

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

In person
May 3 | 11 a.m. ET

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.

The brain-heart connection

In person
May 17 | 11 a.m. ET

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.

The Mediterranean diet: The secret ingredient to a longer life? & Cooking demo

In person
May 8 | 10 a.m. ET

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.

Get to know your medicines

In person
May 17 | 12 p.m. ET

Join us for getting to know your medicines with Sullivan University!

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

WEEKLY RECURRING EVENTS

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

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

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*For Humana members with this benefit only.