

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.



Pembroke Pines

10350 Pines Blvd, Ste D108
Pembroke Pines, FL 33026
754-236-8218 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.



Featured events

Better bladder control

In person
February 1 | 11 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.

Medicare 101

In person
February 5 | 1 p.m. ET

Take a guided tour and introduction of Medicare. The presentation will cover eligibility, costs and options to consider when selecting coverage.

Get to know your medicines

In person
February 8 | 11 a.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.

Medicare 101 (en español)

In person
Febrero 12 | 1 p.m. ET

Cuando se trata de sus medicamentos, no saber algunas cosas podría ser perjudicial. Obtenga más información sobre los medicamentos y consejos para ayudarlo a evitar posibles problemas.

Space is limited

Call your local Humana Neighborhood Center® at 754-236-8218 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](https://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 754-236-8218 (TTY: 711) or visit [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter).



Pembroke Pines in-person events this February

Call 754-236-8218 today to RSVP. Space is limited.

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>11 a.m. - 12 p.m. Better bladder control</p> <p>12:30 - 1:30 p.m. Humana Neighborhood Center tour</p> <p>2 - 4 p.m. Movie and popcorn: Soul (2020)</p>	<p>2</p> <p>12 - 1:30 p.m. Lunch and learn: Making the most of your doctor visits (RSVP)</p>
<p>5</p> <p>10 a.m. - 12 p.m. Craft corner: No sew small heart pillow (RSVP)</p> <p>1 - 2 p.m. Medicare 101</p> <p>3 - 4 p.m. Puzzle time!</p>	<p>6</p> <p>11:30 a.m. - 1:30 p.m. Living well with diabetes Week 1 (RSVP)</p> <p>2 - 2:30 p.m. Meditation moment: Acceptance (streamed)</p> <p>3 - 4 p.m. Games: Uno!</p>	<p>7</p> <p>11 a.m. - 12:30 p.m. Find your feel great weight Class 2 (RSVP)</p> <p>1 - 2 p.m. Craft corner: Yarn-wrapped hearts (RSVP)</p> <p>3 - 4 p.m. Games: Ball tossing</p>	<p>8</p> <p>10 a.m. - 12 p.m. Hearing screenings with HearUSA</p> <p>11 a.m. - 12 p.m. Get to know your medicines</p> <p>2 - 4 p.m. Movie and popcorn: The Devil Wears Prada (2006)</p>	<p>9</p> <p>11 a.m. - 12 p.m. Wii sports: Baseball</p>
<p>12</p> <p>11 a.m. - 12 p.m. Games: Jenga</p> <p>1 - 2 p.m. Medicare 101 (en español)</p> <p>3 - 4 p.m. Juegos: Lanzamiento de pelota</p>	<p>13</p> <p>11:30 a.m. - 1:30 p.m. Living well with diabetes Week 2</p> <p>2 - 2:30 p.m. Momento de meditación: Aceptación (transmitido)</p> <p>3 - 4 p.m. Games: Uno!</p>	<p>14</p> <p>11 a.m. - 12 p.m. Take care of your kidneys</p> <p>12 - 12:30 p.m. Medicines explained: Kidney disease (streamed)</p> <p>1:30 - 3:30 p.m. Valentines Day party Fiesta de San Valentín</p>	<p>15</p> <p>11 a.m. - 12 p.m. Craft corner: Abstract heart (RSVP)</p> <p>2 - 4 p.m. Movie and popcorn: Trouble with the curve (2012)</p>	<p>16</p> <p>9:30 - 10:30 a.m. Momento de meditación: Aceptación (en persona)</p> <p>11 a.m. - 12 p.m. Conozca sus medicamentos with Marcos Mendez PharmD</p>
<p>19</p> <p>10 - 11 a.m. Veterans social (RSVP) Eventos sociales para veteranos</p> <p>1 - 3 p.m. Manualidades: Almohada pequeña de corazón (RSVP)</p> <p>3:30 - 4 p.m. Real people, real stories (streamed)</p>	<p>20</p> <p>11:30 a.m. - 1:30 p.m. Living well with diabetes Week 3</p> <p>2 - 2:30 p.m. Coloring for relaxation</p> <p>3 - 4 p.m. Games: Uno!</p>	<p>21</p> <p>11 a.m. - 12 p.m. National Mother Language Day: Let's speak!</p> <p>1 - 2 p.m. Karaoke</p> <p>3 - 4 p.m. Puzzle time!</p>	<p>22</p> <p>11 a.m. - 12 p.m. Carbohidratos: ¿Buenos o malos?</p> <p>12 - 1 p.m. Demostración de cocina saludable</p> <p>2 - 4 p.m. Movie and popcorn: The Lion King (2019)</p>	<p>23</p> <p>9:30 - 10:30 a.m. Meditation moment: Acceptance (live)</p> <p>11 a.m. - 12 p.m. Cómo crear un plato saludable</p>
<p>26</p> <p>11 a.m. - 12 p.m. Manualidades: Corazones envueltos en hilo</p> <p>1 - 2 p.m. Juegos: Scrabble</p> <p>3 - 4 p.m. Coloring for relaxation</p>	<p>27</p> <p>11:30 a.m. - 1:30 p.m. Living well with diabetes Week 4</p> <p>2 - 2:30 p.m. Colorear para relajarse</p> <p>3 - 4 p.m. Games: Uno!</p>	<p>28</p> <p>11 a.m. - 12:30 p.m. Cuide sus riñones y Explicación de los medicamentos: Enfermedad renal</p> <p>1 - 2 p.m. Manualidades: Corazón abstracto (RSVP)</p> <p>3 - 4 p.m. Games: Scrabble</p>	<p>29</p> <p>11 a.m. - 12 p.m. Carbs: Good or bad?</p> <p>12 - 1 p.m. Healthy cooking demo</p> <p>1:30 - 3:30 p.m. Birthday celebrations Celebración de cumpleaños (RSVP)</p>	

Weekly recurring events

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
	<p>9 - 9:45 a.m. SilverSneakers® Classic*</p> <p>10 - 10:45 a.m. SilverSneakers® Classic*</p> <p>3 - 4 p.m. Games: Uno!</p>		<p>9 - 9:45 a.m. SilverSneakers® Classic*</p>	

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For accommodations of persons with special needs at meetings, call **754-236-8218 (TTY: 711)**.