

# October 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>Wesley Wolfe</b><br>USI Nutrition Student &<br>SWIRCA Strength<br>Training Intern<br>Presents:<br>“Nutrition, Exercise and<br>Recovery for Seniors”<br>Friday, October 23 at<br>10:00 am |                                                                                                                                                       | <b>Did you know????</b><br><b>We offer strength training in<br/>our new fitness center!</b><br><b>Please stop by or call for<br/>more information</b><br><br><b>812-464-7800</b>                             | <b>1</b><br><br>9:00 SWIRCA'S<br>Ribbon Cutting<br>Ceremony<br>9:30 Drums Alive<br>11:00 Lunch<br>12:30 Clabber Club                                                                                     | <b>2</b><br><br>9:00 Exercise w/Eva<br>11:00 Lunch<br>12:30 Bingo<br><br><b>Bingo Sponsor</b><br><b>Melrose Assisted<br/>Living</b>                                                        |
| <b>5</b><br>Today's Sponsor<br><b>Careforth</b><br><br>9:00 UE Nurses<br>9:30 Tai Chi<br>11:00 Lunch<br>1:00 Dementia Friends<br>1:30 Tone Up<br>2:30 Chair Yoga                            | <b>6</b><br><br>9:00 Intro Line<br>Dancing<br>9:30 Line Dancing<br>11:00 Lunch<br>1:30 Arthritis Exercise                                             | <b>7</b><br><br>9:00 Stretch & Tone<br>10:15 Drums Alive<br>11:00 Lunch<br>12:30 Mahjongg<br>1:00 Balance W/Brenda<br>1:00 Aging Matters                                                                     | <b>8</b><br><br>9:30 Chair Yoga<br>11:00 Lunch<br>12:30 Clabber Club                                                                                                                                     | <b>9</b><br><br>9:00 Exercise w/Eva<br>11:00 Lunch<br>12:30 Bingo<br><br><b>Bingo Sponsor</b><br><b>Cedarhurst Senior<br/>Living</b>                                                       |
| <b>12</b><br><b>SWIRCA CLOSED</b><br><br><br><b>HAPPY COLUMBUS DAY</b><br>12 OCTOBER                      | <b>13</b><br><br>9:00 Intro Line<br>Dancing<br>9:30 Line Dancing<br>11:00 Lunch<br>1:30 Arthritis Exercise                                            | <b>14</b><br>Today's Sponsor<br><b>Bright Hope<br/>Homecare</b><br><br>9:00 Stretch & Tone<br>10:15 Drums Alive<br>11:00 Lunch<br>12:30 Mahjongg<br>1:00 Balance W/Brenda<br>3:00 Caregiver<br>Support Group | <b>15</b><br>Today's Sponsor<br><b>Solarbron<br/>Senior Living</b><br><br>9:30 Chair Yoga<br>10:30 Book Club<br>11:00 Lunch<br>12:30 Clabber Club<br>12:30 YMCA Kids                                     | <b>16</b><br><br>9:00 Exercise w/Eva<br>11:00 Lunch<br>12:30 Bingo                                                                                                                         |
| <b>19</b><br><br>9:00 UE Nurses<br>9:30 Tai Chi<br>11:00 Lunch<br>12:30 Exploring Music<br>1:30 Tone Up<br>2:30 Chair Yoga                                                                  | <b>20</b><br>Today's Sponsor<br><b>Bold Age Pace</b><br><br>9:00 Intro Line<br>Dancing<br>9:30 Line Dancing<br>11:00 Lunch<br>1:30 Arthritis Exercise | <b>21</b><br>Today's Sponsor<br><b>Aperion Care<br/>Lincoln</b><br><br>9:00 Stretch & Tone<br>10:15 Drums Alive<br>11:00 Lunch<br>12:30 Mahjongg<br>1:00 Balance W/Brenda                                    | <b>22</b><br><br>8:30 <b>Coffee and<br/>Conversation</b><br>9:30 Chair Yoga<br>11:00 Lunch<br>12:30 Clabber Club                                                                                         | <b>23</b><br><br>9:00 Exercise w/Eva<br>10:00 Nutrition, Exercise<br>and Recovery for Seniors<br>11:00 Lunch<br>12:30 Bingo<br><br><b>Bingo Sponsor</b><br><b>Aperion Care<br/>Lincoln</b> |
| <b>26</b><br><br>9:00 UE Nurses<br>9:30 Tai Chi<br>11:00 Lunch<br>1:30 Tone Up<br>2:30 Chair Yoga<br>2:00 Dementia &<br>Caregivers Group                                                    | <b>27</b><br><br>9:00 Intro Line<br>Dancing<br>9:30 Line Dancing<br>11:00 Lunch<br>1:30 Arthritis Exercise                                            | <b>28</b><br><br>9:00 Stretch & Tone<br>10:15 Drums Alive<br>11:00 Lunch<br>12:30 Mahjongg<br>12:30 Decoupage Gourds<br>1:00 Balance W/Brenda                                                                | <b>29</b><br><br><b>NO Morning<br/>Activites</b><br><b>Caregiver<br/>Celebration 9-1</b><br><b>RSVP By 10/9</b><br><b>call Linda Wright @</b><br><b>812-492-7443</b><br>11:00 Lunch<br>1:00 Clabber Club | <b>30</b><br><br>9:00 Exercise w/Eva<br>11:00 Lunch<br>12:30 Halloween Bingo<br>&<br>Costume Contest                                                                                       |



