

Featured events this March

Visit us online at [HumanaNeighborhoodCenter.com](https://www.humananeighborhoodcenter.com) 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
Monday – Friday, 9 a.m. – 4 p.m.



Featured events

High cholesterol: Help reduce your risk

In person
March 1 with Jordan Wrye PA-C | 11 a.m. ET

Having too much cholesterol in your blood may cause serious health problems. Find out ways to help get cholesterol levels within a healthy range – and keep them there.

Get the facts about fats & Cooking demo

In person
March 15 | 11 a.m. ET

Fat has a bad reputation, but not all fats are bad. Find out which fats you may want to avoid and which you may want to keep. Then, watch a chef prepare a recipe with healthy fats.

Empowered Relief™ *For Humana Members Only

In person
March 17 | 1:30 - 3:30 p.m. ET

Chronic pain can take a physical and emotional toll. Join us for this evidence-based program to learn ways to help manage pain and improve well-being.

Meal Planning: Stress less at home

In person
March 22 | 11 a.m. ET

Planning and preparing meals can often be a daunting task. Join us to learn how to get organized, save time and eat well with your meals at home.

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.humananeighborhoodcenter.com).

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



Delray Beach in-person events this March

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

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>11 a.m. - 12 p.m. High cholesterol: Help reduce your risk with Jordan Wrye PA-C</p> <p>12:30 - 1:30 p.m. Travel around the world: Ireland (streamed)</p> <p>2 - 4 p.m. Rummikub</p>	<p>2</p> <p>1 - 3 p.m. Movie & popcorn: Armour (2012)</p>	<p>3</p> <p>10:30 - 11:30 a.m. Back in time: Photograph sharing</p> <p>1 - 3 p.m. Craft: Create a scrapbook page/picture frame (RSVP)</p> <p>3 - 4 p.m. Cornhole</p>
<p>6</p> <p>10 - 11 a.m. Crochet club</p> <p>12 - 1 p.m. Birthday social</p> <p>1:30 - 3:30 p.m. Living with Diabetes Series Class 1 (RSVP)</p>	<p>7</p> <p>1 - 2 p.m. Bingo</p> <p>3 - 4 p.m. Dominoes</p>	<p>8</p> <p>10 a.m. - 12 p.m. Hearing screening with HearUSA</p> <p>11 - 11:30 a.m. Real people, real stories (streamed)</p> <p>2 - 4 p.m. Rummikub</p>	<p>9</p> <p>1 - 3 p.m. Movie & popcorn: Away from Her (2006)</p>	<p>10</p> <p>1 - 2 p.m. Craft: Springtime planting (RSVP)</p> <p>3 - 3:30 p.m. Meditation moment: Chronic pain mindfulness (streamed)</p>
<p>13</p> <p>11 a.m. - 12 p.m. Crafting for a cause</p> <p>1:30 - 3:30 p.m. Living with Diabetes Series Class 2 (RSVP)</p> <p>3 - 4 p.m. Adult coloring for stress relief</p>	<p>14</p> <p>1 - 2 p.m. Banana Bingo</p> <p>3 - 4 p.m. Comedy hour: Golden Girls</p>	<p>15</p> <p>11 a.m. - 12 p.m. Get the facts about fats</p> <p>12 - 1 p.m. Healthy cooking demo: Recipes with healthy fats</p> <p>2 - 4 p.m. Rummikub</p>	<p>16</p> <p>1 - 4 p.m. Movie & popcorn: Elvis (2022)</p>	<p>17</p> <p>11 a.m. - 12 p.m. Strut your green: Irish music & best St. Patrick's day outfit</p> <p>1:30 - 3:30 p.m. Empowered Relief^{FM}*</p>
<p>20</p> <p>1:30 - 3:30 p.m. Living with Diabetes Series Class 3 (RSVP)</p> <p>3 - 4 p.m. Card games of your choice</p>	<p>21</p> <p>1 - 2 p.m. Dance party: Polynesian luau</p> <p>3 - 4 p.m. Dominoes</p>	<p>22</p> <p>10 a.m. - 12 p.m. Blood pressure & BMI screening</p> <p>11 a.m. - 12 p.m. Meal Planning: Stress less at home</p> <p>2 - 4 p.m. Rummikub</p>	<p>23</p> <p>11 a.m. - 12 p.m. Tech time: Ipad exploration</p> <p>1 - 3:30 p.m. Movie & popcorn: The Fabelmans (2022)</p>	<p>24</p> <p>10 - 11 a.m. Veterans coffee chat</p> <p>3 - 4 p.m. Jenga</p>
<p>27</p> <p>11 a.m. - 12 p.m. Adult coloring for stress relief</p> <p>1:30 - 3:30 p.m. Living with Diabetes Series Class 4 (RSVP)</p> <p>3 - 4 p.m. Book club: A Land Remembered by Patrick D. Smith</p>	<p>28</p> <p>11 a.m. - 2 p.m. Open house (RSVP)</p> <p>11 a.m. - 12 p.m. Your guide to Go365*</p> <p>12 - 1 p.m. Member orientation* & Ask an agent*</p> <p>1 - 2 p.m. Your SilverSneakers benefit*</p>	<p>29</p> <p>11 - 11:30 a.m. Tech talk: Virtual visits with your doctor (streamed)</p> <p>2 - 4 p.m. Rummikub</p>	<p>30</p> <p>11 a.m. - 12 p.m. Craft: Tie-dye (RSVP)</p> <p>1 - 3 p.m. Movie & popcorn: Ticket to Paradise (2022)</p>	<p>31</p> <p>1 - 2 p.m. Karaoke</p> <p>3 - 4 p.m. Golden Girls</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>2 - 2:45 p.m. SilverSneakers Tai Chi/ Qigong*</p>	<p>10 - 10:45 a.m. SilverSneakers Zumba®*</p> <p>1 - 3 p.m. Movies & popcorn</p>	<p>12 - 12:45 p.m. SilverSneakers Strength & Balance*</p>

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

* Humana Medicare Advantage members only.