

2024 February

SWIRCA Activity Center Calendar
 16 W. Virginia St. Evansville, IN 47710
 (812) 464-7800 or (800) 253-2188 www.swirca.org

Kristin Hood – Healthy Aging Director
 David Brown – Healthy Aging Coordinator

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>American Heart Association</p>  <p>Wear Red February 2nd!</p>		<p>Heart Health: UE Nursing Students will visit SWIRCA each Wednesday in February at 9:00 AM to provide FREE Blood Pressure Testing and Health Information.</p>	<p>1 9:30 Chair Yoga 10:30 Drums Alive 11:00 Cards & Games 11:30 Lunch 1:00 Intro to exercise</p>	<p>2 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo Sponsored by Melrose Assisted Living</p>
<p>5 Today's Sponsor Deaconess Hospice</p> <p>9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to exercise 3:00 Chair Yoga</p>	<p>6 Today's Sponsor Riverwalk Communities</p> <p>9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise</p>	<p>7 Today's Sponsor Retreat at Leisure Living</p> <p>9:30 Stretch & Tone 10:00 Aging Matters 11:00 Cards & Games 11:30 Lunch</p>	<p>8 Today's Sponsor Astound Broadband</p> <p>9:30 Chair Yoga 10:00 Death and Donuts 10:30 Drums Alive 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise</p>	<p>9 9:30 Exercise with Eva 11:30 Lunch Activity Center Closed at 12:00 No Activities</p>
<p>12 Today's Sponsor Visiting Care Plus</p> <p>9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 12:45 1:30 Music Appreciation 1:00 Dementia Friends 1:45 Intro to Exercise 3:00 Chair Yoga</p>	<p>13 Today's Sponsor Solarbron</p> <p>9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise 4:30 Drums Alive at Patchwork Central</p>	<p>14 Today's Sponsor Oak Street Health</p> <p>9:30 Stretch & Tone 11:00 Cards & Games 11:30 Lunch</p>	<p>15 Today's Sponsor Heritage Woods of Newburgh</p> <p>9:30 Chair Yoga 10:30 Drums Alive 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise</p>	<p>16 9:30 Exercise with Eva UE Nursing Students 11:00 Cards & Games 11:30 Lunch 1:00 Bingo - Sponsored by Aetna</p>
<p>19  SWIRCA Closed</p>	<p>20</p> <p>9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise</p>	<p>21 Today's Sponsor Oasis Dementia Care</p> <p>9:30 Stretch & Tone 11:00 Cards & Games 11:30 Lunch 12:30 Book Club</p>	<p>22</p> <p>9:30 Chair Yoga 10:30 Drums Alive 11:00 Cards & Games 11:30 Lunch 1:00 Intro to exercise</p>	<p>23 9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo - Sponsored by Riverwalk Communities</p>
<p>26</p> <p>9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to exercise 2:00 Caregiver Support 3:00 Chair Yoga</p>	<p>27</p> <p>9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise</p>	<p>28 Today's Sponsor Brickyard Healthcare</p> <p>9:30 Stretch & Tone 11:00 Cards & Games 11:30 Lunch</p>	<p>29</p> <p>9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:00 Intro to exercise</p>	

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

BRICKYARD Healthcare
 SKILLED NURSING • SHORT-TERM REHAB • LONG-TERM CARE • THERAPY

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RIVERWALK COMMUNITIES

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The GARDENS
 at Oasis Assisted Living

TheGardensatOasis.com

Ray Stevens **CabaRay Showroom**

June 1st, 2024

\$155.00 per Person
 Reservation/Payment due by 03/01/2024.
 Must have 45 paid spots.

Trip Includes:
 Transport, Show, Meal, Dessert, and Tea, Coffee, or Lemonade.

P O Box 6482 Evansville, IN 47719
 www.servantstravel.pro
 812 629 7888

No checks deposited until 45 seats reserved.

