

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

WEEKLY RECURRING EVENTS

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

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

*For Humana members with this benefit only.