

Featured events this April

Visit us online at HumanaNeighborhoodCenter.com to see a full list of virtual activities and to RSVP for classes and other events.



Louisville
1918 Hikes Lane, Suite 101
Louisville, KY 40218
502-479-6580
Monday – Friday, 9 a.m. – 4 p.m.



Featured events

Breathe easier with COPD In person April 5 9:30 a.m. ET Learn about chronic obstructive pulmonary disease (COPD), how it's treated, and ways to help get the most out of life when living with this condition.	Take control of your legacy & financial future In person April 4 10 a.m. ET Planning for the future may help you move forward in the right direction. Join us throughout this month to learn more about helpful steps and resources to help ensure that your financial, living, and medical needs will be met.
Cancer-fighting superfoods & cooking demo In person April 10 10 a.m. ET Although many causes of cancer are unknown, it's important to learn about potential links that you can control – such as the food you eat. Join us to learn which foods may help to fight free radicals and help reduce your risk of cancer. Then, watch a chef prepare a recipe with cancer-fighting foods.	Movie and popcorn - Every Friday In person April 7 1 p.m. ET Join us every Friday for movie and popcorn. April's movies will be: Where the Crawdads Sing (2022), 12 Mighty Orphans (2021), Infinite (2021) and Flee (2021).

Space is limited
Call your local Humana Neighborhood Center® at **502-479-6580** to RSVP for in-person events.

Can't make it in person?
No problem. Register for our online events by visiting HumanaNeighborhoodCenter.com.
You can also watch classes on demand by visiting HumanaNeighborhoodCenter.com/Video-Library.

SilverSneakers
Humana members with the SilverSneakers® benefit can access hundreds of classes and workout videos at no additional cost. Visit www.SilverSneakers.com to learn more.



Meet one on one—in person or over the phone—with a health educator or customer service representative. To schedule an appointment, call **502-479-6580 (TTY: 711)** or visit HumanaNeighborhoodCenter.com.



Louisville in-person events this April

Call 502-479-6580 today to RSVP. Space is limited.

Monday	Tuesday	Wednesday	Thursday	Friday
<div>3</div> <div>10 - 11 a.m. April Fools Word Search</div> <div>12 - 1 p.m. Rummikub</div> <div>1 - 2 p.m. Respire más fácilmente con EPOC con Dr. Morrero-Galban</div>	<div>4</div> <div>10 - 11 a.m. Living on a fixed income</div> <div>11 a.m. - 12 p.m. Protecting yourself from financial scams</div> <div>1 - 2 p.m. Craft corner: Easter craft</div> <div>2 - 2:30 p.m. Tech talk: Health apps</div>	<div>5</div> <div>9:30 - 10:30 a.m. Breathe easier with COPD with Dr. Lukenbill</div> <div>11 a.m. - 12 p.m. Pickleball</div> <div>1 - 2 p.m. Mandala coloring books</div>	<div>6</div> <div>10 - 11 a.m. Go365: Learn how to earn rewards*</div> <div>11 a.m. - 12:30 p.m. Throwback Thursday Bingo & Social: Bring a picture from your youth to share!</div>	<div>7</div> <div>11 a.m. - 12 p.m. Artesania de Pascua en Espanol</div> <div>1 - 3 p.m. Movie and popcorn: Where the Crawdads Sing (2022)</div>
<div>10</div> <div>10 a.m. -12 p.m. Cancer-fighting superfoods & cooking demo</div> <div>1 - 2 p.m. Monthly meditation</div>	<div>11</div> <div>10 - 11 a.m. Uno in the cafe</div> <div>2 - 3 p.m. Understanding wills, trusts and advanced directives</div>	<div>12</div> <div>11 a.m. - 12 p.m. Pickleball</div> <div>12 - 12:45 p.m. Seasonal allergies: Relief from wheezing and sneezing with Sullivan University</div>	<div>13</div> <div>10:30 - 11 a.m. Real People, Real Stories: Caregiving</div> <div>11 a.m. - 12 p.m. 5 steps to advance care planning</div> <div>12 - 1 p.m. Hello game</div>	<div>14</div> <div>11 a.m. - 12 p.m. Coffee & Chat with Customer Service: Pick up your over-the-count booklet*</div> <div>1 - 3 p.m. Movie and popcorn: 12 Mighty Orphans (2021)</div>
<div>17</div> <div>11 a.m. - 12 p.m. Kings in the corner game</div> <div>1 - 2 p.m. Craft corner: house key painting for easy identification</div>	<div>18</div> <div>1 - 2 p.m. Pajama Bingo: Fruit and veggie bingo with a twist, wear your pajamas!</div> <div>2 - 3 p.m. Meditation moment: Deep breathing</div>	<div>19</div> <div>11 a.m. - 12 p.m. Pickleball</div> <div>1 - 2 p.m. April birthday celebration and games</div>	<div>20</div> <div>11 a.m. - 12 p.m. Mandala coloring books</div>	<div>21</div> <div>11 a.m. - 12 p.m. Cafe corner: First day of spring pot painting and seed planting</div> <div>1 - 3 p.m. Movie and popcorn: Infinite (2021)</div>
<div>24</div> <div>11 a.m. - 12 p.m. Healthy cooking demo: cancer fighting superfoods</div> <div>12 - 1 p.m. Rummikub</div> <div>1 - 2 p.m. Craft corner: handprint paper lilies for derby</div>	<div>25</div> <div>10 - 11 a.m. Understanding wills, trusts and advanced directives</div> <div>11 a.m. - 12 p.m. Tech Tuesday: Virtual Neighborhood Center</div> <div>1:30 - 2:30 p.m. Craft corner: DIY derby hat decor</div>	<div>26</div> <div>11 a.m. - 12 p.m. Simple steps to prevent falls with Lydia Martin, PT</div> <div>1 - 2 p.m. Go365: Learn how to redeem rewards*</div>	<div>27</div> <div>11 a.m. - 12 p.m. Living on a fixed income</div> <div>12 - 1 p.m. Protecting yourself from financial scams</div> <div>2 - 3:30 p.m. Craft corner: Origami puzzle box</div>	<div>28</div> <div>11 a.m. - 12 p.m. Loteria</div> <div>12 - 1 p.m. Protéjase de las estafas</div> <div>1 - 3 p.m. Movie and Popcorn: Flee (2021)</div>

WEEKLY RECURRING EVENTS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	<div>12 - 12:45 p.m. SilverSneakers™ Chair Yoga*</div>	<div>10 - 10:45 a.m. SilverSneakers™ Strength and Balance*(No class 4/5)</div>	<div>9:15 - 10 a.m. SilverSneakers™ Classic*</div>	<div>10 - 10:45 a.m. SilverSneakers™ Classic*</div>

For accommodations of persons with special needs at meetings call, 502-479-6580 (TTY: 711).

* For Humana members with this benefit only.