




May 2024

SWIRCA Activity Center Calendar

Kristin Hood – Healthy Aging Director
David Brown – 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
 <p>Spring Fling WEDNESDAY MAY 22ND 1:00 - 3:00 PM</p> <p>CAKE & PUNCH MUSIC PROVIDED BY DJ LARRY</p> <p>THIS EVENT IS FREE RSVP BY FRIDAY, MAY 17TH</p>		<p>1 Today's Sponsor The Gardens At Oasis</p> <p>9:30 Stretch & Tone 11:00 Cards & Games 11:30 Lunch</p>	<p>2 Today's Sponsor Evansville Protestant Home</p> <p>9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise</p>	<p>3 8:30 Exercise with Eva</p>  <p>Doors open at 10am Lunch at 11:30am Bingo at 12:30pm Food Trucks also available</p>
<p>6 Today's Sponsor Brickyard Healthcare</p> <p>9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 2:30 Chair Yoga</p>	<p>7 Today's Sponsor Heritage Woods</p> <p>9:00 Intro to Line Dance 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise</p>	<p>8 Today's Sponsor Melrose</p> <p>9:30 Stretch & Tone 10:30 Drums Alive 11:00 Cards & Games 11:30 Lunch</p>	<p>9</p> <p>9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise</p>	<p>10</p> <p>9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo - The Gardens at Oasis Activity Center Closed at 2:00 PM</p>
<p>13 Today's Sponsor American Senior Benefits</p> <p>9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 12:45 Music Appreciation 1:45 Intro to Exercise 2:30 Chair Yoga</p>	<p>14 Today's Sponsor Oasis Dementia Care</p> <p>9:00 Intro to Line Dance 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 12:45 Therapy Dogs 1:30 Arthritis Exercise</p>	<p>15 Today's Sponsor Riverbend</p> <p>9:30 Stretch & Tone 10:30 Drums Alive 10:30 - 1:30 Book Fair 11:00 Cards & Games 11:30 Lunch 12:30 Book Club</p>	<p>16 Today's Sponsor Solarbron</p> <p>9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:00 ISG Shuffleboard Practice 1:00 Intro to Exercise</p>	<p>17</p> <p>9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo - Deaconess Hospice</p> <p>6:00 Otters Night</p>
<p>20</p> <p>9:30 Tai Chi 11:00 Cards & Games 11:30 Lunch 1:00 Intro to Exercise 2:30 Chair Yoga</p>	<p>21 Today's Sponsor Newburgh Healthcare</p> <p>9:00 Intro to Line Dance 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise</p>	<p>22 Today's Sponsor AARP</p> <p>9:30 Stretch & Tone 10:30 Drums Alive 11:00 Cards & Games 11:30 Lunch 1:00-3:00 Spring Fling</p>	<p>23 Today's Sponsor Retreat at Leisure Living</p> <p>9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:00 ISG Shuffleboard Practice 1:00 Intro to Exercise</p>	<p>24</p> <p>9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo</p>
<p>27</p>  <p>Memorial DAY</p> <p>Activity Center & Ivy Café Closed Today</p>	<p>28</p> <p>9:00 Intro to Line Dance 9:30 Line Dancing 11:00 Cards & Games 11:30 Lunch 1:30 Arthritis Exercise</p>	<p>29</p> <p>9:30 Stretch & Tone 10:30 Drums Alive 11:00 Cards & Games 11:30 Lunch</p>	<p>30 Today's Sponsor Riverwalk</p> <p>9:30 Chair Yoga 11:00 Cards & Games 11:30 Lunch 1:00 ISG Shuffleboard Practice 1:00 Intro to Exercise</p>	<p>31</p> <p>9:30 Exercise with Eva 11:00 Cards & Games 11:30 Lunch 1:00 Bingo</p>

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



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Derby Dinner Playhouse presents

Annie

SAURDAY, AUGUST 10TH

Only 90 Seats Available!
RSVP Today!

Tickets \$125.00 per person
Includes Transportation, Meal, and Unforgettable Entertainment!
Reservation Deadline: 06/01/2024
Email to RSVP: servantstravel@outlook.com



Servants Travel

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Utilities Included
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Schedule a tour today!





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ACL.gov/OAM
#OlderAmericansMonth

OLDER AMERICANS MONTH

SPRING FLING

**Wednesday, May 22
1:00 - 3:00 PM**

Cake & Punch, DJ Larry will play music for your listening enjoyment,
Door prizes & fun for all! This event is free for everyone, call 812-464-7800
to make a required RSVP by Fri, May 17. Open to the public.

Senior Scholastica

presented by

Your Brother's Bookstore

May 15th 10:30 - 1:30

5% of ALL SALES go to SWIRCA
and our Book Club!

Join us for a book fair, and raffle!
Coffee, tea, and snacks provided
by the SWIRCA Activity Center.



Jewels of the Rhine River Cruise
Netherlands • Germany
France • Switzerland
October 3-14, 2025
Free Airfare (Limited Time Offer)

Jewels of the Rhine Travel Show
Tuesday, June 18, 2025
2:30 p.m.
At SWIRCA & More



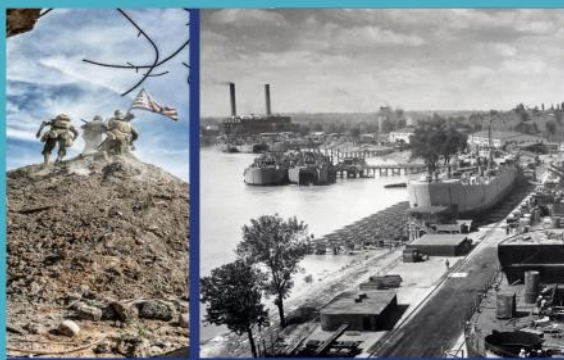
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Painted Canyons of the West
Featuring Utah's
Five National Parks
Ends in Las Vegas
May 2025

A Historical Presentation

Provided by
Evansville Museum of Art, History and Science



**June 20nd
at 2 PM**

Answering the Call:

**The Evansville
World War II
Shipyard**



Guest Speaker
Tom Lonnberg
Chief Curator,
Curator of History

Shuffleboard at SWIRCA

Practice Dates

**Thursdays
May 16, 23,
& 30th**

1:00 - 3:00 pm

Call 812-464-7800
to RSVP

Therapy Dogs

Tuesday, May 14th 12:45 - 1:30

Lee Ann Mills visits SWIRCA to discuss therapy pets
as a part of personal wellness (and perform some tricks).



Pete



Murray

Music APPRECIATION

Join us Mon, May 13 at 12:45 pm in the SWIRCA
Exercise Room 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.

Coming in June to SWIRCA



Evidence-Based

Bingo blended with Fitness

ACL-Approved