

# December 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
<b>1</b> 9:30 Tai Chi 11:30 Lunch 11:30 Tap Dance Class 1:30 Tone Up 2:30 Chair Yoga	<b>2</b> 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	<b>3</b> Today's Sponsor <b>Oak Street Health</b>  9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:00 Craft w/Jennifer 1:00 Aging Matters 1:00 Balance w/Brenda	<b>4</b> 9:30 Chair Yoga 9:00 Audibel Hearing Screenings 11:30 Lunch	<b>5</b> 9:00 Exercise w/Eva 11:30 Lunch 12:30 Bingo
<b>8</b> 9:30 Tai Chi 11:30 Lunch 11:30 Tap Dance Class 12:30 Explore Music 1:00 Dementia Friends 1:30 Tone Up 2:30 Chair Yoga	<b>9</b> 9:00 Intro Line Dancing 9:30 Line Dancing 10:00 Gemstones of the world 11:30 Lunch 1:30 Arthritis Exercise	<b>10</b> Today's Sponsor <b>Melrose Assisted Living</b>  9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance w/Brenda	<b>11</b> 9:30 Chair Yoga 11:30 Lunch	<b>12</b> <b>Holiday Party</b> Must have a ticket <b>9:00am-2:00pm</b> Doors open at 9:00am <b>Lunch at 11:30am</b> <b>Dance at 12:30pm</b>
<b>15</b> Today's Sponsor <b>Brickyard Healthcare</b>  9:30 Tai Chi 11:30 Lunch 11:30 Tap Dance Class 1:30 Tone Up 2:00 Dementia & Caregivers Grps 2:30 Chair Yoga	<b>16</b> 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise 2:30 Digital Literacy	<b>17</b> Today's Sponsor <b>IN Donor Network</b>  9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 1:00 Balance w/Brenda	<b>18</b> 9:30 Chair Yoga 11:30 Lunch  <b>SWIRCA Closed at Noon</b> Staff Holiday Party	<b>19</b> 9:00 Exercise w/Eva 11:30 Lunch 12:30 Bingo  <b>Bingo Sponsor</b> <b>Titzer Family Funeral Home</b>
<b>22</b> 9:30 Tai Chi 11:30 Lunch 11:30 Tap Dance Class <b>12:30 Polar Express Party</b> 1:30 <b>NO</b> Tone Up 2:30 <b>NO</b> Chair Yoga	<b>23</b> 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	<b>24</b> <b>25</b> <b>Happy Holidays</b> <b>SWIRCA Closed</b>		<b>26</b> 9:00 Exercise w/Eva 11:30 Lunch 12:30 Bingo
<b>29</b> 9:30 Tai Chi 11:30 Lunch 11:30 Tap Dance Class 1:30 Tone Up 2:30 Chair Yoga	<b>30</b> 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	<b>31</b> 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch <b>Activity Center Closed at 2:00pm</b> <b>New Year's Eve</b>	<b>Happy New Year</b> <b>SWIRCA Closed</b>	<b>FREE Hearing Screens</b>  <b>Thurs, Dec 4</b> <b>9:00 - 11:00 am</b> First come first serve

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



### LIVING WITH DEMENTIA


For more info or registration contact Linda Wright  
812-492-7443 or [lwright@swirca.org](mailto:lwright@swirca.org).

**A Support Group For Persons Living With Dementia-Early Stages**

Mon, Dec 15  
2 - 3 pm

### Caregiver Support Group

Coping With Caregiving Emotions



Mon, Dec 15, 2025  
2-3 pm  
SWIRCA & More  
16 W Virginia St  
Evansville, IN 47710  
**Main Conference Room**

## SWIRCA Activity Center - Inclement Weather Policy

If the Evansville Vanderburgh School Corporation is CLOSED OR on a 2 Hour Delay  
The SWIRCA & More Activity Center will open at 11:00 am

A sample of most class videos can be found on SWIRCA's Facebook page  
[www.facebook.com/SwircaAndMore](https://www.facebook.com/SwircaAndMore)

Please check WFIE Channel 14 for information/updates.



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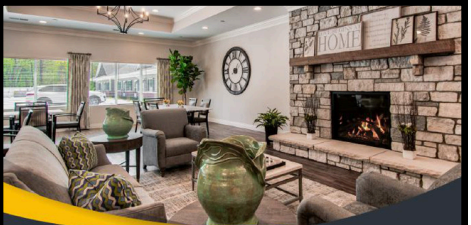
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## NEED HELP WITH TECHNOLOGY QUESTIONS?

IN-PERSON  
SESSIONS  
AVAILABLE  
@ SWIRCA

**EVERY TUESDAY  
12:30 TO 1:30 PM**

FOR MORE INFO,  
CALL 812-464-7800





## SWIRCA & More





SWIRCA & More

# HOLIDAY PARTY

Tickets on sale  
Mon, Nov 10 – Thurs, Dec 4  
in the SWIRCA Lobby  
All tickets \$10

Friday, December 12, 2025

Sponsored by:



Doors Open at 9:00 am  
Reindeer Games at 10:00 am  
Lunch at 11:30 am  
Dance & Music by  
DJ Larry 12:30 pm





And




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




## LEARN HOW TO KEEP YOUR ACCOUNTS AND IDENTITY SAFE ONLINE

**TUESDAY, DECEMBER 16**  
2:30-3:30 PM  
SWIRCA'S ACTIVITY CENTER  
16 W. Virginia St., Evansville, IN 47710

For more info or to sign up for the class, please see Kristin or call 812-492-7420.



Program provided by  
**nco**  
national council on aging.



SWIRCA & More

As Part of SWIRCA & More's  
**EDUCATION SERIES**

## Explore Music

Join us for a  
**Holiday Music Sing Along**  
Mon, Dec 8 at 12:30 pm  
In the SWIRCA Activity Center





## THE POLAR EXPRESS

Mon, Dec 22 at 1:00pm  
In SWIRCA Activity Center

**PAJAMA PARTY** 12:30 pm Hot Cocoa Bar  
1:00 pm Polar Express movie  
3:15 pm Door Prizes After Movie

Call 812-464-7800 to make reservations by Friday, Dec. 19 for this FREE event





## Crafting with Jennifer



Wednesday, December 3  
at 12:00pm  
Limited to 20 people  
Call 812-464-7800 to Sign up  
by Wednesday, November 26





## BRAIN HEALTH SERIES

Session 3: Boost Your Brain Power- the Connection of Nutrition & Brain Health

**Presenter:** Rhonda Walsh, Dementia Outreach Specialist  
**Date:** December 4th, Thursday  
**Time:** 12 - 1:30 PM  
**Location:** Conference/Board Room







## Tap Dance Classes

Join us in the SWIRCA Activity Center for  
with instructor Jaddyn Sage  
Mondays 11:30 am - 12:15 pm

No experience necessary - classes geared toward 55+

Sponsored by:  
The University of Evansville  
Sol and Arlene Bronstein Foundation