

## 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.



### Corpus Christi

4117 S. Staples St., Suite 260  
Corpus Christi, TX 78411  
**361-792-7950 (TTY: 711)**  
Monday – Friday, 9 a.m. – 4 p.m.



## Featured events

### Medicare 101

**In person**  
February 7 | 10 - 11 a.m. CT

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

### Carbs: Good or bad? & Cooking demo

**In person**  
February 13 | 9:30 - 11:30 a.m. CT

Carbohydrates aren't all created equally. Learn which carbs are healthy and which ones to limit. Then, watch a chef prepare a carb-healthy recipe.

### Take care of your kidneys with Conviva

**In person**  
February 14 | 1 - 2:30 p.m. CT

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

### Battling the aging brain

**In person**  
February 20 | 10 - 11 a.m. CT

The brain is one of the most complex organs in the human body. Learn how the brain works and ways to keep it healthy as you get older.

### Space is limited

Call your local Humana Neighborhood Center® at **361-792-7950** 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/video-library)

### SilverSneakers

Humana members with the SilverSneakers® benefit can access hundreds of classes and workout videos at no additional cost. Visit [www.SilverSneakers.com](https://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 **361-792-7950 (TTY: 711)** or visit [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter).



# Corpus Christi in-person events this February

Call 361-792-7950 today to RSVP. Space is limited.

Monday	Tuesday	Wednesday	Thursday	Friday
			<p><b>1</b></p> <p>10 - 11 a.m. Game time: Farmers market bingo</p> <p>1:30 - 3:30 p.m. Movie &amp; popcorn: Rocky II (1979)</p>	<p><b>2</b></p> <p>Coffee with customer service: Meet and greet!</p>
<p><b>5</b></p> <p>Motivation Monday: Set up a health educator appointment!</p>	<p><b>6</b></p> <p>10 - 11 a.m. Get to know your medicines (streamed)</p>	<p><b>7</b></p> <p>10 - 11 a.m. Medicare 101</p>	<p><b>8</b></p> <p>10 - 11 a.m. Chair volleyball</p> <p>1:30 - 3:30 p.m. Movie &amp; popcorn: The Flash (2023)</p>	<p><b>9</b></p>
<p><b>12</b></p>	<p><b>13</b></p> <p>9:30 - 10:30 a.m. Carbs: Good or Bad?</p> <p>10:30 - 11:30 a.m. Healthy cooking demo with Coastal Bend Food Bank</p> <p>12 - 2 p.m. Living well with diabetes: Week 1</p>	<p><b>14</b></p> <p>10 - 11 a.m. Craft corner: Valentine's Day craft</p> <p>1 - 2 p.m. Taking care of your Kidneys with Conviva</p>	<p><b>15</b></p> <p>10 - 11 a.m. Game time: Lotería</p> <p>1:30 - 3:30 p.m. Movie &amp; popcorn: Asteroid City (2023)</p>	<p><b>16</b></p> <p>Find out Friday: Customer service questions!</p>
<p><b>19</b></p> <p>Motivation Monday: Set up a health educator appointment!</p>	<p><b>20</b></p> <p>10 - 11 a.m. Battling the aging brain</p> <p>12 - 2 p.m. Living well with diabetes: Week 2</p>	<p><b>21</b></p> <p>10 - 11 a.m. Humana Neighborhood Center tour</p> <p>11 a.m. - 12:30 p.m. Lunch and learn: Making the most of your doctor visits</p> <p>1:30 - 2:30 p.m. Ask an agent</p>	<p><b>22</b></p> <p>10 - 11 a.m. Chair volleyball</p> <p>1:30 - 3:30 p.m. Movie &amp; popcorn: Book Club: The Next Chapter (2023)</p>	<p><b>23</b></p>
<p><b>26</b></p>	<p><b>27</b></p> <p>10:30 - 11:30 a.m. Diabetes dialog</p> <p>12 - 2 p.m. Living well with diabetes: Week 3</p>	<p><b>28</b></p> <p>10 - 11:30 a.m. Find your feel great weight: Class 2</p> <p>1:30 - 3:30 p.m. February birthday social &amp; craft</p>	<p><b>29</b></p> <p>10 - 11 a.m. Game time: Farmers market bingo</p> <p>1:30 - 3:30 p.m. Movie &amp; popcorn: Downton Abbey: A New Era (2022)</p>	

## Weekly recurring events

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	<p>2 - 3 p.m. SilverSneakers® Classic*</p> <p>3 - 3:30 p.m. Cool down social</p>			

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For accommodations of persons with special needs at meetings, call 361-792-7950 (TTY: 711).

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\*For Humana members with this benefit only.