

August 2026 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
3 Today's Sponsor Bright Hope Home Care 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga	4 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 12:30 Back to School Bash NO Arthritis Exercise Today	5 Today's Sponsor Aperion Care 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:30 Mahjongg 1:00 Balance w/Brenda 1:00 Aging Matters	6 9:30 Chair Yoga 11:30 Lunch 12:30 Clabber Club 12:30 Deborah Lee Hall Storyteller	7 9:00 Exercise w/Eva 11:30 Lunch 12:30 Bingo BINGO Sponsor Titzer Family Funeral Home
10 Today's Sponsor Resource Links 9:30 Tai Chi 11:30 Lunch 12:30 Explore Music 1:00 Dementia Friends 1:30 Tone Up 2:30 Chair Yoga	11 Today's Sponsor Ascension St. Vincent 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:00 Bob Ross Painting 1:30 Arthritis Exercise	12 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:30 Mahjongg 1:00 Balance w/Brenda 3:00 Caregiver Support Group	13 Today's Sponsor Cedarhurst Senior Living 9:30 Chair Yoga 11:30 Lunch 12:30 Clabber Club	14 9:00 Exercise w/Eva 11:30 Lunch NO Bingo Activity Center Closing at Noon
17 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga	18 Today's Sponsor Melrose Asst Living 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	19 Today's Sponsor Resource Links 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:30 Mahjongg 1:00 Balance w/Brenda	20 Today's Sponsor Solarbron Senior Living 9:30 Chair Yoga 10:30 Book Club 11:30 Lunch 12:30 Clabber Club	21 9:00 Exercise w/Eva 11:30 Lunch 12:30 Bingo BINGO Sponsor Aperion Care
24 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga	25 Today's Sponsor United Fidelity Bank 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	26 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:30 Mahjongg 1:00 Balance w/Brenda	27 9:30 Chair Yoga 11:30 Lunch 12:30 Clabber Club 2:00 Memory Cafe (First Presbyterian Church 609 SE 2nd St)	28 9:00 Exercise w/Eva 11:30 Lunch 12:30 Bingo BINGO Sponsor Bright Hope Home Care
31 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:00 Dementia & Caregivers Group 2:30 Chair Yoga	WHAT MENTAL HEALTH NEEDS IS MORE SUNLIGHT, MORE CANDOR, AND MORE UNASHAMED CONVERSATION.			

All activities and events are subject to change without notice

Welcome Back Ron Weatherford

Please Join us for Tai Chi on Monday August 3rd @ 9:30 and Give Ron a HUGE welcome Back to SWIRCA by sending him Good, Happy Vibes!

Golden Greeters Coming Soon!

We are still looking for volunteers

If you are interested please see Shannon or Kristin in the activity center

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SWIRCA & More Activity Center



Ice Cream Social

Join us on Tuesday
August 4th @ 12:30 PM
Help support Local kids
going back to School and
have some fun too!

Back to School Bash!

Children of all ages
Welcome Must be
Accompanied by an adult

All Donations going to:



Please RSVP @ The SWIRCA front desk Lobby or Call 812-464-7800

Wish List

- Backpacks
- Spiral Notebooks
- Folders
- Notebook Paper
- # 2 pencils
- Pens
- Crayons
- Glue Sticks
- Scissors
- Erasers
- Pencil Pouch



By: Collin Culiver The
Magician 45 Minute
Magic Show

Donate 1 school supply per
person for Entry



And



For more information
please call
812-746-8516
or visit
travelwithtourcy.com

Christmas Markets of Montreal & Quebec City

December 16-22, 2026





British Landscapes Scotland-Wales-England

June 15-24, 2027

Yellowstone & Jackson Hole

September 4-10, 2027

Free Airfare
(Limited Time Offer)





Bob Ross Painting Class

Tuesday August 11th 1PM - 4 PM
in the SWIRCA Studio (former
small exercise room)

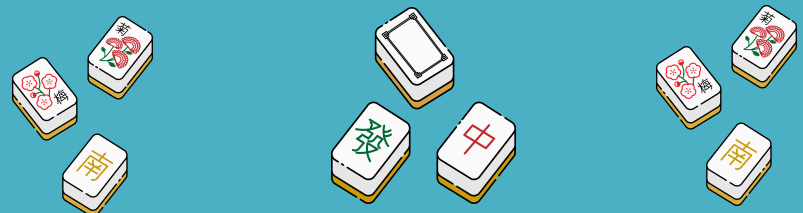


Sign up at the SWIRCA front desk
Lobby beginning August 1st

Cost \$15.00 Limit of 10 people

Open play Mahjongg

Get a group together and play anytime Monday-Friday 8 - 4 pm
In addition to our normal group that meets on Wednesdays, feel
free to come in and check out a Mahjongg set in Shannon's
Office located inside the Activity Center and Enjoy with friends!



Please call Kristin or Shannon with Questions 812-464-7800

Sponsored By: 



Combine Bingo and Exercise

Classes will start on Tuesday August the 25th and will go for 10 weeks.
This is a Evidence Based health program. Classes will meet at 9:00am and
1:00pm on Tuesdays and Thursdays. Each participant would need to come
to 2 classes a week for the 10-week period.

Get moving and have some Fun! Limit of 15 people per class

Please sign up for class with Shannon or Call 812-464-7800 and speak with Shannon



Matter of Balance

Matter of Balance is a FREE, evidence based program that helps
participants reduce their fear of falling, increase activity levels by
improving strength and balance, and make small changes to reduce
fall risks at home. The program includes eight group-based
sessions.

Classes will start Friday September 11 from 10am -12 pm and
meet each Friday after that for 8 weeks in the Tech Center at
SWIRCA

Participants must
attend all classes

Presented By:


Sign up for this Class in
person on Thursday August
20th 11-1:30pm with Charlotte
from the Health Dept at
SWIRCA in the Activity Center
or Call 812-435-2300

September is National Senior Center Month!

Watch for some upcoming fun
events to celebrate our senior center
next month!

- Living well series
- Plant Bingo
- Coffee and Conversation with Dr Sally Primus
- 80's Bingo

