



THRIVE CENTER

WISDOM - INNOVATION - WELLNESS



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Welcome to the Thrive Center!

The Thrive Center Inc. is a nonprofit 501©3 technology innovation, and educational center designed to enhance the quality of life for those aged 50+. Located in the heart of NULU in downtown Louisville, KY. The center features innovative technology exhibits, specialized programming to enhance elder wellness and a series of educational programs for the community.

Ribbon Cutting Ceremony

October 19th, 2017 marked the ribbon cutting ceremony for the Thrive Center. Nearly 300 people attended the event!



Test Drive Thrive!

Come Test Drive Thrive!

Facilitators for each of our programs will be on site to share with you a 10 minute sampling of their classes.

Come to one or all of the sessions to learn more about Thriving with us!

Feet to the Fire Writer's Workshop - February 21 (Wednesday) - 11:00 - 12:00pm

Tai Chi - February 21 (Wednesday) - 10:30-11:30am

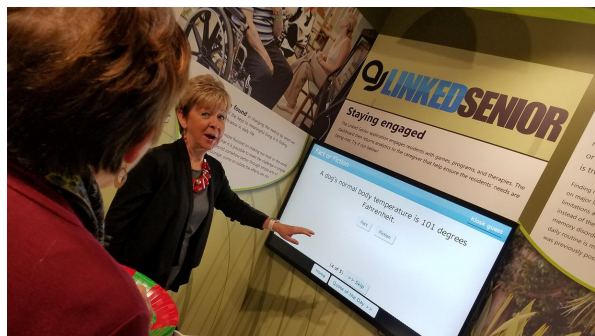
Nia and Ageless Grace - February 22 (Thursday) - 1:00-2:30pm

Barre, Buff Bones and Pilates - February 23 (Friday) - 1:00-2:30pm

Please call 502-631-9422 to reserve your space!

To learn more about each program, refer to the descriptions in the Programs and Events section of this newsletter!

All programs are offered at the Thrive Center, 204 E. Market street. Free parking in the back of our building.

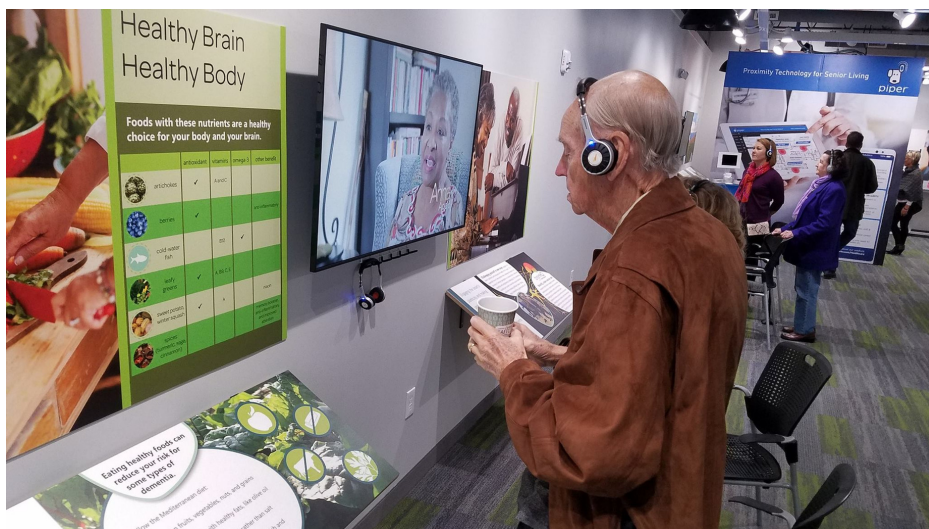


**"THE LONGER I LIVE THE
MORE BEAUTIFUL LIFE
BECOMES."**

~ FRANK LLOYD WRIGHT

Holiday Open House

Approximately 100 people joined us for our first annual Holiday Open House on December 10th. Visitors explored our technology, socialized and learned more about upcoming programs and discussions.

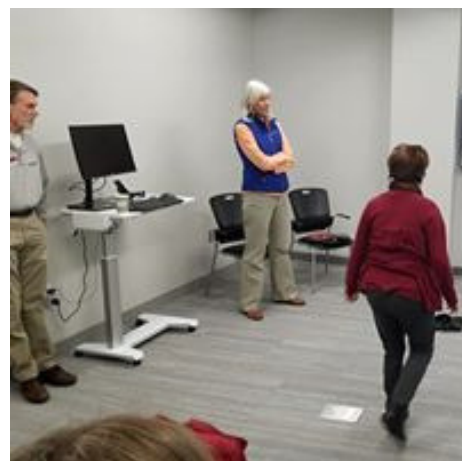


Programs and Events at Thrive

Gait and Balance Assessments

Are you or a loved one 50+ and concerned about your fall risk? Bellarmine University PT & OT students offer gait and balance fall-risk assessments using VirtuSense Technology. This program is offered on Tuesdays and Thursdays from 11-12, until mid-April, 2018.

