




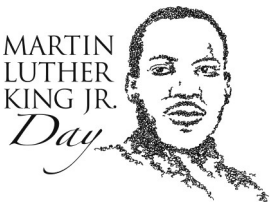






# Senior Center • January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Center Closed 	<b>2</b>	<b>3</b> New Year Entertainment Mr. Artie Seay 11:00 am to Noon	<b>4</b>	<b>5</b> Thyroid Disease Awareness Month Colors: Teal, Pink & Blue
<b>8</b> MD2U Lindsey Tuffy 11:30 am 	<b>9</b> KIPDA Services Survey Megan Sherwood 9:45 am 	<b>10</b> APCD Dee Lynch 11:30 am  AIR POLLUTION CONTROL DISTRICT	<b>11</b> Spalding University Dr. Sheila Kirk Nursing Students 9:00 am 	<b>12</b> Martin Luther King, Jr. Celebration US Postal Service 9:00 am
<b>15</b> Center Closed 	<b>16</b> WellCare James Madry Special Enrollment & Giveaways 11:30 	<b>17</b> KIPDA Services Survey Megan Sherwood 9:45 am 	<b>18</b>	<b>19</b> Cervical Cancer Awareness Month Colors: Teal/White
<b>22</b>	<b>23</b> Clear Captions Matt Hall 11:30 am 	<b>24</b> CATCH for Adults: Protein Sarah Irvin 11:30 am	<b>25</b>	<b>26</b> Glaucoma and Organ Donation Awareness Month Color: Green
<b>29</b> Diabetes Support Group Megan Latiff 11:30 am 	<b>30</b>	<b>31</b>		

**These events occur EVERY WEEK (unless otherwise announced)**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:30 am</b> Tai Chi	<b>10:00 am</b> Arthritis Exercise	<b>9:30am</b> Arts & Crafts	<b>9:30 am</b> Tai Chi	<b>10:00 am</b> Line Dancing
<b>10:00 am</b> Yoga	Line Dancing Quilting	<b>10:00 am</b> SHIP Counseling	<b>10:00 am</b> Arthritis Exercise	<b>11:00 am</b> Lunch
<b>10:30</b> Aerobics	<b>11:00 am</b> Lunch	<b>10:30</b> Aerobics	Reflections Yoga	<b>12:00 pm</b> BINGO
<b>11:00 am</b> Lunch	<b>12:30 pm</b> BINGO	Computer Class (Lab)	<b>11:00 am</b> Lunch	
<b>12:30 pm</b> BINGO		<b>11:00 am</b> Lunch	<b>12:00 pm</b> BINGO	
		<b>12:30 pm</b> BINGO		

Lunch is provided in partnership with Louisville Metro Government Senior Nutrition Program. Activities are funded in part by Louisville Metro Government, Metro United Way, and the Kentuckiana Regional Planning and Development Agency (KIPDA).



**University of Louisville Social**

**Work Interns**

Many thanks to Theresa Vail who spent the fall semester at the Senior Center. Theresa will visit occasionally as she completes her study on the benefits of arthritis exercise.

Also, we welcome Katherine Rouse, who will be with us through the spring! She will develop and lead a program to help our seniors learn their smart phones.

*Thank you*

We collected approximately 100 socks and gloves for the children at Home of the Innocents. Your generosity is appreciated! Additionally, we're grateful for JenCare, who graciously provided us with a wonderful lunch, prizes, and holiday party. Finally, many thanks to those who supported others through our Elf to an Elder program. Over 130 seniors received gifts!



**Annual Martin Luther King, Jr. Celebration**

The US Postal Service will hold its annual MLK, Jr. celebration at the Center on Friday, Jan 12 at 9 am. All are welcome to attend! You won't want to miss this inspirational event.

**Safe Drug Disposal**

Detra pouches are now available at the Senior Center. These plastic pouches offer a safe and easy way to get rid of old medications. Place old pills, liquid medication, or patches into the pouch. Then add warm water, shake, and throw away. It will be safe for disposal with your regular trash.



**Your Feedback is Needed!**

Megan Sherwood with University of Louisville's Institute for Sustainable Health and Optimal Aging will be at the Center twice in January. She will be asking us to give feedback on KIPDA services. Check the calendar for survey dates!



**Time to Call it Quits?**

The American Lung Association's Freedom From Smoking Clinic is for adults who are ready to quit. Since most people already know that smoking is dangerous to their health, the program focuses on how to quit, not why to quit. Call 853-6318 to find a class near you, and to learn more about online and phone support options.

**New Medicare Cards Are Coming!**

**Watch out for Scammers.**

To help protect your identity, a new Medicare card will be mailed to that has a unique number, which is NOT your Social Security number. Cards will be mailed between April 2018 and April 2019.

What you need to know:

- ⇒ You don't have to do anything to get your new card.
- ⇒ The new card will NOT change your coverage or benefits.
- ⇒ Medicare will NOT call and ask for private information to get your new card or number.
- ⇒ There is NO charge to get your new card.