

## Featured events this September

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



## Featured events

Get to know your gut health	Foods to boost digestion
<p> <b>In person</b> <b>September 7   1 p.m. ET</b></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> <b>In person</b> <b>September 11   10 a.m. ET</b></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> <b>In person</b> <b>September 20   11 a.m. ET</b></p> <p>Find out about the different types of urinary incontinence and learn simple ways to help prevent leaks.</p>	<p> <b>In person</b> <b>Every Monday in September   2:30 p.m. ET</b></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](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 September

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

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

### 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*

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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.