

# OLDER AMERICANS MONTH



ENGAGE AT EVERY AGE: MAY 2018

<b>AGENCY</b> <i>For more information contact each center</i>	<b>EVENT/ ACTIVITY</b>	<b>LOCATION</b>	<b>DATE &amp; TIME</b>
<b>JCC</b> <b>502-459-0660</b>	<b>Concertina Performance</b>	<b>JCC Senior Adult Lounge</b>	<b>Tuesday, May 8-12:45PM</b>
<b>JCC</b>	<b>Ann Dorzback-“My Experience with Puppets”</b>	<b>JCC Senior Adult Lounge</b>	<b>Tuesday, May 15-12:45PM</b>
<b>JCC</b>	<b>Denine LeBlanc, Concert Pianist presents Classical Music &amp; Gershwin</b>	<b>JCC Senior Adult Lounge</b>	<b>Tuesday, May 22-12:45PM</b>
<b>JCC</b>	<b>Mike O’Bryan Returns with great Accordion Tunes</b>	<b>JCC Senior Adult Lounge</b>	<b>Tuesday, May 29-12:45PM</b>
<b>JCC</b>	<b>Musical- “Oklahoma”</b>	<b>Derby Dinner Playhouse</b>	<b>Wednesday, May 16-11:15AM</b>
<b>JCC</b>	<b>Coffee Concert-Louisville Orchestra “The Rite of Spring”</b>	<b>Kentucky Center for the Arts</b>	<b>Friday, May 11 11:00AM</b>
<b>HCM Outreach</b> <b>502-459-4887</b>	<b>Restorative Dance with Rachel (Ballet Instructor)</b>	<b>HCC Building</b>	<b>In May to be announced</b>

<b>Elderserve 502-778-7418</b>	<b>Presentation-Judicial candidate Tanisha Hickerson – You can run for public office at any age. Go for it!!!</b>	<b>Oak &amp; Acorn senior center</b>	<b>Wednesday, May 16, 11:30am</b>
<b>Elderserve</b>	<b>Pre-Memorial Day Cook Out</b>	<b>Oak &amp; Acorn senior center</b>	<b>Thursday, May 24, 11:15am</b>
<b>Elderserve</b>	<b>It is never too late to start an exercise routine – presentation by the downtown YMCA</b>	<b>Oak &amp; Acorn senior center</b>	<b>Wednesday, May 30, 11:30am</b>
<b>TCCAA – Henry County 502-845-7808</b>	<b>Yard Sale</b>	<b>Senior center</b>	<b>June 9<sup>th</sup>, 8:30 – 2:30</b>
<b>TCCAA – Henry County</b>	<b>Meditation</b>	<b>Senior center</b>	<b>May 7, 10:30am</b>
<b>TCCAA – Henry County</b>	<b>International food class</b>	<b>Senior center</b>	<b>May 14, 10:30am</b>
<b>TCCAA – Henry County</b>	<b>Recipes for healthy smoothies</b>	<b>Senior center</b>	<b>June 4, 10:30am</b>
<b>TCCAA – Henry County</b>	<b>Crock Pot class</b>	<b>Senior center</b>	<b>June 18, 10:30am</b>
<b>TCCAA – Trimble County 502-255-7514</b>	<b>Planting flowers around Courthouse</b>	<b>Bedford</b>	<b>April 7</b>
<b>TCCAA – Trimble County</b>	<b>Yard sale/ donated money to military missions</b>	<b>Bedford senior center</b>	<b>April 19</b>
<b>TCCAA – Oldham County 502-222-1349</b>	<b>Field Trip</b>	<b>Frazier Museum</b>	<b>May 1, 10:30am</b>
<b>TCCAA – Oldham County</b>	<b>Walking club kick off</b>	<b>Oldham county</b>	<b>May 14, 10:30am</b>
<b>TCCAA – Oldham County</b>	<b>Movie Premier of Senior Interviews</b>	<b>Oldham county</b>	<b>May 30, 10:30am</b>

<b>MPCAA – Spencer County 502-477-8296</b>	<b>Harmonica for Health</b>	<b>Senior center</b>	<b>Each Tuesday in May 12:30-1:30</b>
<b>MPCAA – Spencer County</b>	<b>Lunch with Judge Executive John Riley</b>	<b>Senior center</b>	<b>Tuesday, May 1, 11:30- 12:30</b>
<b>MPCAA – Spencer County</b>	<b>Instant Pot-cooking class with Allison Lewis</b>	<b>Senior center</b>	<b>Thursday, May 30, 12:30-1:30</b>
<b>MPCAA- Spencer County</b>	<b>Fitness week – outdoor fitness class &amp; Anytime fitness classes</b>	<b>Anytime Fitness, Taylorsville</b>	<b>May 15-17, 10:30-11:15</b>
<b>MPCAA – Spencer County</b>	<b>Flower garden renovation @ the center in partnership with Twin-M-Nursery</b>	<b>Senior Center</b>	<b>Date &amp; Time TBD</b>
<b>MPCAA – Spencer County</b>	<b>Taylorsville Lake information presentation</b>	<b>Senior Center</b>	<b>May 9 @ 12:30</b>
<b>MPCAA – Shelby County 502-633-7162</b>	<b>Senior Olympics</b>	<b>Senior Center Parking Lot</b>	<b>May 18, 12:30</b>
<b>MPCAA – Shelby County</b>	<b>Make a kite craft &amp; go fly it</b>	<b>Senior Center Parking Lot</b>	<b>Craft May 8 &amp; 9, flying the kite –May 11; both start at 1:00</b>
<b>MPCAA – Shelby County</b>	<b>Ice-cream social &amp; entertainment with singer Cindy Lucas</b>	<b>Senior center</b>	<b>May 23, 12:30</b>
<b>MPCAA – Shelby County</b>	<b>Memorial Day picnic lunch with fishing</b>	<b>Lake Shelby</b>	<b>May 25, 11:00 – 2:00</b>
<b>MPCAA – Shelby County</b>	<b>Visit &amp; Tour the Family Community Center</b>	<b>FAC - Shelbyville</b>	<b>TBD</b>
<b>MPCAA – Bullitt County 502-543-3455</b>	<b>Outing to City Park</b>	<b>Shepherdsville</b>	<b>May 7, 12:00 noon</b>
<b>MPCAA – Bullitt County</b>	<b>CPR training by the Fire Department</b>	<b>Senior center</b>	<b>May 23, 11:00am</b>
<b>MPCAA – Bullitt County</b>	<b>Family Tree Scrapbook</b>	<b>Senior center</b>	<b>May 25, 12:30pm</b>
<b>MPCAA – Bullitt County</b>	<b>Senior Safety presentation</b>	<b>Senior center</b>	<b>May 30, 11:00am</b>