Please call us at 502-631-9422 to reserve your time.



Feet to the Fire Writers' Workshops®

Feet to the Fire Writers' Workshops offers writing workshops for seniors (65+) who want to write down their particular life stories with guided prompts and weekly inspiration. Promotes cognitive enrichment and social engagement; inspires individuals to capture their stories in words to be preserved forever! The six-week- workshop meets in one-hour weekly sessions. Check out the video for more

information. <https://www.youtube.com/watch?v=9FIhKSAh8Cg>

We have two upcoming sessions:

Cohort 1

(approximately 10 participants):

Wednesday afternoons, 1pm to 2pm

Week 1: Feb. 28

Week 2: March 7

Week 3: March 14

Week 4: March 21

Week 5: March 28

Week 6: April 4

Cohort 2

(approximately 10 participants):

Saturday afternoons, 1pm to 2pm

Week 1: March 3

Week 2: March 10

Week 3: March 17

Week 4: March 31 (note: Angela will be out of town March 24)

Week 5: April 7

Week 6: April 14

Final Public "Open Mic" Story Sharing/Reading on Sunday, April 15 - 1pm to 3pm. This is optional for participants to present their stories, and will be open to family and the public to attend.

Feet to the Fire is brought to you in partnership with The Funds for the Arts. <https://fundforthearts.org>

Call us at 502-631-9422 to reserve your spot!



Nia

A fun, low-or-non-impact aerobic workout combining simple dance moves, martial arts and healing arts. Every class offers a unique combination of 52 moves that correspond with the main areas of the body. Nia is user-friendly, for everyone at any fitness level. Benefits can include: cardio conditioning, stress relief, joint mobility, increased strength and energy. Designed for those 50+. See a Nia video here: <https://youtu.be/fBuPrEs9OLg>

Barre

A combination of postures inspired by ballet movement and other disciplines like yoga and Pilates. The "barre" is used as a prop to balance yourself while following exercises that focus on isometric strength training. Designed for those 50+.



Tai Chi

Are you 50+ and looking for an activity to help you become centered and calm, creating feelings of peace, and quiet? This 5-form Tai Chi class may be what you want! Tai Chi is also known to promote good posture, muscle tone, flexibility, and agility. This 6-week course meets 1 hour per session and is suitable for those able to stand, but participants are also welcome to participate while sitting in a chair.

Buff Bones®

Bone Health exercises for those over 50 who are concerned about bone health? Osteoporosis is a serious bone condition which the Buff Bones® exercise program may help. This is a medically-endorsed system of movement for bone and joint health, taught by a certified instructor. Program meets weekly for 1 hour and is suitable for those able to stand, or be seated as well.



Pilates

A system of exercises designed to improve physical strength, flexibility, and posture, and enhance mental awareness for those 50+. This floor mat-based program will be offered weekly for one hour.

Ageless Grace[®]

Ageless Grace , a seated exercise program that works the core and activates the organs and systems of the body. The 21 Tools have vivid, easy-to-remember names and include imagery, creativity, playfulness, variety, polarity, sound, expression, words and games.

Anyone at any age, including those with physical disabilities and challenges, can participate at his or her own level of ability. Open to those 50+. Visit

<http://www.youtube.com/watch?v=GG5pGFSOeeU> to see a short video about Ageless Grace.



Grip Strength Assessment

Coming soon! Bellarmine University PT & OT students will offer grip strength assessments for those 50+.

SingFit[®] Therapeutic Music for Dementia

Therapeutic Music sessions designed for those with dementia; stimulates memory and motion through active engagement with music program starts in March. Click on the link to see SingFit in action. https://www.youtube.com/watch?v=I_fm6uAwjH0



Yoga and Meditation

E-X- H-A- L-E Mindfulness Meditation/Yoga program designed for 50+ A “hands-on” workshop series that utilizes both research-based, effective approaches to help you make and sustain improvements in your life. This 4-week workshop consists of 1 hour sessions and is suitable for those able to stand, though participants are also welcomed to partake while sitting in a chair. Classes forming soon. Please email us at info@thrivecenterky.com or call us 502-631- 9422 ext. 2 if you are interested.

New - Thriving Thursdays! Third Thursdays at Thrive

Meet us at the Thrive Center every third Thursday of the month from 5pm - 6:30pm for engaging discussions with experts on topics of interest to seniors, families of seniors, and senior care professionals.

Discussions will include topics such as Medication Management, Fraud Awareness, Preparing for Dying and Death - Which documents do I need?, Caring for the Caregiver, Understanding VA Benefits, Medicare and Medicaid, Preparing Your Home for Aging and more!

Discussions starting in March. Refer to the Events page on our website at www.thrivecenterky.org for more information.

Schedule Your Thrive Tour

Contact us at 502-631-9422 to schedule your tour of the Thrive Center! Tours are offered Monday - Friday from 9:30 - 11:30 and again from 1:30 - 4:30. Tours are available at other times by request.



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