementia Friends 1:30 Tone Up 2:30 Chair Yoga	7 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	8 Today's Sponsor Envive Of Evansville 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance w/Brenda	9 Today's Sponsor Newburgh Healthcare 9:30 Chair Yoga 10:30 Book Club 11:30 Lunch 12:15 Craft's w/ Jennifer	10 9:00 Exercise w/ Eva 11:30 Lunch 12:30 Bingo Bingo Sponsor Titzer Family Funeral Home
13 	14 Today's Sponsor Newburgh Healthcare 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	15 Today's Sponsor Walnut Creek Alz Special Care Unit 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance w/Brenda 1:00 AARP Home Fit Presentation	16 Today's Sponsor Wellcare 9:30 Chair Yoga 11:30 Lunch	17 9:00 Exercise w/Eva 11:30 Lunch 12:30 Bingo Bingo Sponsor Melrose Assisted Living
20 Today's Sponsor Oasis Dementia Care 9:30 Tai Chi 11:30 Lunch 12:30 Explore Music 1:30 Tone Up 2:30 Chair Yoga	21 Today's Sponsor Aetna 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 12:30 Guest Speaker Author Carol Havens 1:30 Arthritis Exercise	22 Today's Sponsor Wellcare 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:30 Cards & Games Mixer 1:00 Balance w/ Brenda	23 Today's Sponsor Oak Street Health 9:30 Chair Yoga 11:30 Lunch	24 9:00 Exercise w/ Eva 9:00 UE Nurses 11:30 Lunch NO BINGO
27 Today's Sponsor Wellcare 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:00 Caregiver Support Group 2:30 Chair Yoga	28 Today's Sponsor IN Donor Network 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	29 Today's Sponsor Aetna 9:00 Stretch & Tone 9:00 UE Nurses 10:15 Drums Alive 11:30 Lunch 1:00 Balance w/ Brenda 1:30 Brain Health	30 9:30 Chair Yoga 11:30 Lunch	31 9:00 Exercise w/ Eva 9:00 UE Nurses 11:30 Lunch 12:30 Halloween Bingo Party 

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


Are you prepared if a medical crisis or death occurs?

Please join us on
Tues, Oct 21 12:30pm
for a
conversation with Carol Havens
author of
"When the time comes"



812-752-6000

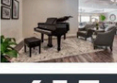


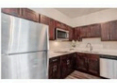
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Dementia Support Group

SWIRCA's 1st support group for persons living with dementia is Mon, Oct 27 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 lwright@swirca.org.

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ph: 855-855-8113 fax: 855-855-5270

In the Care of Community

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



Ray Stevens

Servants Travel

servantstravel@outlook.com
servantstravel.pro

812.629.7888



Nov 29 2025 Cost \$125.00



COUNTRY CHRISTMAS SHOW





SWIRCA
& More



Free to all Veterans & One Guest
\$8 for Additional Guests

Veterans Celebration

Friday, November 7, 2025 at SWIRCA & More
9am - Vendor Fair | 10am - Program | 11:30am - Lunch

Veterans Celebration lunch catered by Pappa Bears catering:
BBQ Pulled Pork Sandwich, Twice Baked Potato Casserole, Green Beans, and Cake

Make your reservation by October 30th Call 812-464-7800

Thank you to our Sponsors:
Retreat at Leisure Living, Riverbend Nursing and Rehabilitation, and Solarbron Family First Senior Living





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



Optional Pre-Tour Extension
Train to Glasgow, Scotland
England

1 Overnight stay
2 Visit
3 Standard tour
4 Ferry
5 Option

Log Inn Dinner & Bingo with Prizes

Thursday, November 13 at 5:00 pm
All Tickets \$15.00 (Limited seating 150 tickets)

Tickets on sale Mon, Nov 3 - Wed, Nov 12 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:





Crafting with Jennifer

Thursday October 9 at 12:15pm

Sign up by Friday October 3rd
\$5.00 PER PERSON

IN THE SWIRCA LOBBY
OR CALL 812-464-7800

CRAFT AND JEWELRY






Brain Health Series


**Session 2: The Connection Between
Oral Health & Dementia**

Presenter:
Dr Emily Holt
Clinical Professor of Dental
Hygiene & Dental Assisting
Date: October 29, 2025
Time: 1:30–3:00 PM

Location: SWIRCA & More
Activity Center



and



at SWIRCA & More, 16 W. Virginia St,
Evansville, IN 47710

Wed, Oct 15 from 1:00 – 2:00pm
at SWIRCA & More, 16 W. Virginia St, Evansville, IN 47710

**AARP Indiana is helping individuals & families make
their current or future residence their “lifelong home.”**
By attending the AARP HomeFit presentation,
you will learn how to make your home accessible
and adaptable as you age!

Register here: <https://events.aarp.org/HomeFit2025>



Card and Games Mixer

Wednesday, October 22 at 12:30

Introducing Mahjong
Join us for Mocktails, light snack,
great fellowship and meet some new friends
for cards and games

