

Featured events this August

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 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.



Featured events

Foods to fight inflammation & Cooking demo In person August 14 10 a.m. ET Certain foods may help ease the painful symptoms of arthritis. Learn which foods may help and how to incorporate them into your diet. Then, watch a chef prepare a recipe using inflammation-fighting ingredients.	Empowered Relief™ In person August 24 10 a.m. ET Chronic pain can take a physical and emotional toll. Join us for this evidence-based program to learn ways to help manage pain and improve well-being.
Sleep better, feel better In person August 16 11 a.m. ET Getting the right amount of good, high-quality sleep is important for your physical and mental health. Learn about some common sleep challenges and steps you can take to get better sleep.	SilverSneakers® Ener-Chi* In person Mondays in August 2:30 p.m. ET Join us for our SilverSneakers® Ener-Chi* class!

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.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
		10 a.m. - 2 p.m. Coloring books for Coloring Book Day 11 a.m. - 12 p.m. Craft corner: Red, white, and blue bead bracelets	10 - 11 a.m. Real People, Real Stories (streamed) 11 a.m. - 1 p.m. Craft corner: Watermelon mason jars for punch and tissue paper watermelons	10 - 11 a.m. Build sandcastles for Sandcastle Day 11 a.m. - 12 p.m. Pickleball 1 - 3 p.m. Movie and popcorn: Cheaper by the Dozen (2004)
7	8	9	10	11
10 - 11 a.m. Scrabble in the cafe 1 - 2 p.m. Artrisit: Encuentre Alivio Para El Dolor En Las Articulaciones	10 a.m. - 12 p.m. Free from falls: Week 1 1 - 2 p.m. Craft corner: Miscellaneous crafts! 2 - 3 p.m. Household cleaning bingo 10 a.m. - 2 p.m. Cat wordsearch	11 a.m. - 12 p.m. Mini Golf for National Golf Month 1 - 2 p.m. Pickleball	11 a.m. - 12 p.m. Learn how to earn Go365 rewards* 1 - 2 p.m. Writer's Corner: Write your autobiography	11 a.m. - 12 p.m. Pickleball 1 - 3 p.m. Movie and popcorn: A Walk on the Moon (1999)
14	15	16	17	18
10 - 11 a.m. Foods to fight inflammation 11 a.m. - 12 p.m. Healthy cooking demo: Foods to fight inflammation 1 - 2 p.m. August birthday celebration and games	10 a.m. - 12 p.m. Free from falls: Week 2 1 - 2 p.m. Craft Corner: Miscellanous crafts! 2 - 3 p.m. Fruit and veggie bingo	11 a.m. - 12 p.m. Sleep better, feel better 12 - 12:45 p.m. Get to know your medicines with Sullivan University 1 - 2 p.m. Pickleball	10 a.m. - 12 p.m. Get your picture taken for National Photo Day! 1 - 2 p.m. Meditation Moment with Lauren	11 a.m. - 1 p.m. Make sand art in the cafe 11 a.m. - 12 p.m. Pickleball 1 - 3 p.m. Movie and popcorn: Oceans (2010)
21	22	23	24	25
11 a.m. - 12 p.m. Writer's corner: Write what you want your legacy to be 10 a.m. - 1 p.m. Arthritis: Living better with joint pain with Dr. Armstrong	10 a.m. - 12 p.m. Free from falls: Week 3 2 - 3 p.m. Craft corner: Herbal sachet	12 - 12:30 p.m. Meditation Moment: Chronic Pain Mindfulness(streamed) 1 - 2 p.m. Pickleball	10 a.m. - 12 p.m. Empowered Relief™* 1 - 2 p.m. Fruit and veggie bingo	10 a.m. - 2 p.m. Dog wordsearch for International Dog Day 11 a.m. - 12 p.m. Pickleball 1 - 3 p.m. Movie and popcorn: The Light Between Oceans (2017)
28	29	30	31	
10 - 11 a.m. The shakedown on sugar 11 a.m. - 12 p.m. Healthy cooking demo: Low sugar	10 a.m. - 12 p.m. Free from falls: Week 4 2 - 3 p.m. Craft corner: Flower pot painting	11 a.m. - 12 p.m. Simple Steps to help prevent falls with Lydia Martin, PT 1 - 2 p.m. Pickleball	10 - 11 a.m. Scrabble in the cafe 1 - 2 p.m. Craft corner: Thumbprint paint dandelions	

Weekly recurring events

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
2:30 - 3:15 p.m. SilverSneakers® Ener-Chi*	12 - 12:45 p.m. SilverSneakers® Cardio Strength* 12:55 - 1:40 p.m. SilverSneakers® Chair Yoga*	9:15 - 10 a.m. SilverSneakers® Circuit * 10:05 - 10:50 a.m. SilverSneakers® Strength and Balance*	10 - 10:45 a.m. SilverSneakers® Classic*	10 - 10:45 a.m. SilverSneakers® Classic*