

Featured events this May

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

| | |
|--|---|
| No more worries: let go of stress | The brain-heart connection |
| <div> In person May 3 11 a.m. ET</div> <p>Chronic stress may wreak havoc on your mind and body. Learn how to identify the areas causing the most stress and how simple changes may help manage it.</p> | <div> In person May 17 11 a.m. ET</div> <p>You may think of your brain and heart as two different systems; however, your heart health may have a lot more to do with your brain function than you think. Join us to learn how you may help your brain and heart work together for a longer, healthier life.</p> |
| The Mediterranean diet: The secret ingredient to a longer life? & Cooking demo | Get to know your medicines |
| <div> In person May 8 10 a.m. ET</div> <p>The Mediterranean diet is an easy-to-follow, heart-healthy eating plan that you may enjoy. Learn about the benefits of this diet, and easy steps to adopt these eating patterns. Then, watch a chef prepare a recipe inspired by the Mediterranean Diet.</p> | <div> In person May 17 12 p.m. ET</div> <p>Join us for getting to know your medicines with Sullivan University!</p> |

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 May

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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| <div>1</div> <div>10 - 11 a.m. Submit your Go365 activities*</div> <div>1 - 2 p.m. Family feud</div> | <div>2</div> <div>10 a.m. - 12 p.m. Building Better Brain Health Series</div> <div>1 - 4 p.m. Heart health workshop: Prevention is key</div> | <div>3</div> <div>11 a.m. - 12 p.m. No more worries: Let go of stress</div> <div>12 - 12:30 p.m. Real people Real stories (streamed)</div> <div>1 - 2 p.m. Pickleball</div> | <div>4</div> <div>11 a.m. - 12 p.m. Craft corner: Sun catcher lids</div> <div>1 - 2 p.m. Mini - golf game</div> | <div>5</div> <div>1 - 3 p.m. Movie & Popcorn: Spirit (2021)</div> |
| <div>8</div> <div>10 a.m. - 12 p.m. The Mediterranean diet: The secret ingredient to a longer life? and cooking demo</div> <div>12 - 12:30 p.m. Tech talk (streamed)</div> <div>1 - 2 p.m. Mantenga el ritmo: Manejo de la enfermedad del</div> | <div>9</div> <div>10 a.m. - 12 p.m. Building Better Brain Health Series</div> <div>1 - 2 p.m. Household cleaning bingo</div> | <div>10</div> <div>12 - 12:30 p.m. Wednesday Wordle</div> <div>1 - 2 p.m. Pickleball</div> | <div>11</div> <div>10 a.m. - 2 p.m. Mother's Day card making</div> <div>11 a.m. - 12 p.m. Craft corner: Jewlery beading</div> | <div>12</div> <div>11:30 a.m. - 12:30 p.m. Loteria</div> <div>1 - 3 p.m. Movie & Popcorn: All My Life (2020)</div> |
| <div>15</div> <div>11 a.m. - 12 p.m. Cafe card game</div> <div>1 - 2 p.m. Monthly Meditation</div> | <div>16</div> <div>10 a.m. - 12 p.m. Building Better Brain Health Series</div> <div>1 - 2 p.m. Fruit and veggie bingo</div> | <div>17</div> <div>11 a.m. - 12 p.m. The brain - heart connection</div> <div>12 - 12:45 p.m. Get to know your medicines with Sullivan University</div> <div>1 - 2 p.m. Pickleball</div> | <div>18</div> <div>11 a.m. - 12 p.m. Craft corner: Wind chimes with clay pots</div> <div>1 - 2 p.m. Travel around the world: Italy (Stream)</div> | <div>19</div> <div>11:30 a.m. - 12:30 p.m. Artesania en Espanol</div> <div>1 - 3 p.m. Movie & Popcorn: Because I Said So (2007)</div> |
| <div>22</div> <div>10 - 11 a.m. Protein: Are you getting enough?</div> <div>11 a.m. - 12 p.m. Healthy protein cooking demo</div> <div>12 - 12:30 p.m. Meditation moment (streamed)</div> | <div>23</div> <div>10 a.m. - 12 p.m. Building Better Brain Health Series</div> <div>12 - 2 p.m. Paint chip mosaics</div> <div>1 - 2 p.m. May birthday celebration and games</div> | <div>24</div> <div>12 - 12:30 p.m. Wednesday Wordle</div> <div>1 - 2 p.m. Pickleball</div> | <div>25</div> <div>11 a.m. - 12 p.m. Learn how to earn Go365 rewards*</div> <div>12 - 1 p.m. Craft corner: Rice heating bag</div> | <div>26</div> <div>We are closing at 12 p.m. in observance of Memorial Day</div> |
| <div>29</div> <div>Happy Memorial Day! We are closed in observance of the holiday</div> | <div>30</div> <div>10 - 11 a.m. Scrabble</div> <div>1 - 2 p.m. Pickleball</div> | <div>31</div> <div>11 a.m. - 12 p.m. Balance Screening with Lydia Martin, PT</div> <div>1 - 2 p.m. Chair Volleyball</div> | | |

WEEKLY RECURRING EVENTS

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|---------|---|---|--|---|
| | <div>12 - 12:45 p.m. Silver Sneakers™ Chair Yoga*</div> | <div>10 - 10:45 a.m. Silver Sneakers™ Strength and Balance*</div> | <div>9:15 - 10 a.m. SilverSneakers™ Classic*</div> | <div>10 -10:45 a.m. Silver Sneakers™ Classic*</div> |

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