

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.



San Antonio

950 S. General McMullen, Suite 105
San Antonio, TX 78237
210-424-6086 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.



Featured events

Medicare 101

In person
February 6 | 10 - 11 a.m. CT

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 8 | 1 - 3:15 p.m. CT

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

In person
February 14 | 9:30 - 11 a.m. CT

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

Battling the aging brain

In person
February 27 | 10 - 11 a.m. CT

The brain is one of the most complex organs in the human body. Learn how the brain works and ways to keep it healthy as you get older.

Space is limited

Call your local Humana Neighborhood Center® at **210-424-6086** 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 **210-424-6086 (TTY: 711)** or visit [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter).



San Antonio in-person events this February

Call 210-424-6086 today to RSVP. Space is limited.

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>10 a.m. - 12 p.m. Living well with diabetes: Week 1</p> <p>1 - 2 p.m. Humana Neighborhood Center tour</p>	<p>2</p> <p>10 - 11 a.m. Soup can workout</p> <p>1:15 - 3:15 p.m. Movie & popcorn: Chevalier (2022)</p>
<p>5</p> <p>10 - 11 a.m. Coffee and newspaper</p> <p>1:30 - 3 p.m. Pickleball</p>	<p>6</p> <p>10 - 11 a.m. Medicare 101</p> <p>1:30 - 3 p.m. Craft corner: Diamond painting coaster (part 1)</p>	<p>7</p> <p>9:30 - 10:30 a.m. Social: Coffee and friends</p>	<p>8</p> <p>10 a.m. - 12 p.m. Living well with diabetes: Week 2</p> <p>1 - 2 p.m. Carbs: Good or bad?</p> <p>2:15 - 3:15 p.m. Healthy cooking demo with San Antonio Food Bank</p>	<p>9</p> <p>9:30 - 10:30 a.m. Veterans coffee club</p> <p>1:15 - 3:15 p.m. Movie & popcorn: Barbie (2023)</p>
<p>12</p> <p>1:30 - 3 p.m. Pickleball</p>	<p>13</p> <p>10 a.m. - 12 p.m. Movie & popcorn: Centurion: The Dancing Stallion (2023)</p> <p>1:30 - 3 p.m. Lunch and learn: Making the most of your doctor visits</p>	<p>14</p> <p>9:30 - 10 a.m. Take care of your kidneys with Conviva</p> <p>1:30 - 2:30 p.m. Valentine's Day social</p>	<p>15</p> <p>10 a.m. - 12 p.m. Living well with diabetes: Week 3</p>	<p>16</p> <p>10 - 11 a.m. Soup can workout</p> <p>1:15 - 3:15 p.m. Movie & popcorn: Skyscraper (2018)</p>
<p>19</p> <p>1:30 - 3:30 p.m. Classic movie Monday: The Sound of Music (1965)</p>	<p>20</p> <p>10 - 11 a.m. How to create a healthy plate (streamed)</p> <p>1:30 - 3 p.m. Craft corner: Diamond painting coaster (part 2)</p>	<p>21</p> <p>9:30 - 10:30 a.m. Hot chocolate with friends</p>	<p>22</p> <p>10 a.m. - 12 p.m. Living well with diabetes: Week 4</p>	<p>23</p> <p>10 - 11 a.m. Soup can workout</p> <p>1:15 - 3:15 p.m. Movie & popcorn: Mona Lisa Smile (2003)</p>
<p>26</p> <p>1:30 - 2:30 p.m. Lotería</p>	<p>27</p> <p>10 - 11 a.m. Battling the aging brain (streamed)</p> <p>1:30 - 3 p.m. Craft corner: Diamond painting coaster (part 3)</p>	<p>28</p> <p>1:30 - 3:30 p.m. February birthday social & bingo</p>	<p>29</p> <p>1 - 2:30 p.m. Find your feel great weight: Class 2</p>	

Weekly recurring events

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>11:30 a.m. - 12:30 p.m. SilverSneakers® Classic*</p> <p>12:30 - 1 p.m. Cool down social</p>		<p>11:30 a.m. - 12:30 p.m. SilverSneakers® Enerchi Tai Chi*</p> <p>12:30 - 1 p.m. Cool down social</p>		<p>11:30 a.m. - 12:30 p.m. Matinee meet up: Bring your friends</p>

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For accommodations of persons with special needs at meetings, call 210-424-6086 (TTY: 711).

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*For Humana members with this benefit only.