

April in-person events

Be sure to call to RSVP at **386-663-1420**.  
Class times and dates are subject to change.



1500 Beville Rd  
Suite 405  
Daytona Beach, FL 32114  
**386-663-1420 (TTY: 711)**  
Monday – Friday, 9 a.m. – 5 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div>10:30 - 11:15 a.m. SilverSneakers® Classic*</div> <div>11:30 a.m. - 12:30 p.m. Birthday celebrations</div>	<div>2</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 1 (RSVP)</div> <div>12:30 - 1:30 p.m. Humana Neighborhood Center tour</div>	<div>3</div> <div>10:30 - 11:15 a.m. SilverSneakers® Classic*</div> <div>11:30 a.m. - 12:30 p.m. Bingo</div>	<div>4</div> <div>11 a.m. - 12:30 p.m. Planning for the future: Understanding wills, trusts &amp; advance directives (RSVP)</div>	<div>5</div> <div>1 - 3 p.m. Movie and popcorn: Ticket to Paradise (2022)</div>
<div>8</div> <div>10:30 - 11:15 a.m. SilverSneakers® Classic*</div> <div>11:30 a.m. - 1 p.m. Building stronger bones</div>	<div>9</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 2 (RSVP)</div>	<div>10</div> <div>10:30 - 11:15 a.m. SilverSneakers® Classic*</div> <div>11:30 a.m. - 12:30 p.m. Bingo</div>	<div>11</div> <div>10 - 11 a.m. Ask an agent</div>	<div>12</div> <div>10 - 11 a.m. Trivia (streamed)</div>
<div>15</div> <div>10:30 - 11:15 a.m. SilverSneakers® Classic*</div>	<div>16</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 3 (RSVP)</div> <div>1:30 - 2:30 p.m. Foods to boost bone health</div> <div>2:30 - 3:30 p.m. Healthy cooking demo with Chef Leslie (RSVP)</div>	<div>17</div> <div>10:30 - 11:15 a.m. SilverSneakers® Classic*</div> <div>11:30 a.m. - 12:30 p.m. Bingo</div>	<div>18</div> <div>10 - 11:30 a.m. Craft corner: Rock painting (RSVP)</div>	<div>19</div> <div>1 - 3 p.m. Movie and popcorn: The Lost City (2022)</div>
<div>22</div> <div>10:30 - 11:15 a.m. SilverSneakers® Classic*</div>	<div>23</div> <div>10 a.m. - 12 p.m. Harmonicas for Health Week 4 (RSVP)</div> <div>2 - 3:30 p.m. Find your feel great weight Class 4 (RSVP)</div>	<div>24</div> <div>10:30 - 11:15 a.m. SilverSneakers® Classic*</div> <div>11:30 a.m. - 12:30 p.m. Bingo</div>	<div>25</div> <div>10 - 11 a.m. Board games and pie</div>	<div>26</div> <div>10 - 11:30 a.m. HearUSA: Hearing screenings</div>
<div>29</div> <div>10:30 - 11:15 a.m. SilverSneakers® Classic*</div>	<div>30</div> <div>10 a.m. - 12 p.m. Planning for the future: Making your final wishes known</div>			



\*For Humana members with this benefit only.  
For accommodations of persons with special needs at meetings, call **386-663-1420 (TTY: 711)**.