

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.



Knoxville

4438 Western Ave.
Knoxville, TN 37921
865-329-8892 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.



Featured events

TruHearing hearing screening with Life Frequency

In person
February 6 | 9:30 a.m. ET

Hearing screenings help identify those at risk for a hearing impairment, disorder, or disability, and who may benefit from further audiological testing.

Carbs: Good or bad? & Cooking demo

In person
February 8 | 1 p.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.

Take care of your kidneys with Dr. DeGuzman

In person
February 15 | 1 p.m. ET

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

Parkinson's support group

In person
February 21 | 1 p.m. ET

Open to people with Parkinson's Disease, family members, friends, care partners, & everyone in the PD community are invited. Provides an opportunity to meet regularly for mutual support & to exchange coping skills with one another. Facilitated by P J Parkinson's.

Space is limited

Call your local Humana Neighborhood Center® at **865-329-8892** 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 **865-329-8892 (TTY: 711)** or visit [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter).



Knoxville in-person events this February

Call 865-329-8892 today to RSVP. Space is limited.

Monday	Tuesday	Wednesday	Thursday	Friday
			1:30 - 2:30 p.m. Fruit bingo	10 - 11 a.m. Humana Neighborhood Center tour 1 - 1:30 p.m. Food drive: Bring a can, leave a can 1:30 - 2 p.m. Soup can workout (streamed)
10 a.m. - 12 p.m. Living with diabetes Week 1 (RSVP)	9:30 a.m. - 12:30 p.m. TruHearing hearing screening with Life Frequency 1 - 3 p.m. Movie and popcorn	10 a.m. - 1 p.m. SNAP benefit consultation with Knox County Office on Aging SHARE day (Spread Hope And Remind Everyone)	1 - 2 p.m. Carbs: Good or bad? 2 - 3 p.m. Healthy cooking demo	10 - 11 a.m. Better bladder control 11 a.m. - 1 p.m. Super Bowl Tailgate party
10 a.m. - 12 p.m. Living with diabetes Week 2	12:30 - 2 p.m. Lunch & learn: Making the most of your doctor visits (RSVP)	1 - 3 p.m. Valentine's Day party 1 - 2 p.m. Craft: Card making (RSVP)	1 - 2 p.m. Take care of your kidneys with Dr. DeGuzman 2 - 2:30 p.m. Medicines explained: Kidney disease (streamed)	9 - 10 a.m. Coffee & conversation 10 a.m. - 12 p.m. Sewing group 1 - 1:30 p.m. Food drive: Bring a can, leave a can 1:30 - 2 p.m. Soup can workout
10 a.m. - 12 p.m. Living with diabetes Week 3	1 - 2 p.m. Bring a picture of your pet to share National love your pet day: Pet food drive	1 - 2 p.m. Parkinson's support group	1:30 - 2:30 p.m. Bingo with Special Guest Rebecca	10:30 a.m. - 12 p.m. Find your feel great weight Month 2 (RSVP)
10 a.m. - 12 p.m. Living with diabetes Week 4	1 - 3 p.m. Movie and popcorn	12:30 - 1:30 p.m. Medicare 101	1 - 2 p.m. Coffee & conversation with Salae: Come with health or tech questions	

Weekly recurring events

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
1 - 1:45 p.m. SilverSneakers® Tai Chi/ Qigong* 2 - 2:45 p.m. SilverSneakers® Stability*	10 - 10:45 a.m. SilverSneakers® SAIL (Stay Active & Independent for Life)* 11 - 11:45 a.m. SilverSneakers® Chair Yoga*	10 - 10:45 a.m. SilverSneakers® Chair Yoga* 11 - 11:45 a.m. SilverSneakers® Classic*	11 - 11:45 a.m. SilverSneakers® Circuit* 12 - 12:45 p.m. SilverSneakers® Chair Yoga*	9 - 10 a.m. Coffee & conversation

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For accommodations of persons with special needs at meetings, call 865-329-8892 (TTY: 711).