

## Featured events this July

Visit us online at  
[HumanaNeighborhoodCenter.com](http://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

Strategies to help control high blood pressure	Tips and tricks to help reduce sodium & Cooking demo
<p> <b>In person</b> <b>July 6   1 p.m. ET</b></p> <p>Hypertension – often called a silent killer – may be harmful to your health. Find out how high blood pressure affects the body and how to manage it.</p>	<p> <b>In person</b> <b>July 10   10 a.m. ET</b></p> <p>Eating too much sodium may have dangerous effects on the body. Learn about hidden sources of sodium, how much is too much, and easy steps to help reduce intake. Then, watch a chef prepare a tasty, low-salt recipe.</p>
Habits to help fight Alzheimer's	Screenings: Balance
<p> <b>In person</b> <b>July 19   11 a.m. ET</b></p> <p>Can Alzheimer's be prevented? Join us to find out about five healthy behaviors that may help hold off dementia and may help keep the brain healthy.</p>	<p> <b>In person</b> <b>July 26   11 a.m. ET</b></p> <p>Join us for balance screenings with Lydia Martin, PT. Set up a one on one to discuss nutrition, health and wellness topics with our health educator! RSVP, Space limited.</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](http://HumanaNeighborhoodCenter.com).

You can also watch classes on demand by visiting [HumanaNeighborhoodCenter.com/Video-Library](http://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](http://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](http://HumanaNeighborhoodCenter.com).



## Louisville in-person events this July

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  We are closing at 12 p.m. in observance of 4th of July!	<b>4</b>  Happy 4th of July! We are closed in observance of the holiday.	<b>5</b>  <b>11 a.m. - 12 p.m.</b> World Watercolor Month: Watercolor painting in the cafe  <b>12 - 1 p.m.</b> Book Club: RSVP to pick up your book!  <b>1 - 2 p.m.</b> Pickleball	<b>6</b>  <b>11 a.m. - 12 p.m.</b> National Video Game Day: Wii Sports  <b>1 - 2 p.m.</b> Strategies to help control high blood pressure with KenQuisha Moorman, NP	<b>7</b>  <b>11 a.m. - 12 p.m.</b> Rummikub in the cafe  <b>1 - 3 p.m.</b> Movie and Popcorn: Cruella (2021)
<b>10</b>  <b>10 a.m. - 12 p.m.</b> Tips and tricks to help reduce sodium and cooking demo  <b>1 - 2 p.m.</b> Estrategias Para Ayudar a Controlar La Presion Arterial Alta Dr. Galban	<b>11</b>  <b>10 - 11 a.m.</b> Meditation Moment <b>2 - 3 p.m.</b> Summer theme bingo	<b>12</b>  <b>10 a.m. - 2 p.m.</b> National Jello Day: Try a new flavor of Jello in the cafe!  <b>1 - 2 p.m.</b> Pickleball	<b>13</b>  <b>10 - 11 a.m.</b> Learn how to earn Go365 rewards*  <b>12 - 1 p.m.</b> Household cleaning bingo  <b>1:30 - 3 p.m.</b> Trinket box origami	<b>14</b>  <b>1 - 3 p.m.</b> Movie and Popcorn: The Secret-Dare to Dream (2020)
<b>17</b>  <b>10 a.m. - 1 p.m.</b> Member Appreciation Day <b>10 - 10:30 a.m.</b> Ask an Agent*  <b>10:30 - 11:30 a.m.</b> Train your brain  <b>11:30 a.m. - 1 p.m.</b> 50's themed social and trivia	<b>18</b>  <b>2 - 3 p.m.</b> Fruit and veggie bingo	<b>19</b>  <b>11 a.m. - 12 p.m.</b> Habits to help fight Alzheimer's  <b>12 - 12:45 p.m.</b> Get smart about food labels  <b>1 - 2 p.m.</b> Pickleball	<b>20</b>  <b>11 a.m. - 12 p.m.</b> Chess in the cafe, Bring a friend!  <b>1 - 2 p.m.</b> Family Feud	<b>21</b>  <b>1 - 3 p.m.</b> Movie and Popcorn: Dr. Dolittle (1998)
<b>24</b>  <b>10 - 11 a.m.</b> Is your plate heart healthy? <b>11 a.m. - 12 p.m.</b> Heart healthy cooking demo  <b>1 - 2 p.m.</b> Meditation Moment: Brain Health (streamed)	<b>25</b>  <b>11 a.m. - 12 p.m.</b> Cafe Crafts: Plastic canvas bookmarks  <b>2 - 3 p.m.</b> Book Club: Discussion	<b>26</b>  <b>11 a.m. - 12 p.m.</b> Screenings: Balance screenings with Lydia Martin, PT  <b>1 - 2 p.m.</b> Pickleball	<b>27</b>  <b>12 - 1 p.m.</b> Real People, Real Stories(streamed)  <b>1 - 2 p.m.</b> July birthday celebration and games	<b>28</b>  <b>1 - 3 p.m.</b> Movie and Popcorn: The Last Song (2010)
<b>31</b>  <b>10 - 11 a.m.</b> Rummikub in the cafe, Bring a friend!				

### WEEKLY RECURRING EVENTS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<b>2:30 - 3:15 p.m.</b> SilverSneakers® Tai Chi*	<b>12 - 12:45 p.m.</b> SilverSneakers® Cardio Strength *  <b>1 - 1:45 p.m.</b> SilverSneakers® Chair Yoga*	<b>9:15 - 10 a.m.</b> SilverSneakers® Circuit *  <b>10 - 10:45 a.m.</b> SilverSneakers® Strength and Balance*	<b>9:15 - 10 a.m.</b> SilverSneakers® Classic*	<b>10 - 10:45 a.m.</b> SilverSneakers® 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.