

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.



Zephyrhills

7920 Gall Blvd.
Zephyrhills, FL 33541
813-780-7300 (TTY: 711)
Monday – Friday, 9 a.m. – 4 p.m.



Featured events

Carbs: Good or bad? & Cooking demo

In person
February 13 | 10 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.

Take care of your kidneys with Dr. Patel

In person
February 15 | 1 p.m. ET

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

Better bladder control

In person
February 20 | 10 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.

Get to know your medicines

In person
February 27 | 10 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.

Space is limited

Call your local Humana Neighborhood Center® at **813-780-7300** 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 **813-780-7300 (TTY: 711)** or visit [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter).



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p>10 a.m. - 12 p.m. Living well with diabetes Week 1 (RSVP)</p> <p>11 a.m. - 1 p.m. Group puzzle</p> <p>1:30 - 2:30 p.m. Bingo</p>	<p>2</p> <p>10 - 11 a.m. Humana Neighborhood Center tour (RSVP)</p> <p>11 a.m. - 1 p.m. Games: Scrabble</p> <p>1 - 3 p.m. Movie and popcorn: The Proposal (2009)</p>
<p>5</p> <p>10 - 11 a.m. Get to know each other with table topics</p> <p>11 a.m. - 1 p.m. Mexican train dominoes</p> <p>1 - 4 p.m. Canasta</p>	<p>6</p> <p>10 - 11:30 a.m. Find your feel great weight Class 2 (RSVP)</p> <p>12 - 1 p.m. Technology 101 (streamed)</p> <p>2 - 3 p.m. Coloring for relaxation</p>	<p>7</p> <p>10 a.m. - 2 p.m. National Send a Card to a Friend Day! Use our stationary to write to a friend</p> <p>10:30 - 11:30 a.m. Craft: Rock painting (RSVP)</p> <p>2 - 3 p.m. Wii bowling</p>	<p>8</p> <p>10 a.m. - 12 p.m. Living well with diabetes Week 2 (RSVP)</p> <p>12 - 1 p.m. Tabletop games</p> <p>12:30 - 4 p.m. Learn to sew with East Pasco Quilters</p>	<p>9</p> <p>11 a.m. - 1 p.m. Games: Scrabble</p> <p>1 - 3 p.m. Movie and popcorn: The Notebook (2004)</p>
<p>12</p> <p>9 - 10 a.m. Coffee and chat with Customer Care Specialist Beth Russell*</p> <p>12 - 1 p.m. Games:Rummikub</p> <p>1 - 4 p.m. Canasta</p>	<p>13</p> <p>10 - 11 a.m. Carbs: Good or bad?</p> <p>11 a.m. - 12 p.m. Healthy cooking demo (RSVP)</p> <p>12 - 1 p.m. Ask an agent</p> <p>2 - 3 p.m. Cafe craft (RSVP)</p>	<p>14</p> <p>10 a.m. - 12 p.m. Hearing screenings with HearUSA</p> <p>11 a.m. - 12 p.m. Valentine's social (RSVP)</p> <p>2 - 3 p.m. Pickleball</p>	<p>15</p> <p>10 a.m. - 12 p.m. Living well with diabetes Week 3 (RSVP)</p> <p>1 - 2 p.m. Take care of your kidneys with Dr. Patel</p> <p>2 - 2:30 p.m. Medicines explained: Kidney disease (streamed)</p>	<p>16</p> <p>10 - 11 a.m. Veterans breakfast (RSVP)</p> <p>11 a.m. - 1 p.m. Games: Scrabble</p> <p>1 - 3 p.m. Movie and popcorn: Book Club (2018)</p>
<p>19</p> <p>10 - 11 a.m. Get to know each other with table topics</p> <p>11 a.m. - 1 p.m. Mexican train dominoes</p> <p>1 - 4 p.m. Canasta</p>	<p>20</p> <p>10 - 11 a.m. Better bladder control</p> <p>12 - 2 p.m. Tabletop games</p> <p>1:30 - 2:30 p.m. Beanbag toss with AmyC</p>	<p>21</p> <p>10:30 - 11:30 a.m. Craft: Decorate a picture frame (RSVP)</p> <p>12 - 1 p.m. Puzzles for brain health</p> <p>2 - 3 p.m. Inflatable bowling</p>	<p>22</p> <p>10 a.m. - 12 p.m. Living with diabetes Week 4 (RSVP)</p> <p>12 - 2 p.m. Games: Rummikub</p> <p>12:30 - 4 p.m. Learn to sew with East Pasco Quilters</p>	<p>23</p> <p>11 a.m. - 1 p.m. Games: Scrabble</p> <p>1 - 3 p.m. Movie and popcorn: Ticket to paradise (2022)</p>
<p>26</p> <p>10 - 11 a.m. Coffee and chat with Nicole</p> <p>11 a.m. - 1 p.m. Games: Monopoly</p> <p>1 - 4 p.m. Canasta</p>	<p>27</p> <p>10 - 11 a.m. Get to know your medicines</p> <p>12 - 2 p.m. Medicare 101</p> <p>2 - 3 p.m. Color mandalas for relaxation</p>	<p>28</p> <p>10:30 - 11:30 a.m. Birthday celebrations (RSVP)</p> <p>12 - 1 p.m. Games: Chess</p> <p>2 - 3 p.m. Travel around the world: Banff National Park (streamed)</p>	<p>29</p> <p>10:30 - 11:30 a.m. A-maze for the mind</p> <p>12 - 1:30 p.m. Lunch & Learn: Making the most of your doctor visits (RSVP)</p> <p>2 - 3 p.m. Work your brain with 3D puzzles</p>	

Weekly recurring events

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p>9:15 - 10 a.m. SilverSneakers® Senior Stretch*</p> <p>11:15 a.m. - 12 p.m. SilverSneakers® Senior Stretch*</p> <p>1 - 4 p.m. Canasta</p>		<p>9:15 - 10 a.m. Zumba®*</p> <p>1 - 1:45 p.m. SilverSneakers® Senior Stretch*</p>		<p>11 a.m. - 1 p.m. Games: Scrabble</p> <p>12 - 12:45 p.m. SilverSneakers® Classic*</p> <p>1 - 3 p.m. Movie and popcorn</p>

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For accommodations of persons with special needs at meetings, call 813-780-7300 (TTY: 711).