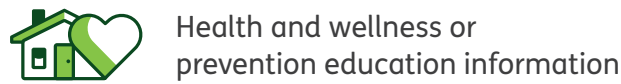




**Humana Neighborhood Center**  
1500 James Simpson Jr. Way, Suite 204  
Covington, KY 41011



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STANDARD  
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**PAID**  
HUMANA INC.

# We're more than health insurance, we're a part of your community

The Humana Neighborhood Center® is a part of your community, offering more than you might expect. We're here to support your unique needs—whatever they may be—so that you can achieve your whole-health goals.

If you require one-on-one assistance with health education, your Humana plan, or Customer Care, our staff is eager to assist.



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## Humana Neighborhood Center

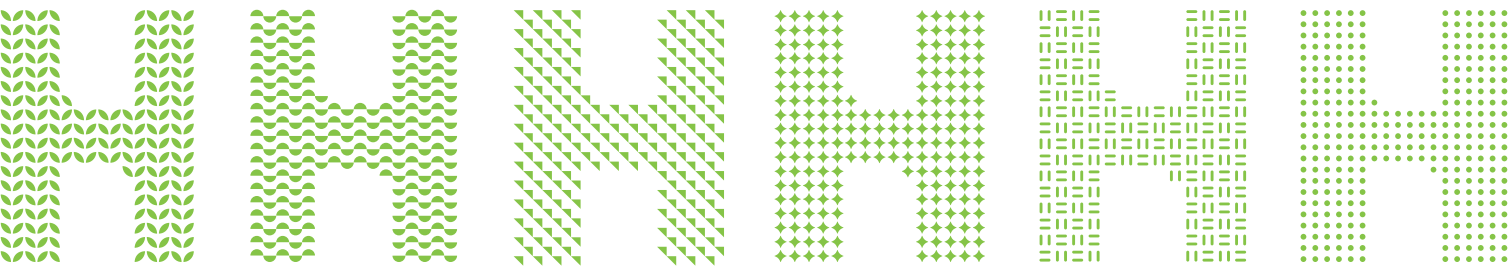


Stop by your local Humana Neighborhood Center for health education and fun

Look inside to see our May events



**Covington**  
1500 James Simpson Jr. Way, Suite 204  
St. Elizabeth Covington  
Covington, KY 41011  
**859-486-2840 (TTY: 711)**  
Monday – Friday, 9 a.m. – 4 p.m.



This information is provided for educational purposes only. It is not to be used for medical advice, diagnosis or treatment. Consult your healthcare provider if you have questions or concerns.  
All product names, logos, brands and trademarks are property of their respective owners, and any use does not imply endorsement.  
Other providers are available in our network.

**At Humana, it is important you are treated fairly.**  
Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities. For accommodations of persons with special needs at meetings, call **859-486-2840 (TTY: 711)**.  
**English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **877-320-1235 (TTY: 711)**. **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **877-320-1235 (TTY: 711)**.  
**繁體中文 (Chinese):** 注意: 如果您使用繁體中文, 您可以免費 獲得語言援助服務。請致電 **877-320-1235 (TTY: 711)**。

May in-person events

Be sure to call to RSVP at **859-486-2840**.  
Class times and dates are subject to change.



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Monday – Friday, 9 a.m. – 4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
		<div>1</div> <div>9:15 - 10 a.m. SilverSneakers® Strength and Balance*</div> <div>10:15 - 11 a.m. SilverSneakers® Yoga*</div>	<div>2</div> <div>10 - 11 a.m. Household Bingo</div>	<div>3</div> <div>9:15 - 10 a.m. SilverSneakers® Classic*</div> <div>10:15 - 11 a.m. SilverSneakers® Senior Stretch*</div> <div>12:30 - 2:30 p.m. Movie and popcorn: One Special Night (1999)</div>
<div>6</div> <div>2 - 2:45 p.m. SilverSneakers® EnerChi*</div>	<div>7</div> <div>9:15 - 10 a.m. SilverSneakers® Chair Aerobics*</div> <div>10:15 - 11 a.m. SilverSneakers® Strength and Balance*</div> <div>11:15 a.m. - 12:15 p.m. Gratitude Workshop</div>	<div>8</div> <div>9:15 - 10 a.m. SilverSneakers® Strength and Balance*</div> <div>10:15 - 11 a.m. SilverSneakers® Yoga*</div>	<div>9</div> <div>11:15 a.m. - 12:15 p.m. Fall Asleep Stay Asleep</div>	<div>10</div> <div>9:15 - 10 a.m. SilverSneakers® Classic*</div> <div>10:15 - 11 a.m. SilverSneakers® Senior Stretch*</div> <div>12:30 - 2:30 p.m. Movie and popcorn: Crazy on the Outside (2010)</div>
<div>13</div> <div>10 - 11 a.m. Fruit and veggie bingo</div> <div>2 - 2:45 p.m. SilverSneakers® EnerChi*</div>	<div>14</div> <div>9:15 - 10 a.m. SilverSneakers® Chair Aerobics*</div> <div>10:15 - 11 a.m. SilverSneakers® Strength and Balance*</div>	<div>15</div> <div>9:15 - 10 a.m. SilverSneakers® Strength and Balance*</div> <div>10:15 - 11 a.m. SilverSneakers® Yoga*</div>	<div>16</div> <div>11 a.m. - 12 p.m. Protect yourself from scams</div>	<div>17</div> <div>9:15 - 10 a.m. SilverSneakers® Classic*</div> <div>10:15 - 11 a.m. SilverSneakers® Senior Stretch*</div> <div>12:30 - 2:30 p.m. Movie and popcorn: Honest Thief (2020)</div>
<div>20</div> <div>10 a.m. - 12 p.m. MIND diet: Foods to fight dementia &amp; Cooking demo</div> <div>2 - 2:45 p.m. SilverSneakers® EnerChi*</div>	<div>21</div> <div>9:15 - 10 a.m. SilverSneakers® Chair Aerobics*</div> <div>10:15 - 11 a.m. SilverSneakers® Strength and Balance*</div>	<div>22</div> <div>9:15 - 10 a.m. SilverSneakers® Strength and Balance*</div> <div>10:15 - 11 a.m. SilverSneakers® Yoga*</div>	<div>23</div> <div>12:45 - 2:15 p.m. What You Need to Know About Alzheimer's Disease</div>	<div>24</div> <div>9:15 - 10 a.m. SilverSneakers® Classic*</div> <div>10:15 - 11 a.m. SilverSneakers® Senior Stretch*</div> <div>Center closing early at noon in observance of the holiday.</div>
<div>27</div> <div>Happy Memorial Day! We are closed in observance of the holiday.</div>	<div>28</div> <div>9:15 - 10 a.m. SilverSneakers® Chair Aerobics*</div> <div>10:15 - 11 a.m. SilverSneakers® Strength and Balance*</div> <div>11:15 a.m. - 12 p.m. May birthday celebration</div>	<div>29</div> <div>9:15 - 10 a.m. SilverSneakers® Strength and Balance*</div> <div>10:15 - 11 a.m. SilverSneakers® Yoga*</div>	<div>30</div> <div>10 - 11 a.m. Summer Bingo</div>	<div>31</div> <div>9:15 - 10 a.m. SilverSneakers® Classic*</div> <div>10:15 - 11 a.m. SilverSneakers® Senior Stretch*</div> <div>12:30 - 2:30 p.m. Movie and popcorn: Marry Me (2022)</div>