BRIGHT HOPE HOMECARE SERVICES LLC  
RESTORING INDEPENDENCE & HOPE



**Non-Medical  
Homecare Services  
for Seniors**

Home & Community Based Services • Attendant Care •  
Structured Family Caregiving

ACCEPTING **MEDICAID WAIVER**  
Anthem • Humana • UnitedHealthcare • Private Pay

**(812) 964-9475**  
**(317) 668-6496**

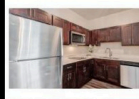
815 John St., Suite 110  
Evansville, IN 47713  
www.brighthopecarehc.org



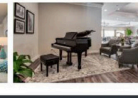
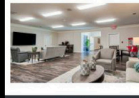
**EMBRACE AN  
INDEPENDENT  
LIFESTYLE FULL  
OF POSSIBILITIES**

STARTING  
FROM **\$1,500.00**

UTILITIES INCLUDED  
MEAL PLANS INCLUDED\*  
WASHER & DRYER  
IN EVERY UNIT!



MAINTENANCE FREE  
MODERN FINISHES  
DEDICATED TEAM  
SOCIALIZING & FUN



**Retreat  
AT LEISURE LIVING**  
RESTORING INDEPENDENCE

**812-415-2117**  
WWW.LEISURELIVINGRETREAT.COM  
2900 Cozy Court Evansville, IN 47720

**Pre-Plan with us today!**

Your loved ones will thank  
you later.



**Titzer Family  
FUNERAL HOMES**

Evansville • Newburgh • Elberfeld

**812-424-9288**



**The CareGroup Home Care**  
"WHERE FAMILY & WELLNESS MEETS"



We specialize in providing quality In-Home  
support so that you or your loved one can  
continue to thrive within your environment.

