



Visit us online at [HumanaNeighborhoodCenter.com](https://www.humana.com/neighborhoodcenter) to see our virtual activities. Please RSVP for classes and other events before the start time so that you can join directly from the site.

All scheduled events are shown on Eastern time.

# August 2021 calendar of events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> No scheduled programming	<b>3</b> Facebook Live: Cooped up and cooking, with Chef Nino Noon	<b>4</b> The benefits of high-fiber foods 3 p.m.	<b>5</b> Facebook Live: Craft corner Noon	<b>6</b> No scheduled programming
<b>9</b> No scheduled programming	<b>10</b> Facebook Live: Cooped up and cooking, with Chef Nino Noon	<b>11</b> Simple changes for managing cholesterol 3 p.m.	<b>12</b> Facebook Live: Meditation moment Noon	<b>13</b> No scheduled programming
<b>16</b> No scheduled programming	<b>17</b> Facebook Live: Cooped up and cooking, with Chef Nino Noon	<b>18</b> Healthy habits for a healthy weight 3 p.m.	<b>19</b> Facebook Live: Soup can workout Noon	<b>20</b> No scheduled programming
<b>23</b> No scheduled programming	<b>24</b> Facebook Live: Cooped up and cooking, with Chef Nino Noon	<b>25</b> Fall asleep, stay asleep 3 p.m.	<b>26</b> Facebook Live: Travel around the world at home: Zion National Park Noon  Simple changes for managing cholesterol 3 p.m.	<b>27</b> No scheduled programming
<b>30</b> No scheduled programming	<b>31</b> Facebook Live: Cooped up and cooking, with Chef Nino Noon			