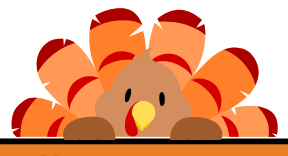
# NOVEMBER 2026

SWIRCA ACTIVITY CENTER CALENDAR

KRISTIN HOOD
HEALTHY AGING DIRECTOR

SHANNON EPLEY
HEALTHY AGING COORDINATOR

OPEN MON - FRI, 8:OOAM -4:00PM
16 W. VIRGINIA ST. EVANSVILLE, IN 47710
812-464-7800 OR 800-253-2188 WWW.SWIRCA.ORG

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **2**<br>9:30 Tai Chi<br>11:00 Lunch<br>1:30 Tone Up<br>2:30 Chair Yoga | **3**<br>9:00 Intro Line Dancing<br>9:30 Line Dancing<br>11:00 Lunch<br>12:15 UE DPT Students Presentation<br>1:30 Arthritis Exercise | **4**<br>Today's Sponsor<br>**Gentiva Hospice**<br>9:00 Stretch & Tone<br>10:15 Drums Alive<br>**10:15 British Travel Dreams**<br>11:00 Lunch<br>12:30 Mahjongg<br>1:00 Balance w/Brenda<br>**1:00 Aging Matters** | **5**<br>9:30 Chair Yoga<br>11:00 Lunch<br>12:30 Clabber Club | **6**<br>**NO REGULAR ACTIVITIES**<br>***Veterans Celebration***<br>**Doors Open at 9:00am**<br>**Must have a reservation**<br> |
| **9**<br>9:30 Tai Chi<br>11:00 Lunch<br>12:30 Explore Music<br>**1:00 Dementia Friends**<br>1:30 Tone Up<br>2:30 Chair Yoga | **10**<br>9:00 Intro Line Dancing<br>9:30 Line Dancing<br>11:00 Lunch<br>**12:30 Yellowstone Travel Show**<br>1:30 Arthritis Exercise | **11**<br>**SWIRCA CLOSED**<br>**Veterans Day**<br> | **12**<br>9:30 Chair Yoga<br>10:30 Book Club<br>11:00 Lunch<br>12:30 Clabber Club<br>**Log Inn 5:00 pm** | **13**<br>9:00 Exercise w/Eva<br>11:00 Lunch<br>12:30 Bingo<br>**BINGO Sponsor**<br>**Lifestyle Tours** |
| **16**<br>9:30 Tai Chi<br>11:00 Lunch<br>1:30 Tone Up<br>2:30 Chair Yoga | **17**<br>Today's Sponsor<br>**United Fidelity Bank**<br>9:00 Intro Line Dancing<br>9:30 Line Dancing<br>11:00 Lunch<br>**12:30 Storyteller**<br>1:30 Arthritis Exercise | **18**<br>Today's Sponsor<br>**Bright Hope Home Care**<br>9:00 Stretch & Tone<br>**No Drums Alive**<br>**Tbd Fraud Presentation**<br>11:00 Lunch<br>12:30 Mahjongg<br>1:00 Balance w/Brenda<br>**3:00 Caregiver Support Grp** | **19**<br>**NO REGULAR ACTIVITIES**<br>**Thanksgiving Lunch and Bingo**<br>**Must have Ticket to play Bingo and have Lunch** | **20**<br>9:00 Exercise w/Eva<br>11:00 Lunch<br>12:30 Bingo<br>**BINGO Sponsor**<br>**Titzer Family Funeral Home** |
| **23**<br>9:30 Tai Chi<br>11:00 Lunch<br>1:30 Tone Up<br>2:30 Chair Yoga | **24**<br>Today's Sponsor<br>**Gentiva Hospice**<br>9:00 Intro Line Dancing<br>9:30 Line Dancing<br>11:00 Lunch<br>**12:00 Crafts W/Jennifer**<br>1:30 Arthritis Exercise | **25**<br>Today's Sponsor<br>**Aperion Care**<br>9:00 Stretch & Tone<br>10:15 Drums Alive<br>11:00 Lunch<br>12:30 Mahjongg<br>1:00 Balance w/Brenda | **26**<br>**SWIRCA CLOSED**<br>**Happy Thanksgiving**<br> | **27**<br>**SWIRCA CLOSED**<br>**Holiday**<br> |
| **30**<br>9:30 Tai Chi<br>11:00 Lunch<br>1:30 Tone Up<br>2:00 Dementia & Caregivers Group<br>2:30 Chair Yoga | **The Vanderburgh County Sheriffs Department and students from USI come together to keep our community safe.**<br>**Please Join us on Wednesday November 18th in the morning (time tbd) in the SWIRCA Activity Center for an interactive fraud presentation and how to spot a SCAM!**<br>**Learn how to spot scams and protect older adults** | | | |

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

Save the date!
Coming in December, UE Student Nurses Health Fair
Please Join us on Monday
December 7th at 10:30am - 12:00pm
in the Activity Center
Light Refreshments Provided

## Mahjongg

Open play every Wednesday at 12:30pm in the Activity Center

Drop in and Join a table and play

Beginner classes First Wednesday of each month only


Oma's COMFORT CAFE

Open for Breakfast
7:00 am - 10:30 am

Open for Lunch
11:00 am - 2:00 pm

Pre-Plan with us today!
Your loved ones will thank you later.
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# SWIRCA & More Activity Center

## Conversations and British Travel Dreams
## Monday, November 4 at 10:15am In Oma's Comfort Cafe

Join Travel with Tourcy and SWIRCA & More for a morning of coffee, conversation, and a little British wanderlust! Discover charming villages, breathtaking landscapes, and unforgettable experiences awaiting you across the pond.

Light refreshments provided by Oma's Comfort Cafe

Please RSVP by Nov 2nd Call 812-746-8516 or email: concierge@travelwithtourcy.com

SWIRCA & More

And

TOURCY LLC

**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)**



## Community Health Presentation
## Stop the Fall Master your Balance!

Join University of Evansville Physical Therapy students for a presentation and an interactive activity to learn more about improving balance and staying independent. Bring your questions too!

Tuesday, November 3, 2026 at 12:15pm



Please RSVP at the Front Desk in the Lobby or call 812-464-7800



## Celebrating Autumn Storytelling

Tuesday, November 17 at 12:30 pm

A Thanksgiving story

**Two's Company, Threes the Owner: Sally Ann Moved In**

Twin Chimneys – decorating at the senior center for a Halloween/Fall Harvest Party

Join us for stories celebrating the season.




SWIRCA & More presents

## HOLIDAY PARTY
## Friday, December 4





Tickets on Sale Tues, Nov 3 – Tues, Nov 24 in the SWIRCA Lobby $10.00

**Sponsored By:**

- Deaconess Health Systems
- Visiting Care Plus
- Aperion Care Plus
- Bethel Wellness Community
- Z Designs
- Encompass Health
- Trialmed



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

## Crafts with Jennifer

Tuesday, November 24 at 12:00pm in the Activity Center

We will be making holiday party centerpieces for the Activity Center Christmas party and a craft





Please RSVP at the Front Desk in the Lobby or call 812-464-7800

$5.00

Limit to 15 people

## Exploring Music

Join us on Monday, November 9 at 12:30pm in the studio

*The Fab Four Music Group*

**The Fab Four is a group of four Evansville ladies who are wonderful pianists as well as teachers. Three of them play together on one piano at a time and then switch places during the program.**

