

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.



Tamarac

8191 N Pine Island Rd
Tamarac, FL 33321
954-724-1540 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.



Featured events

Carbs: Good or bad? & Cooking demo

In person
February 1 | 11 a.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.

Carbohidratos: ¿Buenos o malos? y Demostración de cocina

In person
Febrero 8 | 11 a.m. ET

No todos los carbohidratos son iguales. Aprenda qué carbohidratos son saludables y cuáles debe limitar.

Better bladder control

In person
February 15 | 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.

Cómo crear un plato saludable

In person
Febrero 22 | 11 a.m. ET

Armar un plato saludable no tiene por qué ser difícil. Participe en esta sesión interactiva para aprender a convertir un plato normal en uno cinco estrellas con algunos consejos y trucos útiles.

Space is limited

Call your local Humana Neighborhood Center® at **954-724-1540** 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 **954-724-1540 (TTY: 711)** or visit [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter).



Tamarac in-person events this February

Call 954-724-1540 today to RSVP. Space is limited.

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>11 a.m. - 12 p.m. Carbs: Good or bad?</p> <p>12 - 1 p.m. Healthy cooking demo</p> <p>2 - 3 p.m. Medicare 101</p>	<p>2</p> <p>11 a.m. - 12 p.m. Meditation moment: Acceptance (live)</p> <p>2:30 - 3:30 p.m. Pickleball</p>
<p>5</p> <p>9 - 10 a.m. Café y charla: Comparta fotos y memorias</p> <p>10 a.m. - 12 p.m. Crafting for a cause</p> <p>10:30 a.m. - 12:30 p.m. Blood pressure control program Week 4</p>	<p>6</p> <p>10 - 11 a.m. Introducing Tamarac's "Jar of love"</p> <p>1 - 3 p.m. Movie and popcorn: Pretty Woman (1990)</p>	<p>7</p> <p>9 a.m. - 4 p.m. National send a card to a friend day!</p> <p>1 - 2 p.m. Bingo</p> <p>2 - 3 p.m. Dominoes</p> <p>SHARE day (Spread Hope)</p>	<p>8</p> <p>11 a.m. - 12 p.m. Craft corner: Valentines Day heart garland (RSVP)</p> <p>12:30 - 1:30 p.m. Cuide sus riñones</p> <p>1:30 - 2 p.m. Explicación de los medicamentos: Enfermedad renal (transmitido)</p>	<p>9</p> <p>11 a.m. - 12 p.m. Momento de meditación: Aceptación (en persona)</p> <p>2:30 - 3:30 p.m. Poetry corner: Open mic self-led (RSVP)</p>
<p>12</p> <p>9 - 10 a.m. Momento de meditación: Amabilidad cariñosa (en persona)</p> <p>10 a.m. - 12 p.m. Crafting for a cause</p> <p>10:30 a.m. - 12:30 p.m. Living well with diabetes Week 1 (RSVP)</p>	<p>13</p> <p>10 - 11 a.m. Self-love day!</p> <p>1 - 3 p.m. Movie and popcorn: Titanic (1997)</p>	<p>14</p> <p>10 a.m. - 12 p.m. Hearing screening with HearUSA</p> <p>11 a.m. - 12:30 p.m. Find your feel great weight Class 2 (RSVP)</p> <p>1 - 2 p.m. Bingo</p>	<p>15</p> <p>11 a.m. - 12 p.m. Better bladder control</p> <p>12:30 - 1:30 p.m. Take care of your kidneys</p> <p>1:30 - 2 p.m. Medicines explained: Kidney disease (streamed)</p>	<p>16</p> <p>11 a.m. - 12 p.m. Veterans social (RSVP)</p> <p>2:30 - 3:30 p.m. Birthday celebrations</p>
<p>19</p> <p>9 - 10 a.m. Meditation moment: Loving kindness (live)</p> <p>10 a.m. - 12 p.m. Crafting for a cause</p> <p>10:30 a.m. - 12:30 p.m. Living with diabetes Week 2</p>	<p>20</p> <p>10 - 11 a.m. Sudoku hour</p> <p>1 - 3 p.m. Movie and popcorn: Eat, Pray, Love (2010)</p>	<p>21</p> <p>10 - 11 a.m. Humana Neighborhood Center tour</p> <p>11 a.m. - 12 p.m. Get to know your medicines</p> <p>1 - 2 p.m. Bingo</p>	<p>22</p> <p>11 a.m. - 12 p.m. Cómo crear un plato saludable</p> <p>1 - 2 p.m. Carbohidratos: ¿Buenos o malos?</p> <p>2 - 3 p.m. Demostración de cocina saludable</p>	<p>23</p> <p>11 a.m. - 12 p.m. Medicare 101 (en español)</p> <p>2:30 - 3:30 p.m. Hot potato game</p>
<p>26</p> <p>10 - 11 a.m. Crafting for a cause</p> <p>10:30 a.m. - 12:30 p.m. Living with diabetes Week 3</p>	<p>27</p> <p>10 - 11 a.m. Gratitude journaling hour</p> <p>1 - 3 p.m. Movie and popcorn: Valentine's Day (2010)</p>	<p>28</p> <p>11 a.m. - 12 p.m. Conozca sus medicamentos con Christine Ayers PharmD</p> <p>1 - 2 p.m. Bingo</p> <p>3 - 4 p.m. Self-led scrapbooking (RSVP)</p>	<p>29</p> <p>10 - 11 a.m. Coffee and chat: Sharing memories & photos</p> <p>12 - 1:30 p.m. Lunch and learn: Making the most of your doctor visits (RSVP)</p> <p>2 - 3 p.m. Games: Jenga!</p>	

Weekly recurring events

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>10 a.m. - 12 p.m. Crafting for a cause</p> <p>1 - 1:45 p.m. Zumba®*</p>	<p>9:15 - 10 a.m. SilverSneakers® Classic*</p> <p>11:30 a.m. - 12:15 p.m. SilverSneakers® Chair Yoga*</p> <p>1 - 3 p.m. Movie and popcorn</p>	<p>1 - 2 p.m. Bingo</p>	<p>9:15 - 10 a.m. SilverSneakers® Tai Chi/ Qigong*</p>	<p>9:30 - 10:15 a.m. SilverSneakers® Strength & Balance*</p> <p>1 - 1:45 p.m. Zumba®*</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 954-724-1540 (TTY: 711).

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*For Humana members with this benefit only.