Heritage Woods of Newburgh
 An Affordable Assisted Lifestyle Community for the Older Adult

- Three restaurant-style meals served daily plus snacks
- Assistance with daily living

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Medicaid Waiver Accepted

- Weekly housekeeping and laundry
- Medication administration

Caregiver Support Group

February 26, 2024 at 2 PM
 SWIRCA & More Exercise Room

"When We Tell OUR STORIES In A Safe Community, All Those Things That Separate Us Go Away."
 Sarah Markley

The Caregiver Support Group meets the last Monday of every month starting January 2024. This is a safe place to discuss the stresses, challenges, & rewards of providing care for a loved one.

If Interested Please Contact
 Linda Wright
 Phone: 812-492-7443
 Email: Lwright@swirca.org

SWIRCA & More Presents **Dinner & UE Men's Basketball**
 Dinner Provided by The Golden Corral

All You Can Eat Buffet!

Tuesday, Feb 13th 2024 Tickets: \$15.00
 Includes transportation, dinner, and game

Bus departs SWIRCA at 5:15pm
 Dinner at 5:30 at Golden Corral
 Game Tip-Off at 7:30pm

Tickets on Sale 01/23 - 02/06
 White Supplies Last

Open to ALL AGES!
 Only 48 Tickets Available!

Sponsored by **Riverwalk COMMUNITIES**

SWIRCA & More Activity Center

Log Inn Dinner & Bingo with Prizes



12491 County Road 200 East, Warrenton, IN

Thursday, February 22 at 5:00 pm

THIS EVENT IS SOLD OUT!!!

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

~ You must provide your own transportation to the Log Inn ~



TOURCY



For more information
Call 812-781-0201

With Optional 3 night Taormina Pre Tour Extension



Reflections of Italy with Collette
May 13-22, 2024

Book by Nov 14
& save \$200 per person



New England Rails and Sails with
Mayflower Cruises and Tours
Sept 28-Oct 6, 2024
Free air fare when booked by
Sept 30, 2023

BLACK HISTORY MONTH

Check out the amazing programs at the
Evansville African American Museum
celebrating
Black History Month!
<https://eaam.clubexpress.com/>

Take a look at the history of Black Americans, the advocacy led by modern Black Americans, and the central role Black Americans have played in U.S. history!

SWIRCA & MORE NUTRITION AWARENESS DAY

& Health Fair

Promoting the Benefits of Gardening and using Herbs & Spices in Nutrition

Thursday, March 21, 2024

Presented by:



MEALS ON WHEELS SOUTHWESTERN INDIANA

For Lunch:
\$6 donation - 60 yrs & older
\$8 fee - 59 & younger
Menu: Jamaican Pork, Key West Veggies, Roasted Root Veggies, Cornbread, Diced Pears, and Milk

Tickets on sale 2.05 - 3.19.24 @ THE SWIRCA & MORE ACTIVITY CENTER
at SWIRCA & More 10am - 1pm

9:30AM: Doors Open

9:30 - 11 AM: Health & Nutrition Vendor Fair

11 - 11:30 AM: Break

11:30 AM: Lunch is served

Sponsored by:



Call 812-464-7807 for more information



SWIRCA & More is Bringing Drums Alive to Patchwork Central!

Patchwork Central Arts+Smarts is hosting a special Drums Alive class for their youth participants, and you're invited!

Join us on 02/13/24 at 4:30 PM for friendship, fun, and fitness!



Music Appreciation

February 12th, 12:45 in the exercise room

Join us as we explore different composers, music styles and music genre's.

This program is provided by Sigma Alpha Iota International Music Fraternity along with the Evansville Alumnae and Beta Epsilon Chapters.



Don't like your Medicare Advantage Plan? You can change it, and SHIP can help!

MEDICARE ADVANTAGE OPEN ENROLLMENT PERIOD



JANUARY 1 - MARCH 31, 2024

NAVIGATING MEDICARE

SHIP can help you compare plans to help save you money.

SHIP counseling provided at SWIRCA & More! 812-464-7817



SHIP can even help you enroll in the plan you choose.



Activity Center

Inclement Weather Policy

If the Evansville Vanderburgh School Corporation is CLOSED OR on a 2 Hour Delay The SWIRCA & More Activity Center will open at 11:00 am

Most class videos can be found on SWIRCA's Facebook page www.facebook.com/SwircaAndMore

Please check WFIE Channel 14 for information/updates.