

**Attention HHP members:** Verifications and/or internet packets are due by Thursday, **October 31, 2022.**

## On-Site Events

These events are held at the fellowship hall (upstairs) of the John Knox Presbyterian Church, 9104 Westport Road. Must register for workshops. Please call Shiny at 502-426-2824, x306 or Adrienne at x305.

**MEDICARE 101: Led by Craig Friedman**  
Wednesday, 10/12 @ 11:00am (Please call to RSVP)

**FUN FALL CRAFT: Led by Lucy Quesenberry**  
Tuesday, 10/18 @ 11:00am (Please call to RSVP)

**MENTAL WELLNESS AND SELF CARE: Led by Adrienne Feldmann**  
Tuesday, 10/25 @ 11:00am (Please call to RSVP)

**EACM WOMEN'S SUPPORT GROUP:**  
\*\*Please note new day and time for October group meeting\*\*  
Thursday, 10/27 @ 6:00pm. Must contact Shiny to join.

**\*\* VERIFICATION SHEETS OR INTERNET PACKET FOR HHP PARTICIPATION MUST BE TURNED IN ON TIME FROM AUGUST-DECEMBER TO BE ELIGIBLE FOR CHRISTMAS ASSISTANCE. \*\***

If you are unable to attend any In-Person events you have the option of picking up an Internet Packet. Please ask someone at the front desk or ask for Shiny for assistance.

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## Multicultural Community Services

Several of these events take place off-site, not at the EACM office. Please note event locations.

### Free English Classes (ESL), citizenship test preparation, and support groups

In-person classes are located at Springdale Presbyterian Church, 7812 Brownsboro Rd., Louisville, KY 40241. **Must register to join. Call Paty Robles for more information at 426-2824, x300.**

### Latina Women's Group

**Tuesday, October 25th 6-8PM**

(4th Tuesday of every month)

### Citizenship Test Preparation

Call Paty Robles for information at 426-2824, x300

## English Class Schedule (ESL)

All class times are 10:00-11:30 AM, except for the Monday Evening Conversation class.

### MONDAY

Virtual (Zoom)

**Intermediate  
Advanced**

In-Person

**Beginners 1  
Beginners 2  
Beginners 3**

### MONDAY

#### EVENING

7:00-8:30 PM,  
Virtual (Zoom)

**Conversation  
Class**

- **Beginners 3  
- Intermediate  
- Advanced**

### TUESDAY

Virtual (Zoom)

**Conversation Class  
- Intermediate  
- Advanced**

### WEDNESDAY

Virtual (Zoom)

**Intermediate  
Advanced**

In-Person

**Beginners 1  
Beginners 2  
Beginners 3**

### FRIDAY

Virtual (Zoom)

**Beginners (all 3  
levels)**

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## Off-Site Opportunities

These community events are sponsored by outside groups and are held at various locations. Unless otherwise noted, these events are free.

### CONVERSATION WITH CAREGIVERS: MAINTAINING CONNECTIONS

Address: Alzheimer's Association, 6100 Dutchmans Lane, Suite 401, Louisville, KY 40205

**Tuesday, 10/18 @6:00pm-7:00pm**

### LOOKING FOR SUPPORT?

Please check out various groups offered at Southeast Christian Church and their sister campuses:

<https://www.southeastchristian.org/groups/oncampus/>

### FREE COMMUNITY HEALTHY COOKING CLASS @ MIDDLETOWN SDA CHURCH

Address: 125 N. Watterson Trail, Louisville KY 40243

Monday, October 3, 2022 at 6:00pm

### NEED A BIKE TO GET TO WORK OR TO SCHOOL?

Please call Shiny at 502-426-2824 ext. 306 for more information about Goodwill's Last Mile to Work program.

### MAMA MATTERS

Family Support of Catholic Charities of Louisville offers a space where mothers with children birth to five can meet, socialize, and support one another through the joys and challenges of motherhood.

Now Virtual! Group meetings on the 2nd and 4th Thursday from 11:00 a.m. - 12:00 p.m.

For more information or to register, contact **Cydnei Dean**.

Email- [cdean@archlou.org](mailto:cdean@archlou.org), Office- 502-637-9786 x 306

Cell (text available)- 502-649-5569

**Attn: Please let Shiny know if you plan on attending these meetings.**

### MOTHER INFANT CARE

Catholic Charities of Louisville is offering a 6-week course covering a variety of topics related to pregnancy and newborn care. Upon completion of the course, participants can select a brand-new item such as a crib, car seat, pack-n-play and more! Other baby items are offered throughout the program.

To be eligible, you must be pregnant or have given birth in the last three months. This program is currently offered virtually. **RSVP Required.**

Contact **Cydnei Dean** at 502-637-9786 X306.

**Attn: If you attend at least 4 out of the 6 week classes it will count for 6 months of HHP participation. Please see Shiny for more details.**