

Featured events this March

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.



Orange City

2582 Enterprise Road,
Orange City, FL 32763
386-456-9648
Monday – Friday, 9 a.m. – 5 p.m.



Featured events

High cholesterol: Help reduce your risk

In person
March 16 | 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 9 | 1:30 p.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 3 | 10 a.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: Less stress at home

In person
March 2 | 2 p.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 **386-456-9648** 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 **386-456-9648 (TTY: 711)** or visit [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter).



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| | | <p>1</p> <p>11:30 a.m. - 12:30 p.m. Craft: St. Patrick's</p> <p>1 - 1:45 p.m. SilverSneakers Core Conditioning*</p> | <p>2</p> <p>10 - 11 a.m. Bingo</p> <p>11 a.m. - 12 p.m. Birthday social</p> <p>2 - 3 p.m. Meal planning: Less stress at home</p> | <p>3</p> <p>10 a.m. - 12 p.m. Empowered Relief™*</p> <p>1 - 1:45 p.m. SilverSneakers Stability*</p> <p>1 - 3 p.m. Movie & popcorn: Robin Hood (2010)</p> |
| <p>6</p> <p>1 - 1:45 p.m. SilverSneakers Stability*</p> <p>2 - 2:30 p.m. Real people, real stories (streamed)</p> | <p>7</p> <p>10 a.m. - 12 p.m. Living with Diabetes-Class 1</p> | <p>8</p> <p>11 a.m. - 12 p.m. Coffee chat with Yazmin Peña Customer Care Specialist*</p> <p>1 - 1:45 p.m. SilverSneakers Core Conditioning*</p> | <p>9</p> <p>1:30 - 2:30 p.m. Get the facts about fat</p> <p>2:30 - 3:30 p.m. Healthy cooking demo</p> | <p>10</p> <p>1 - 1:45 p.m. SilverSneakers Stability*</p> <p>1 - 3 p.m. Movie & popcorn: Joy (2015)</p> |
| <p>13</p> <p>10 a.m. - 12 p.m. Living with Diabetes-Class 2</p> <p>1 - 1:45 p.m. SilverSneakers Stability*</p> | <p>14</p> <p>10 a.m. - 12 p.m. Living with Diabetes-Class 3</p> | <p>15</p> <p>1 - 1:45 p.m. SilverSneakers Core Conditioning*</p> <p>2 - 2:30 p.m. Tech talk: Virtual visits with your doctor (streamed)</p> | <p>16</p> <p>11 a.m. - 12 p.m. High cholesterol: Help reduce your risk</p> | <p>17</p> <p>1 - 1:45 p.m. SilverSneakers Stability*</p> <p>1 - 3 p.m. Movie & popcorn: Creed (2015)</p> |
| <p>20</p> <p>1 - 1:45 p.m. SilverSneakers Stability*</p> <p>2 - 2:30 p.m. Meditation moment: Chronic pain mindfulness (streamed)</p> | <p>21</p> <p>10 a.m. - 12 p.m. Living with Diabetes-Class 4</p> | <p>22</p> <p>12 - 3 p.m. Open house (RSVP)</p> <p>12 - 1 p.m. Member orientation* & Ask an agent*</p> <p>1 - 2 p.m. Your guide to Go365*</p> <p>2 - 3 p.m. Your SilverSneakers benefit*</p> | <p>23</p> <p>10 - 11 a.m. Rock Painting</p> | <p>24</p> <p>1 - 1:45 p.m. SilverSneakers Stability*</p> <p>1 - 3 p.m. Movie & popcorn: Trouble with the Curve (2012)</p> |
| <p>27</p> <p>Closed</p> | <p>28</p> <p>Closed</p> | <p>29</p> <p>Closed</p> | <p>30</p> <p>Closed</p> | <p>31</p> <p>Closed</p> |

WEEKLY RECURRING EVENTS

| Mondays | Tuesdays | Wednesdays | Thursdays | Fridays |
|--|----------|---|-----------|--|
| <p>1 - 1:45 p.m. SilverSneakers Stability* (except 3/27)</p> | | <p>1 - 1:45 p.m. SilverSneakers Core Conditioning* (except 3/22 & 3/29)</p> | | <p>1 - 1:45 p.m. SilverSneakers Stability*</p> <p>1 - 3 p.m. Movie & popcorn (except 3/31)</p> |

For accommodations of persons with special needs at meetings call, 386-456-9648 (TTY: 711).

* Humana Medicare Advantage members only.