

**Attention HHP members:** Verifications and/or internet packets are due by **Thursday, November 30.**

### 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 **502-426-2824 Ext. 310** to register.

**FALL RECIPE- SEVEN CAN SOUP:** Led by June Dean  
Tuesday, Nov. 7, 11am-12pm (Please call to RSVP)

**ARTS AND CRAFTS:** Led by Lucy Quesnberry  
Tuesday, Nov. 14, 11am-12pm (Please call to RSVP)

**THANKSGIVING FUN AND SOCIAL:** Led by Shiny and Team  
Tuesday, Nov. 21, 12-1 pm (Must RSVP)

#### **SPECIAL EVENT FOR SENIORS:**

John Knox Presbyterian church will host two free senior luncheons in the month of December. You must be 55 years old and over to participate. Come enjoy a short program, Christmas caroling, lunch and make some new friends. Save the date for **December 12 and 19 from 12:30-2:00.**

**\*The EACM women's support group temporarily on hold\***

If you are unable to attend any In-Person events, you have the option of picking up an Internet Packet. There are 30 days to complete a packet or attend a workshop. Please call Shiny at 502-426-2824 ext. 306 or email at [svarughese@eacmonline.org](mailto:svarughese@eacmonline.org) with any questions or concerns.

#### **THANKSGIVING DINNER BASKETS**

Thanksgiving vouchers will be given out from **Monday, Oct. 30** through **Wednesday, Nov. 14.** You must come in person to get a voucher. If it is lost or misplaced, it will not be replaced. Dinner Baskets will be distributed on **Saturday, Nov. 18,** from **9:00-10:30 am** at Middletown Christian Church. 500 N Watterson Trail, Louisville, KY 40243

### 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, November 28<sup>th</sup>, 6-8PM (Please call Paty for more information)  
(4th Tuesday of every month)

#### **Citizenship Test Preparation**

Call Paty Robles for information at 426-2824, x300

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[www.eacmonline.org](http://www.eacmonline.org)

Event registration - 502.426.2824 ext.306  
9104 Westport Rd. Louisville, KY 40242

English Class Schedule (ESL)					
MONDAY 10 - 11:30 AM	MONDAY EVENING 6:30 - 8 PM	TUESDAY 10 - 11:30 AM	TUESDAY EVENING 7 - 8 PM	WEDNESDAY 10 - 11:30 AM	FRIDAY 9 - 10:30 AM
Virtual (Zoom) <b>Intermediate Advanced</b>	Virtual (Zoom) <b>Intermediate</b>	Virtual (Zoom) <b>Conversation Class</b> - <b>Intermediate</b> - <b>Advanced</b>	In-Person <b>Beginners</b>	Virtual (Zoom) <b>Intermediate Advanced</b>	Virtual (Zoom) <b>Beginners</b>
In-Person <b>Beginners Intermediate</b>				In-Person <b>Beginners Intermediate</b>	

## Off-Site Opportunities

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

### CHAIR YOGA

John Knox Presbyterian church offers chair yoga **every Thursday in November, except for the 4<sup>th</sup> Thursday**. It is a great way to stay active for those who cannot practice traditional yoga. Chair yoga is offered upstairs in the fellowship hall of the John Knox Presbyterian Church. HHP participants: There is a folder listed as "HHP workshops" which has the HHP verification sheets. If you attend a yoga class, please take a verification sheet which is in a folder titled "HHP workshops" on a desk near the entrance of the fellowship hall. Please have your name along with the instructor signature and put it in the black drop box at EACM. **Please call or email Shiny for more details.**

**Location: 9104 Westport Rd. 40242 (please park on the left upper hand side).**

**Time: 2:00pm-3:00pm**

### MENTAL WELLNES WORKSHOP OFFERED AT NOTHEAST CHRISTIAN CHURCH

On the first Tuesday of each month, Northeast Christian Church will gather for a Mental Wellness Workshop. Through teaching, small group discussion, and personal reflection, tools you can integrate into your life right away. **Please call Shiny for more details.**

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Eastern Area  
Community  
Ministries

# Program Calendar

November 2023

## 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, carseat, 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.**

**Attn: If you attend at least 4 out of the 6 week classes it will count for 3 months of HHP participation. Please see Shiny for more details.**

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