

OLDER AMERICANS MONTH



ENGAGE AT EVERY AGE: MAY 2018

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

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

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