

Altamonte Springs

April in-person events

Be sure to call to RSVP at **407-772-3140**.  
Class times and dates are subject to change.



515 E Altamonte Drive  
Suite 1001  
Altamonte Springs, FL 32701  
**407-772-3140 (TTY: 711)**  
Monday – Friday, 9 a.m. – 5 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>12 - 12:45 p.m. SilverSneakers® Classic*</div>	<div>2</div> <div>10 - 11 a.m. Birthday celebrations 11 a.m. - 12 p.m. Humana Neighborhood Center tour 1 - 1:45 p.m. Zumba®*</div>	<div>3</div> <div>12 - 12:45 p.m. SilverSneakers® Strength*</div>	<div>4</div> <div>10 - 11 a.m. Entender la enfermedad de Parkinson 11 a.m. - 12 p.m. Bingo 12:30 - 1:30 p.m. Board games</div>	<div>5</div> <div>12 - 12:45 p.m. SilverSneakers® Classic* 1 - 2 p.m. Coloring for relaxation</div>
<div>8</div> <div>12 - 12:45 p.m. SilverSneakers® Classic*</div>	<div>9</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 1 (RSVP) 12:15 - 1:15 p.m. Craft corner: Rock painting (RSVP) 1 - 1:45 p.m. Zumba®*</div>	<div>10</div> <div>12 - 12:45 p.m. SilverSneakers® Strength* 1 - 3 p.m. Movie and popcorn: Elvis (2022)</div>	<div>11</div> <div>9:30 - 11 a.m. Find your feel great weight Class 4 (RSVP) 11 a.m. - 12 p.m. Bingo</div>	<div>12</div> <div>10 - 11:30 a.m. Understanding wills, trusts &amp; advance directives with Christian Fahrig (RSVP) 12 - 12:45 p.m. SilverSneakers® Classic*</div>
<div>15</div> <div>12 - 12:45 p.m. SilverSneakers® Classic*</div>	<div>16</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 2 (RSVP) 1 - 1:45 p.m. Zumba®*</div>	<div>17</div> <div>10 - 11 a.m. Supermarket tour &amp; Nutrition labels 12 - 12:45 p.m. SilverSneakers® Strength*</div>	<div>18</div> <div>9 - 11 a.m. Planning for the future: Making your final wishes known 11 a.m. - 12 p.m. Bingo</div>	<div>19</div> <div>10 - 11:30 a.m. HearUSA: Hearing screenings 12 - 12:45 p.m. SilverSneakers® Classic*</div>
<div>22</div> <div>12 - 12:45 p.m. SilverSneakers® Classic*</div>	<div>23</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 3 (RSVP) 12:15 - 1:15 p.m. Craft corner: Jewelry making (RSVP) 1 - 1:45 p.m. Zumba®*</div>	<div>24</div> <div>10 - 11:30 a.m. Building stronger bones with Dr. Urdaneta &amp; Medicines explained: Osteoporosis 12 - 12:45 p.m. SilverSneakers® Strength* 1 - 3 p.m. Movie and popcorn: Yes Day (2021)</div>	<div>25</div> <div>11 a.m. - 12 p.m. Bingo 12:30 - 1:30 p.m. Craft corner: Canvas painting (RSVP)</div>	<div>26</div> <div>10 - 11 a.m. Foods to boost bone health 11 a.m. - 12 p.m. Healthy cooking demo with Chef Leslie (RSVP) 12 - 12:45 p.m. SilverSneakers® Classic*</div>
<div>29</div> <div>12 - 12:45 p.m. SilverSneakers® Classic*</div>	<div>30</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 4 (RSVP) 1 - 1:45 p.m. Zumba®*</div>			



\*For Humana members with this benefit only.  
For accommodations of persons with special needs at  
meetings, call **407-772-3140 (TTY: 711)**.