



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

February 2022 calendar of events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Cooped up and cooking 3 p.m., Eastern time	2 The do's and don'ts of the Mediterranean diet 3 p.m., Eastern time	3 Craft corner Noon, Eastern time	4
7	8 Cooped up and cooking 3 p.m., Eastern time	9 Stay on beat: Managing heart disease 3 p.m., Eastern time	10 Meditation moment Noon, Eastern time	11
14	15 Cooped up and cooking 3 p.m., Eastern time	16 5 habits to help prevent Alzheimer's 3 p.m., Eastern time	17 Soup can workout Noon, Eastern time Chat and learn: Caregiving 3 p.m., Eastern time	18
21	22 Cooped up and cooking 3 p.m., Eastern time	23 Simple steps to help prevent falls 3 p.m., Eastern time	24 Travel around the world at home: Italy Noon, Eastern time	25
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