

# April 2026

## 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>April Is National Move More Month</b>				
		<b>1</b> 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:30 Mahjongg 1:00 Balance W/ Brenda 1:00 Aging Matters	<b>2</b> 9:30 Chair Yoga 11:30 Lunch 12:30 Clabber Club 1:00 Shuffleboard	<b>3</b> 9:00 Exercise W/ Eva 11:30 Lunch <b>12:30 Bingo</b> <b>Bingo Sponsor</b> <b>Aperion Care</b>
<b>6</b> 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga	<b>7</b> 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch <b>12:30 Senior Safety</b> 1:30 Arthritis Exercise	<b>8</b> 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:30 Mahjongg 1:00 Balance W/ Brenda 3:00 Caregiver Support Group	<b>9</b> Today's Sponsor <b>Solarbron Senior Living</b> 9:30 Chair Yoga 11:30 Lunch 12:30 Craft W/Jennifer 12:30 Clabber Club 1:00 Shuffleboard	<b>10</b> 9:00 Exercise W/ Eva 11:30 Lunch <b>12:30 Bingo</b> <b>2:00 Cybersecurity Basics</b>
<b>13</b> 9:30 Tai Chi 11:30 Lunch 12:30 Exploring Music 1:00 Dementia Friends 1:30 Tone Up 2:30 Chair Yoga	<b>14</b> Today's Sponsor <b>Home Helpers Home Care</b> 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	<b>15</b> 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:30 Mahjongg 1:00 Balance W/ Brenda <b>2:00 Internet Basics</b>	<b>16</b> 9:30 Chair Yoga 10:30 Book Club 11:30 Lunch 12:30 Clabber Club 1:00 Shuffleboard	<b>17</b> 9:00 Exercise W/ Eva 11:30 Lunch <b>12:30 Bingo</b>
<b>20</b> Today's Sponsor <b>Cedarhurst Senior Living</b> 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga	<b>21</b> Today's Sponsor <b>United Fidelity Bank</b> 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise <b>2:30 Tourcy Travel Show</b>	<b>22</b> Today's Sponsor <b>Melrose Asst Living</b> 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch <b>Activity Center Closing @ 12:00 for Volunteer Appreciation</b>	<b>23</b> 9:30 Chair Yoga 11:30 Lunch 12:30 Clabber Club 2:00 Memory Cafe <b>Log Inn Dinner 5:00</b>	<b>24</b> 9:00 Exercise W/ Eva 11:30 Lunch <b>12:30 Bingo</b>
<b>27</b> 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:00 Dementia & Caregivers Group 2:30 Chair Yoga	<b>28</b> 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	<b>29</b> Today's Sponsor <b>Aperion Care</b> 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:30 Mahjongg 1:00 Balance W/ Brenda <b>2:00 Android Basics</b>	<b>30</b> 9:30 Chair Yoga 11:30 Lunch 12:30 Clabber Club <b>12:30 AARP SCAM/FRAUD PROGRAM</b>	<b>Join us Tues. Apr 7 at 12:30 in the SWIRCA Activity Center for a "Senior Safety Talk" with Ascension St. Vincent and Chris Pugh, Police Captain with Ascension St. Vincent</b>

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

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**NEED HELP**  
With Technology Questions?

For more info call 812-464-7800

Cybersecurity Basics Fri. Apr 10 @ 2  
Internet Basics Wed. Apr 15 @ 2  
Android Basics Wed. Apr 29 @ 2

In-Person Sessions Available at SWIRCA

**Every Tuesday 1:30 to 2:30 PM**

**Indiana State Games**

Events June 4 - 20 all over Evansville

Ages 50+ choose over 25 sporting events

Gold, Silver, and Bronze medals!

Register Today  
www.indianastategames.org  
Call Holly 812-297-9568

*Pre-Plan with us today!*

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**LIVING WITH DEMENTIA**

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

**Mon, Apr 27 2-3 pm**

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

**Caregiver Support Group**

Coping With Caregiving Emotions

**Mon, Apr 27 2-3pm**  
SWIRCA & More  
16 W Virginia St  
Evansville, IN 47710

**Main Conference Room**

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

**SOLARBRON**  
Family-first Senior Living from CarDon

**812-985-9955**

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# Log Inn Dinner & Bingo with Prizes

**Thursday, April 23 at 5:00pm**

**All Tickets \$15.00** (limited seating 150 tickets)

Tickets on sale Mon, Apr 13 - Wed, Apr 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



\*All ticket sales are final

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Bluegrass Country & the Smoky Mountains

**October 15 – 23, 2026**

Book by April 15, 2026 & Save \$200 Per Person



And



For more information please call 812-781-0201 or visit [travelwithtourcy.com](http://travelwithtourcy.com)



Christmas Markets of Montreal & Quebec City

**December 16 – 22, 2026**

Book by June 16, 2026 & Save \$150 Per Person

## Shuffleboard

Practice

Learn to play!

Join us on Thur. April 2, 9, and 16 from 1 to 3 PM in the Activity Center

*All Skill Levels Welcome!*

Have fun and get ready for the Indiana State Games coming up in June



## Join us for American Mahjongg

Open Play Every Wednesday 12:30 - 2:00

Beginners instruction Wed. Apr 8, 12:30 - 2:00

In the SWIRCA Activity Center

Mahjongg sets are available to sign out anytime during the week to play here at SWIRCA. Check them out in Kristin and Shannon's Office



Just Keep Playing and Have Fun!!



## Protecting Hoosiers from Frauds and Scams: Evansville Fraud Workshop

Scammers are constantly evolving their tactics to target unsuspecting consumers. While adults 50-plus are frequently targeted, fraud affects every generation. AARP Indiana and SWIRCA & More are working together to help bring fraud prevention education to Evansville residents.

When:

Thursday, April 30  
12:30 – 1:30 pm CT



Where:

SWIRCA Activity Center  
16 West Virginia Street  
Evansville, IN 47710

Register today or at the event to hear from a team of local fraud-fighting experts, who will share practical strategies to help you protect yourself, your family, and your friends from financial exploitation. These trusted voices will give you the knowledge and tools you need to stay ahead of scammers.



## Clabber Club



Open Play on Thursdays in April @ 12:30 pm  
In the SWIRCA Activity Center

If you are new to Clabber, buddy up with someone and learn to play

**Everyone is Welcome!!**



## Memory Cafe

**Information:**

Beginning April 23<sup>rd</sup>, SWIRCA & MORE will host a monthly Memory Cafe for persons living with dementia and their care partner(s)

**Date:**

April 23, 2026  
2pm -3pm

**About:**

A Memory Cafe is a supportive environment where persons with memory loss and their caregivers/loved ones can go to socialize and do activities.

**Location:**

SWIRCA & MORE  
16 W Virginia St  
Evansville, IN  
47710

For more information contact Linda Wright:  
812-492-7443 [Lwright@swirca.org](mailto:Lwright@swirca.org)