

September 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
 Happy National Senior Center Month	1 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	2 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:30 Mahjongg 1:00 Aging Matters <u>NO</u> 1:00 Balance w/Brenda	3 Today's Sponsor Visiting Care Plus 9:30 Chair Yoga 11:30 Lunch 12:30 Clabber Club	4 9:00 Exercise W/Eva 11:30 Lunch 12:30 Bingo BINGO Sponsor Senior Helpers
7 SWIRCA CLOSED  LABOR DAY	8 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	9 Today's Sponsor Resource Links 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:30 Mahjongg <u>NO</u> 1:00 Balance w/Brenda 3:00 Caregivers Support Group	10 9:30 Chair Yoga 11:30 Lunch 12:30 Clabber Club 12:30 Storytelling w/Deborah Lee Hall	11 9:00 Exercise W/Eva 11:30 Lunch <u>NO</u> BINGO Activity Center Closing at Noon
14 9:00 UE Nurses 9:30 Tai Chi 11:30 Lunch 12:30 Exploring Music 1:00 Dementia Friends 1:30 Tone Up 2:30 Chair Yoga	15 Today's Sponsor Bold Age Pace 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:00 Diabetes mngt and Foot care 1:30 Arthritis Exercise	16 Today's Sponsor Ascension St. Vincent 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:30 Mahjongg <u>NO</u> 1:00 Balance w/Brenda	17 9:30 Chair Yoga 10:30 Book Club 11:30 Lunch 12:30 Clabber Club 12:30 Living Well Series	18 9:00 Exercise W/Eva 11:30 Lunch 12:30 Bingo BINGO Sponsor Insurance and Business Planning, Inc
21 Today's Sponsor Resource Links 9:00 UE Nurses 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:30 Chair Yoga	22 Today's Sponsor Cedarhurst Senior Living 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	23 Today's Sponsor Aperion Care 9:00 Stretch & Tone 10:15 Drums Alive 11:30 Lunch 12:30 Mahjongg 12:30 Crafts w/Jennifer 1:00 Balance w/Brenda	24 Today's Sponsor United Fidelity Bank 9:30 Chair Yoga 11:30 Lunch 12:30 Plant Bingo 12:30 Clabber Club 2:00 Memory Cafe	25 9:00 Exercise W/Eva 11:30 Lunch 12:30 Bingo
28 9:00 UE Nurses 9:30 Tai Chi 11:30 Lunch 1:30 Tone Up 2:00 Dementia & Caregivers Grps 2:30 Chair Yoga	29 Today's Sponsor Bright Hope Homecare 9:00 Intro Line Dancing 9:30 Line Dancing 11:30 Lunch 1:30 Arthritis Exercise	30 Today's Sponsor Melrose Assisted Living 8:00 Hometown Ophthalmology 9:00 Stretch and Tone 10:15 Drums Alive 11:30 Lunch 12:30 Mahjongg 1:00 Balance w/Brenda	 Save the Date!!! Mahjongg Retreat Saturday October 24th 9am-3pm In the SWIRCA Activity Center Enjoy • Mahjongg Open Play • Raffle Items • Lunch • Limited Beginner tables available	

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

Crafts w/Jennifer

Join us in the Activity Center

Wednesday, September 23 at 12:30

You will make both a decorative scarecrow door hanger and decorate a terracotta pot!

Please RSVP at the lobby front desk or call 812-464-7800

Limit to 15 people



Cost \$5.00



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815 John St., Suite 110
Evansville, IN 47713
www.brighthopecarehc.org

Diabetes Management Talk in the Activity Center

Tuesday, September 15 at 1:00

USI Nursing Student Christopher Jacobs

Presenting:
Diabetes Management and Foot Care



Pre-Plan with us today!

Your loved ones will thank you later.



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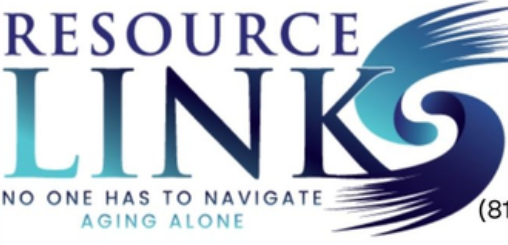


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MEMORY SUPPORT

Community Picnic

Please Join us for this FREE event on Saturday September 26th from 11:00 am - 3:00 pm
SWIRCA and More 16 W Virginia St in the Parking Lot and the Activity Center

Please RSVP at the lobby front desk or call 812-464-7800

Blood Pressure checks

Face Painting

Yard Games

Community Fellowship

Resources

Fun for All

Drums Alive Demo at noon in the Activity Center

Free Lunch :

- Hot Dogs
- Pulled Pork
- Baked Beans
- Pasta Salad
- Chips
- Drinks

Everyone of all ages Welcome Kids must be with an Adult

Culiver Cultivations & the Activity Center

PRESENT

PLANT BINGO

Opportunity to win plants, light refreshments, plant door prize.
Sign up and pay at the SWIRCA lobby desk or call 812-464-7800

Thursday, September 24 at 12:30 pm

in the SWIRCA Activity Center

Cost is \$10 per person

Seating is limited to 30 people



And

TOURCY



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)



Living Well Series

"Anxiety and Older Adults"

Presented By:

Elizabeth Arnold, LCSW

Director of Outpatient Services

Southwestern Behavioral Healthcare

Thursday, September 17 at 12:30 pm

In the Activity Center



Hometown Ophthalmology

Dr Sally Primus Presents:

"The top 5 ways you can go blind and how to prevent it" and "10 things that everyone over 65 should know about their eyes".

Wednesday September 30, at 8:00 am at SWIRCA (Doors will open at 7:30am)

Please join us for this Interactive Presentation

Seating is limited please RSVP in the Lobby or call 812-464-7800



Exploring Music

Please Join us on Monday September 14th @12:30 pm

This month's focus is on Video Jockey Day and the associated music of that time period

The first video jockey made her appearance in the late 1970's.

\$20 per seat

SWIRCA & More BINGO

\$180

Includes entry and a single seat.

Single Seat Location is first come, first served when you arrive.

80'S PARTY 9.12.26 | 6pm
Doors open at 5pm

private table of 8 includes entry and reserved table of 8

plus pay at the door

Seats on sale at SWIRCA & on Eventbrite Presented by



Dress in your favorite 80's gear!



Due to IN Gaming Laws, we must sell BINGO game packets separate from your seat at the event with cash or check.

\$15 BINGO Game Pack for each person