

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.



Delray Beach

14570 S. Military Trail, #D-2
Delray Beach, FL 33484
561-359-6100 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.



Featured events

Medicare 101

In person
February 1 | 11:30 a.m. ET

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 7 | 11 a.m. ET

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.

Get to know your medicines with Beshoi Wahba PharmD

In person
February 14 | 12:30 p.m. ET

When it comes to your medicines, what you don't know could be harmful. Learn more about medicines and tips to help avoid possible problems.

Better bladder control

In person
February 21 | 11:30 a.m. ET

Feeling like you don't have control of your bladder? Find out about the different types of urinary incontinence and learn simple ways to help prevent leaks.

Space is limited

Call your local Humana Neighborhood Center® at **561-359-6100** 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 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 **561-359-6100 (TTY: 711)** or visit [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter).



Delray Beach in-person events this February

Call 561-359-6100 today to RSVP. Space is limited.

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>11:30 a.m. - 12:30 p.m. Medicare 101</p> <p>1 - 3 p.m. Movie and popcorn: Green Book (2018)</p>	<p>2</p> <p>10 - 11 a.m. Table tennis</p> <p>2 - 3 p.m. Bingo</p>
<p>5</p> <p>11 a.m. - 1 p.m. Blood pressure control program Week 4</p> <p>1 - 2 p.m. Games: Uno!</p>	<p>6</p> <p>12 - 1:30 p.m. Craft corner: Pillow & card making (RSVP)</p> <p>1 - 3 p.m. Improvisation group</p> <p>1 - 4 p.m. Dominoes</p>	<p>7</p> <p>11 a.m. - 11 p.m. Carbs: Good or bad? & Cooking demo</p> <p>1 - 4 p.m. Dominoes</p> <p>2 - 4 p.m. Rummikub</p> <p>SHARE day (Spread Hope)</p>	<p>8</p> <p>11:30 a.m. - 12:30 p.m. Take care of your kidneys</p> <p>12:30 - 1 p.m. Medicines explained: Kidney disease (streamed)</p> <p>1 - 3 p.m. Movie and popcorn: The Parent Trap (1998)</p>	<p>9</p> <p>10 - 11 a.m. Birthday celebrations</p> <p>2 - 3 p.m. Bingo</p>
<p>12</p> <p>11 a.m. - 1 p.m. Living well with diabetes Week 1 (RSVP)</p> <p>1:30 - 3 p.m. Valentine's speed friending</p>	<p>13</p> <p>12 - 1 p.m. Humana Neighborhood Center tour</p> <p>1 - 3 p.m. Improvisation group</p> <p>1 - 4 p.m. Dominoes</p>	<p>14</p> <p>10 a.m. - 12 p.m. Hearing screenings</p> <p>12:30 - 1:30 p.m. Get to know your medicines with Beshoi Wahba PharmD</p> <p>1 - 4 p.m. Dominoes</p> <p>2 - 4 p.m. Rummikub</p>	<p>15</p> <p>11:30 a.m. - 12:30 p.m. Safety tips with the Delray Beach Police Department</p> <p>1 - 3 p.m. Movie and popcorn: Annie (2014)</p>	<p>16</p> <p>2 - 3 p.m. Bingo</p>
<p>19</p> <p>11 a.m. - 1 p.m. Living well with diabetes Week 2</p> <p>1:30 - 2:30 p.m. Craft corner: Mardi Gras mask (RSVP)</p>	<p>20</p> <p>12 - 1:30 p.m. Lunch and learn: Making the most of your doctor visits (RSVP)</p> <p>1 - 3 p.m. Improvisation group</p> <p>1 - 4 p.m. Dominoes</p>	<p>21</p> <p>11:30 - 12:30 p.m. Better bladder control</p> <p>1 - 4 p.m. Dominoes</p> <p>2 - 4 p.m. Rummikub</p>	<p>22</p> <p>11 a.m. - 12 p.m. Games: Apples to apples</p> <p>1 - 3 p.m. Movie and popcorn: Last Holiday (2006)</p>	<p>23</p> <p>10 - 11 a.m. Veterans coffee chat (RSVP)</p> <p>2 - 3 p.m. Bingo</p>
<p>26</p> <p>11 a.m. - 1 p.m. Living well with diabetes Week 3</p> <p>2:30 - 3:30 p.m. Book club</p>	<p>27</p> <p>12 - 1:30 p.m. Black history culture expo (RSVP)</p> <p>1 - 3 p.m. Improvisation group</p> <p>1 - 4 p.m. Dominoes</p>	<p>28</p> <p>11 a.m. - 12:30 p.m. Find your feel great weight Class 2 (RSVP)</p> <p>1 - 4 p.m. Dominoes</p> <p>2 - 4 p.m. Rummikub</p>	<p>29</p> <p>11 a.m. - 12 p.m. Table tennis</p> <p>1 - 3 p.m. Movie and popcorn: Harriet (2019)</p>	

Weekly recurring events

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>9:15 - 10 a.m. SilverSneakers® Cardio & Strength*</p>	<p>9:30 - 10:15 a.m. SilverSneakers® Chair Yoga*</p> <p>10:30 - 11:15 a.m. SilverSneakers® Yoga*</p> <p>1 - 3 p.m. Improvisation group</p> <p>1 - 4 p.m. Dominoes</p>	<p>1 - 4 p.m. Dominoes</p> <p>2 - 2:45 p.m. SilverSneakers® Enerchi*</p> <p>2 - 4 p.m. Rummikub</p>	<p>10 - 10:45 a.m. Zumba®*</p> <p>1 - 3 p.m. Movie and popcorn</p>	<p>12 - 12:45 p.m. SilverSneakers® Strength & Balance*</p> <p>1 - 1:45 p.m. SilverSneakers® Strength & Balance*</p> <p>2 - 3 p.m. Bingo</p>

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For accommodations of persons with special needs at meetings, call 561-359-6100 (TTY: 711).

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*For Humana members with this benefit only.