

Featured events this February

Visit us online at [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter) to see a full list of virtual activities and to RSVP for classes and other events.



Altamonte Springs

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



Featured events

Medicare 101

 **In person**
February 1 | 10 a.m. ET


Take a guided tour and introduction of Medicare. The presentation will cover eligibility, costs and options to consider when selecting coverage.

Find your feel great weight: Class 2 (RSVP)

 **In person**
February 8 | 9:30 a.m. ET

Struggling to maintain a healthy weight? This interactive program meets once per month for six months to help you learn more about goal setting, healthy eating, physical activity, overcoming plateaus and staying on track.

Take care of your kidneys

 **In person**
February 15 | 10 a.m. ET

Kidney disease can be a challenging condition to manage. Learn how to keep your kidneys healthy and tools to prevent further kidney damage.

Lunch and learn: Making the most of your doctor visits

 **In person**
February 22 | 11 a.m. ET

You and your healthcare providers are a team, and you are the most valuable player. Join us for a meal and find out how to get the most out of every doctor's visit. Then, test your preventive screenings knowledge with a fun, interactive game.

Space is limited

Call your local Humana Neighborhood Center® at 407-772-3140 to RSVP for in-person events.

Can't make it in person?

No problem. Register for our online events by visiting [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter)

You can also watch classes on demand by visiting [HumanaNeighborhoodCenter.com/Video-Library](https://www.humana.com/neighborhoodcenter)

SilverSneakers

Humana members with the SilverSneakers® benefit can access hundreds of classes and workout videos at no additional cost. Visit www.SilverSneakers.com to learn more.



Meet one-on-one—in person or over the phone—with a health educator or customer service representative. To schedule an appointment, call 407-772-3140 (TTY: 711) or visit [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter).



Altamonte Springs in-person events this February

Call 407-772-3140 today to RSVP. Space is limited.

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>10 - 11 a.m. Medicare 101: Take a guided tour and introduction of Medicare</p> <p>11 a.m. - 12 p.m. Bingo</p>	<p>2</p> <p>12 - 12:45 p.m. SilverSneakers® Classic*</p> <p>1 - 2 p.m. Birthday celebrations</p>
<p>5</p> <p>12 - 12:45 p.m. SilverSneakers® Classic*</p> <p>1 - 2 p.m. Social: Castanets</p>	<p>6</p> <p>10 a.m. - 12 p.m. Living well with diabetes (Class 1)</p> <p>1 - 2 p.m. Word trivia</p>	<p>7</p> <p>12 - 12:45 p.m. SilverSneakers® Strength*</p> <p>1 - 3 p.m. Movies and popcorn: Love's Kitchen (2011)</p>	<p>8</p> <p>9:30 - 11 a.m. Find your feel great weight: Class 2 (RSVP)</p> <p>11 a.m. - 12 p.m. Bingo</p> <p>12:30 - 1:30 p.m. Humana Neighborhood Center tour</p>	<p>9</p> <p>12 - 12:45 p.m. SilverSneakers® Classic*</p> <p>1 - 2 p.m. Craft corner: Rock painting</p>
<p>12</p> <p>12 - 12:45 p.m. SilverSneakers® Classic*</p> <p>1 - 2 p.m. Social: Castanets</p>	<p>13</p> <p>10 a.m. - 12 p.m. Living well with diabetes (Class 2)</p> <p>1 - 2 p.m. Board games</p>	<p>14</p> <p>10 - 11 a.m. Better bladder control</p> <p>12 - 12:45 p.m. SilverSneakers® Strength*</p> <p>1 - 2 p.m. Social: Valentine's Day</p>	<p>15</p> <p>10 - 11:30 a.m. Take care of your kidneys</p> <p>12 - 1 p.m. Bingo</p>	<p>16</p> <p>10 - 11:30 a.m. HearUSA: Hearing screening</p> <p>12 - 12:45 p.m. SilverSneakers® Classic*</p>
<p>19</p> <p>12 - 12:45 p.m. SilverSneakers® Classic*</p> <p>1 - 2 p.m. Social: Castanets</p>	<p>20</p> <p>10 a.m. - 12 p.m. Living well with diabetes (Class 3)</p> <p>1 - 2 p.m. Word puzzles</p>	<p>21</p> <p>12 - 12:45 p.m. SilverSneakers® Strength*</p>	<p>22</p> <p>11 a.m. - 12:30 p.m. Lunch and learn: Making the most of your doctor visits</p> <p>1 - 2 p.m. Bingo</p>	<p>23</p> <p>10 - 11 a.m. Carbs: Good or bad?</p> <p>11 a.m. - 12 p.m. Healthy cooking demo with Chef Leslie</p> <p>12 - 12:45 p.m. SilverSneakers® Classic*</p>
<p>26</p> <p>12 - 12:45 p.m. SilverSneakers® Classic*</p> <p>1 - 2 p.m. Social: Castanets</p>	<p>27</p> <p>10 a.m. - 12 p.m. Living well with diabetes (Class 4)</p> <p>1 - 2 p.m. Board games</p>	<p>28</p> <p>12 - 12:45 p.m. SilverSneakers® Strength*</p> <p>1 - 3 p.m. Movies and popcorn: The Love Punch (2014)</p>	<p>29</p> <p>10 - 11 a.m. Conozca sus medicamentos</p> <p>11 a.m. - 12 p.m. Bingo</p>	

Weekly recurring events

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>12 - 12:45 p.m. SilverSneakers® Classic*</p> <p>1 - 2 p.m. Social: Castanets</p>		<p>12 - 12:45 p.m. SilverSneakers® Strength*</p>		<p>12 - 12:45 p.m. SilverSneakers® Classic*</p>

All product names, logos, brands and trademarks are property of their respective owners, and any use does not imply endorsement.

For accommodations of persons with special needs at meetings, call 407-772-3140 (TTY: 711).

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*For Humana members with this benefit only.