

Featured events this October

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

Strategies to overcome anxiety and depression	Simple sleep changes for brain health
<p> In person October 5 1 p.m. ET</p> <p>Are thoughts of worries, fears or sadness making it tough to enjoy your life? If so, you're not alone. Learn ideas for managing anxiety and depression, and simple steps that may help you feel better.</p>	<p> In person October 18 11 a.m. ET</p> <p>A good night's sleep is good for your brain, especially as you get older. Learn how your brain mends itself while you doze and steps to get better rest.</p>
Leaving a legacy: How will you be remembered?	Food and mood: What's the connection? and cooking demo
<p> In person October 12 10:30 a.m. ET</p> <p>Life is incredibly short, so why not make a lasting impact? Join us to learn how to leave behind your legacy and different ways to share your life story with others.</p>	<p> In person October 9 10 a.m. ET</p> <p>There may be a strong relationship between what you eat and how you feel. Learn how to eat a diet to help you feel your best and be healthy – both physically and mentally. Then, watch a chef prepare a recipe using mood-boosting foods.</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.



Louisville in-person events this October

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 9 a.m. - 4 p.m. Active Aging Week: Inspiration Board 10 - 11 a.m. Craft Corner: Mini Gumball machine 12 - 1 p.m. Meditation Moment with Lauren	3 10 - 11:30 a.m. Harmonicas for Health: Week 1 10 a.m. - 2 p.m. Games in the Cafe: Bring a friend 2 - 3 p.m. Active Aging Week: Tea Party & Strike Up a Conversation Social	4 11 a.m. - 12 p.m. 10 Warning Signs of Alzheimer's presented by the Alzheimer's Association 12 - 1 p.m. Active Aging Week: Cognitive Health Trivia	5 11 a.m. - 12 p.m. Learn how to earn Go365 rewards* 12 - 12:30 p.m. Active Aging Week: Meditation Moment Stream 1 p.m. - 4 p.m. Mental Wellness: Building Your Emotional Toolkit with Ashley Urial-Mills	6 12 - 1 p.m. Soup Can Workout Stream for Active Aging Week 1 - 2:30 p.m. Movie and Popcorn: Phone Book (2003) 3 - 4 p.m. Sales seminar
9 10 a.m. - 12 p.m. Food and mood: What's the connection? and cooking demo 1 - 2 p.m. Sales seminar 2:30 - 3:30 p.m. Craft Corner: Make mud facials for National Mud Pack Day	10 10 - 11:30 a.m. Harmonicas for Health: Week 2 10 a.m. - 2 p.m. Book club: Pick up your book-The Book Woman of Troublesome Creek 2 - 3 p.m. Household cleaning bingo	11 11 a.m. - 12 p.m. Healthy Living for Your Brain and Body Presented by the Alzheimer's Association 3 - 4 p.m. Sales seminar	12 10:30 - 11:30 a.m. Leaving a legacy: How will you be remembered? 1 - 2 p.m. Craft Corner: Make a crazy mini-hat! 2 - 3 p.m. Chair Volleyball	13 1 - 2:30 p.m. Movie and Popcorn: Angry Neighbors (2022) 3 - 4 p.m. Sales seminar
16 11 a.m. - 12 p.m. Learn how to earn Go365 rewards* 1 - 2 p.m. Craft Corner: Miscellaneous Crafts	17 10 - 11:30 a.m. Harmonicas for Health: Week 3 2 - 3 p.m. Fruit and veggie bingo 3:30 - 4:30 p.m. Sales seminar	18 11 a.m. - 12 p.m. Simple sleep changes for brain health 12 - 12:45 p.m. Sneaky sodium: Where are you hiding?	19 11 a.m. - 12 p.m. Games in the Cafe: Bring a friend 1 - 2 p.m. Craft Corner: Mason jar Halloween lanterns	20 10 a.m. - 2 p.m. National Nut Day, Come and enjoy healthy nuts in the cafe! 1 - 2:30 p.m. Movie & Popcorn: Movie and Popcorn: Igor (2008) 3 - 4 p.m. Sales seminar
23 9:30 - 10:30 a.m. Sales seminar 11 a.m. - 12 p.m. Healthy cooking demo: Mood boosting foods 12:30 - 2 p.m. Cyber Security 101: How To Protect Yourself	24 10 a.m. - 2 p.m. Enjoy a fall theme snack in the cafe 2 - 3 p.m. October birthday celebration and games	25 10 a.m. - 2 p.m. Test your taste buds for Sourtest Day! 11 a.m. - 12 p.m. Simple Steps to help prevent falls with Lydia Martin, PT 3 - 4 p.m. Sales seminar	26 11 a.m. - 12 p.m. Games in the Cafe: Bring a Friend 1 - 2 p.m. Craft Corner: Paint & decorate mini pumpkins	27 10 a.m. - 2 p.m. Overnight Oats in the cafe for National Oatmeal Day 1 - 2:30 p.m. Movie and Popcorn: The Addams Family (2019) 3 - 4 p.m. Sales seminar
30 11 a.m. - 12 p.m. Meditation moment: Releasing body tension(streamed) 1 - 2 p.m. Craft Corner: Breast Cancer Awareness key chain craft 2 - 3 p.m. Real people, real stories: Breast cancer(streamed)	31 10 - 11:30 a.m. Harmonicas for Health: Week 4 1 - 3 p.m. Halloween Party 3 - 4 p.m. Book Club: Discussion			

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* 1 - 2 p.m. Beginners Pickleball	10 - 10:45 a.m. SilverSneakers® Classic* 11 a.m. - 12 p.m. Intermediate Pickleball	10 - 10:45 a.m. SilverSneakers® Classic* 11 a.m. - 12 p.m. Intermediate Pickleball

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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.