

Senior Center • March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			JCTC Students 10:35 am - 11:50	Dress in Blue Day for Colon Cancer Awareness
5	6	7	8	9
		Public Hearing: Regarding Aging KIPDA Speaker Jessica Elkin 1:00 pm - 4:00	Kidney Health Speaker Dr. Panchal 11:30 am - 11:50	Daylight savings time begins 2:00 am Sunday, Spring Forward one hour!
12	13	14	15	16
	Offsite: Triad Meeting Humana Volunteers Jessica Kayrouz 9:00 am - 11:00	SENIOR COMMODITIES 10:00 am – 2:00 pm	Medicare KIPDA Speaker Lyndsey Burch 11:30 am	SENIOR COMMODITIES 10:00 am - 2:00 pm Wear Green Day! 
19	20	21	22	23
	Eating the Rainbow: Fruits and Veggies Sarah Irvin 11:30am <i>First Day of Spring!</i>	Fall Prevention Katherine Rouse 11:30 am - 12:00 pm	Dare to Care Cooking Classes Angie Breuer 11:00 am	
26	27	28	29	30
Diabetes Support Group Megan Latiff 11:30 am 		Norton Health Care Colon Health 11:30 am Biggest Loser Coach Mo 11:00 am - Noon Regarding Aging UofL 2:00 pm - 4:00		Good Friday

These events occur EVERY WEEK (unless otherwise announced)

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



Save the Dates!

Feb 28 – April 8: Humana Festival of New American Plays <https://actorstheatre.org/humana-festival-of-new-american-plays/>

March 2—4: Annual Home, Garden & Remodeling Show at the Kentucky Expo Center

Mon, 4/16 is National Healthcare Decisions Day: join us for information and an opportunity to complete your advance directives!

Sat 4/21: Thunder Over Louisville



Photo Releases:

We will be taking more photos of activities at the Senior Center in the upcoming months. Some photos will be posted on social media. Be sure you have completed a photo release so we know if you do or do NOT want your picture online.

KIPDA: Notice of Public Hearing

KIPDA invites everyone to attend a public hearing to view and comment on the Regional Area Plan for 2019-2021. One of the hearings will be held at the Senior Center: Wed., March 7th from 2:00 to 3:30 pm. A draft copy of the plan is available at www.kipda.org.



Selection Sunday is March 11th. Games run through Finals on April 2nd!

Nominations Being Accepted Now!

The Gold Standard Award for Optimal Aging celebrates older adults who embody the vision for a world where all older adults lead engaged and flourishing lives. This award will recognize older adults who are 85 years or older and who are outstanding models of optimal aging in one or more of the following categories: **physical, social, spiritual** and **creative**. This award benefits the U of L Institute for Sustainable Health & Optimal Aging. Nominate before April 15th! Nomination forms can be found at: <https://ishoa.memberclicks.net/gold-standard>.



March is National Kidney Month

- What are the first steps to eating right for kidney health?
- Choose and prepare foods with less salt and sodium. Your diet should contain less than 2,300 mg of sodium per day.
- Eat the right amount and types of protein.
- Choose foods healthy for your heart to help keep fat from building up in your blood vessels, heart, and kidneys.
- Choose foods with less phosphorus. Look for it, or words with PHOS in the name, on the ingredient label.
- Choose foods with the right amount of potassium. Talk to your doctor for specific recommendations.

St. Patrick's Day Trivia Fact: The Shamrock's 3 leaves are meant to represent the Trinity.

You may find the luck of the Irish in a four-leaf clover but the national symbol for Saint Patrick's Day is actually three-leaf shamrock. Though it may seem weird to have a plant represent a holiday, it makes more sense when you know that, according to legend, Saint Patrick used shamrocks to teach children about the Holy Trinity.

