

Featured events this September

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

Get to know your gut health	Foods to boost digestion
<p> In person September 7 1 p.m. ET</p> <p>Living with daily tummy trouble? Find out about common gut disorders, like IBS, IBD, and diverticulitis and discover ways to avoid pain in the gut.</p>	<p> In person September 11 10 a.m. ET</p> <p>Your stomach probably won't react well with everything you eat, but some foods are worse than others. Find out about foods that can help keep your digestion system running smoothly and those you should avoid.</p>
Better bladder control	SilverSneakers® Ener-Chi*
<p> In person September 20 11 a.m. ET</p> <p>Find out about the different types of urinary incontinence and learn simple ways to help prevent leaks.</p>	<p> In person Every Monday in September 2:30 p.m. ET</p> <p>Join us for our SilverSneakers® Ener-Chi*!</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.

Monday	Tuesday	Wednesday	Thursday	Friday
				<div>1</div> <div>We are closing at 12 p.m. in observance of Labor Day!</div>
<div>4</div> <div>Happy Labor Day! We are closed in observance of the holiday</div>	<div>5</div> <div>10 - 11 a.m. Uno</div> <div>11 a.m. - 12 p.m. Cafe craft: Autumn luminaries</div>	<div>6</div> <div>12 - 1 p.m. Famous people trivia</div> <div>1 - 2 p.m. Intro to Pickleball</div> <div>2 - 3 p.m. Dance party and social</div>	<div>7</div> <div>10 - 11 a.m. Essential oils for health and wellness</div> <div>11 a.m. - 12 p.m. Rick Steves: Venice, Florence, & Rome for National Salami Day!</div> <div>1 - 2 p.m. Get to know your gut health with Dr. Mark Miller</div>	<div>8</div> <div>11 a.m. - 12 p.m. Intermediate Pickleball</div> <div>12 - 1 p.m. Conversation starter social</div> <div>1 - 3 p.m. Movie and popcorn: Secretariat (2010)</div>
<div>11</div> <div>10 - 11 a.m. Foods to boost digestion</div> <div>11 a.m. - 12 p.m. Healthy cooking demo: Gut-healthy foods</div> <div>1 - 2 p.m. Conozca su salud intestinal with Dr. Morrero- Galban</div>	<div>12</div> <div>10 - 11 a.m. Scrabble</div> <div>2 - 3 p.m. Fruit and veggie bingo</div> <div>3 - 4 p.m. Dance party and social</div>	<div>13</div> <div>11 a.m. - 1 p.m. SilverSneakers®: Linda's nomination celebration</div> <div>1 - 2 p.m. Intro to Pickleball</div>	<div>14</div> <div>11 a.m. - 12 p.m. Go365: Learn how to earn rewards*</div> <div>1 - 2 p.m. Chair Volleyball</div>	<div>15</div> <div>11 a.m. - 12 p.m. Intermediate Pickleball</div> <div>1 - 3 p.m. Movie and popcorn: Rio (2011)</div>
<div>18</div> <div>10 a.m. - 2 p.m. Guacamole social and recipe swap</div> <div>1 - 2 p.m. Meditation moment</div>	<div>19</div> <div>10 - 11 a.m. Yahtzee</div> <div>2 - 3 p.m. Household cleaning bingo</div>	<div>20</div> <div>11 a.m. - 12 p.m. Better bladder control</div> <div>12 - 12:45 p.m. The truth about carbs with Sullivan University</div> <div>1 - 2 p.m. Intro to Pickleball</div> <div>2 - 3 p.m. Karaoke party and social</div>	<div>21</div> <div>11 a.m. - 12 p.m. Chair Volleyball</div> <div>1 - 2 p.m. Meditation moment: Stress relief (streamed)</div> <div>2 - 3 p.m. September birthday celebration and games</div>	<div>22</div> <div>11 a.m. - 12 p.m. Start a diary for National Diary Day</div> <div>11 a.m. - 12 p.m. Intermediate Pickleball</div> <div>1 - 3 p.m. Movie and popcorn: Just Go with It (2011)</div>
<div>25</div> <div>10 - 11 a.m. Eating healthy when eating out</div> <div>11 a.m. - 12 p.m. Healthy cooking demo</div> <div>12 - 4 p.m. Flu shot clinic</div>	<div>26</div> <div>10 a.m. - 2 p.m. Cafe craft: Tape painting</div>	<div>27</div> <div>11 a.m. - 12 p.m. Balance screening with Lydia Martin, PT</div> <div>1 - 2 p.m. Intro to Pickleball</div> <div>2 - 3 p.m. Karaoke party and social</div>	<div>28</div> <div>11 a.m. - 12 p.m. Go365: Learn how to earn rewards*</div> <div>12 - 12:30 p.m. Real people, real stories(streamed)</div> <div>1 - 2 p.m. Bingo</div>	<div>29</div> <div>10 a.m. - 2 p.m. Coffee tasting in the cafe for National Coffee Day</div> <div>11 a.m. - 12 p.m. Intermediate Pickleball</div> <div>1 - 2 p.m. Movie and popcorn: The Hunger Games (2012)</div>

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*