**Medicaid and Private Pay accepted**  
Call Us Today for your personalized support plan  
**317.922.9475**



**Please Join us for Breakfast  
and Lunch**

**Open Monday-Friday**  
**7am-10:30am**  
**11am-2:00pm**

**Grand Opening Celebration**  
**Oct, 1<sup>st</sup> at 9:00am-9:30am**

Offering Private-Pay  
Independent and Assisted Living Guidance  
and Concierge Care Planning



**RESOURCE  
LINKS**  
NO ONE HAS TO NAVIGATE  
AGING ALONE

Contact Us Today!  
(812) 560-9338 - resource@swirca.org  
www.resource@swirca.org



**MELROSE  
ASSISTED LIVING**



**BOOK A TOUR TODAY!**  
**812-556-4440**

**No-cost RSV  
vaccine study**

**For adults age 60 and older who have not  
received a previous RSV vaccine.**



**Call MediSphere to  
Schedule 812-471-4110**



**Compensation for  
time & travel up to  
\$595**

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



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



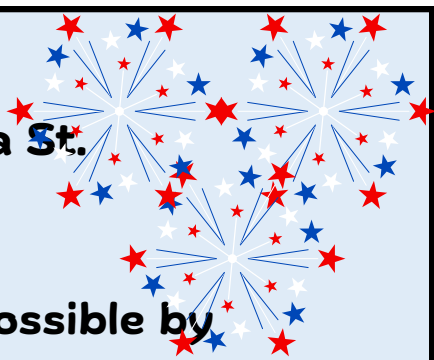
Bring harmony to life...  
tune in to great living!

**812-985-9955**

INDEPENDENT LIVING • ASSISTED LIVING  
REHABILITATION • LONG TERM CARE  
MEMORY SUPPORT

9:00 am Doors Open and Vendor Fair  
10:00 am Veterans Celebration Program  
11:30 am Lunch

Please join us on  
**Friday, November 6, 2026**  
in the SWIRCA Activity Center 16 W Virginia St.  
for our 20<sup>th</sup>  
**Veterans Celebration**



This event is free to ALL veterans and one guest made possible by our generous sponsors and vendors.

**Make your reservation by October 26<sup>th</sup> Call 812-464-7800**

**Thank you to our Sponsors:**

**Deaconess Health Systems, Encompass Health, Resource Links and Solarbron.**



And



For more information  
please call  
812-746-8516  
or visit  
[travelwithtourcy.com](http://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)**



**Halloween Bingo and  
Costume Contest**

**Friday, October 30<sup>th</sup> at 12:30  
in the Activity Center**



**Costume contest @ 12:30 and  
Bingo to follow**

**Coffee and Conversations**

**Join us on**

**Thursday October 22<sup>nd</sup> at 8:30 am  
in the Activity Center**

**With Dr David Lippman Presenting**

**A discussion and demo on the Walqer X  
A patented walking-assistance device  
designed to promote stability, improve  
posture, and help people walk with  
greater confidence and independence.**



**Decoupage Gourds**

**Wednesday October 28**

**@ 12:30 PM**

**In the SWIRCA  
Activity Center**

**You will get to decorate the gourd and make an ornament  
Please sign up in the SWIRCA Lobby or call 812-464-7800**

**Cost \$5.00**

**Limit to 16 People**



**Exploring Music**



**Monday, October 19 at 12:30pm**

**This months topic is  
Happy Halloween music**

**No tricks-Just treats!!**

**Please join us for some spooky, strange and  
fun music!**

**YMCA Kids STEM with Seniors  
Spider Edition**

**Join us on Thurs, October 15<sup>th</sup> at 12:30 in  
the Activity Center for a spooky, fun,  
activity with the kids from YMCA**

**RSVP at the front desk  
or call 812-464-7800**

**Light refreshments  
and fun with the kids!**



**Log Inn Dinner and Bingo with Prizes**

**Thursday November 12<sup>th</sup> at 5:00pm**

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

**Tickets on Sale Monday Nov 2<sup>nd</sup> -Tues, Nov 10th or while tickets last  
Purchase tickets at SWIRCA & More Activity Center, 16 W Virginia St**

**Menu: Log Inn's Famous Fried Chicken, Mashed Potatoes & Gravy,  
Green Beans, Cole Slaw, Dinner Role, and Tea/coffee/Lemonade**



**Sponsored By:  
Z-Designs**



**2491 County Rd 200 East Warrenton, IN**

**All Ticket Sales Final**