

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.



Summerlin

8885 W. Charleston Blvd., Suite 140
Las Vegas, NV 89117
702-380-6170 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.



Featured events

Battling the aging brain with Intermountain Healthcare

In person
February 8 | 10 - 11 a.m. PT

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.

Carbs: Good or bad? & Cooking demo

In person
February 9 | 1 - 3 p.m. PT

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 Optum

In person
February 22 | 10 - 11:30 a.m. PT

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

How to create a healthy plate

In person
February 29 | 10 - 11 a.m. PT

Building a healthy plate doesn't have to be hard. Join this interactive session to learn how to turn your plate from fair to five-star with a few helpful tips and tricks.

Space is limited

Call your local Humana Neighborhood Center® at 702-380-6170 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 702-380-6170 (TTY: 711) or visit [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter).



Summerlin in-person events this February

Call 702-380-6170 today to RSVP. Space is limited.

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>11:30 a.m. - 1 p.m. Bingo</p> <p>1:30 - 3:30 p.m. Movie & popcorn: Book Club: The Next Chapter (2023)</p>	<p>10 a.m. - 12 p.m. Craft corner: Valentine's Day wreath</p> <p>10 a.m. - 4 p.m. Wear red day</p> <p>11 a.m. - 12 p.m. Humana Neighborhood Center tour</p> <p>1 - 3 p.m.</p>
<p>2 - 4 p.m. Living well with diabetes: Week 1</p>	<p>11 a.m. - 12:30 p.m. Lunch and learn: Making the most of your doctor visits</p> <p>2 - 3 p.m. Paint with music</p>	<p>10 a.m. - 12 p.m. Charity crafters</p> <p>12 - 1 p.m. Birthday social with Optum</p>	<p>10 - 11 a.m. Battling the aging brain with Intermountain Healthcare</p> <p>11:30 a.m. - 1 p.m. Bingo</p> <p>1:30 - 3:30 p.m. Movie & popcorn: Wonder Women 1984 (2020)</p>	<p>10 a.m. - 12 p.m. Lunar New Year celebration</p> <p>1 - 2 p.m. Carbs: Good or bad?</p> <p>2 - 3 p.m. Healthy cooking demo with Chef Travis</p>
<p>2 - 4 p.m. Living well with diabetes: Week 2 (streamed)</p>	<p>2 - 3 p.m. Paint with music</p>	<p>10 a.m. - 12 p.m. Charity crafters</p> <p>11 a.m. - 12 p.m. Valentine's Day social</p>	<p>10 - 11 a.m. Writer's workshop</p> <p>11:30 a.m. - 1 p.m. Bingo</p>	<p>10 a.m. - 12 p.m. Craft corner: Rock painting</p> <p>1 - 3 p.m. Café game time</p>
<p>2 - 4 p.m. Living well with diabetes: Week 3 (streamed)</p>	<p>10 - 11 a.m. Café game time</p> <p>2 - 3 p.m. Paint with music</p>	<p>10 a.m. - 12 p.m. Charity crafters</p>	<p>10 - 11:30 a.m. Take care of your kidneys with Optum</p> <p>11:30 a.m. - 1 p.m. Bingo</p> <p>1:30 - 3:30 p.m. Movie & popcorn: Elvis (2022)</p>	<p>10 a.m. - 12 p.m. Craft corner: Velvet art</p> <p>1 - 2 p.m. Medicare 101</p>
<p>2 - 4 p.m. Living well with diabetes: Week 4</p>	<p>10 - 11:30 a.m. Find your feel great weight series: Class 2</p> <p>12 - 1 p.m. Veterans coffee club</p>	<p>10 a.m. - 12 p.m. Charity crafters</p>	<p>10 - 11 a.m. How to create a healthy plate</p> <p>11 a.m. - 12 p.m. Healthy cooking demo with Chef Travis</p> <p>1:30 - 3:30 p.m. Movie & popcorn: Barbie (2023)</p>	

Weekly recurring events

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>11:30 a.m. - 12:30 p.m. Zumba®*</p> <p>12:30 - 1:30 p.m. SilverSneakers® EnerChi*</p>		<p>1 - 2 p.m. SilverSneakers® Classic*</p> <p>2 - 3 p.m. SilverSneakers® Yoga*</p>		

All product names, logos, brands and trademarks are property of their respective owners, and any use does not imply endorsement.

For accommodations of persons with special needs at meetings, call 702-380-6170 (TTY: 711).

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*For Humana members with this benefit only.