



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.

All scheduled events are shown on Eastern time.

April 2021 calendar of events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Seasonal allergies: Relief from wheezing and sneezing Click here to join at 3 p.m. f Facebook Live: Craft corner Noon	2 No scheduled programming
5 No scheduled programming	6 f Facebook Live: Cooped up and cooking, with Chef Nino Noon	7 Food and mood: What's the connection? Click here to join at 3 p.m.	8 Gardening 101 Click here to join at 3 p.m. f Facebook Live: Meditation moment Noon	9 No scheduled programming
12 No scheduled programming	13 f Facebook Live: Cooped up and cooking, with Chef Nino Noon	14 Experiencing grief and loss during COVID-19 Click here to join at 3 p.m.	15 Gratitude journaling Click here to join at 3 p.m. f Facebook Live: Soup can workout Noon	16 No scheduled programming
19 No scheduled programming	20 f Facebook Live: Cooped up and cooking, with Chef Nino Noon	21 Anxiety: Managing worries and fears Click here to join at 3 p.m.	22 10 tips to boost your energy Click here to join at 3 p.m. f Facebook Live: Travel around the world at home: Greece Noon	23 No scheduled programming
26 No scheduled programming	27 f Facebook Live: Cooped up and cooking, with Chef Nino Noon	28 Emotional eating: Kick the habit Click here to join at 3 p.m.	29 Anxiety: Managing worries and fears Click here to join at 3 p.m. f Facebook Live: Trivia: TV and commercials Noon	30 No scheduled programming