



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.

June 2022 calendar of events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Organic foods: To buy or not to buy? 3 p.m., Eastern time	2 Craft corner Noon, Eastern time	3 No scheduled programming
6 No scheduled programming	7 Kitchen creations 3 p.m., Eastern time	8 Managing kidney disease 3 p.m., Eastern time	9 Meditation moment Noon, Eastern time	10 No scheduled programming
13 No scheduled programming	14 Kitchen creations 3 p.m., Eastern time	15 Give your brain a boost 3 p.m., Eastern time	16 Soup can workout Noon, Eastern time Chat and learn: Caregiving 3 p.m., Eastern time	17 No scheduled programming
20 No scheduled programming	21 Kitchen creations 3 p.m., Eastern time	22 Better bladder control 3 p.m., Eastern time	23 Travel around the world at home: Switzerland Noon, Eastern time	24 No scheduled programming
27 No scheduled programming	28 Kitchen creations 3 p.m., Eastern time	29 A beginner's guide to meal planning 3 p.m., Eastern time	30 Summertime trivia Noon, Eastern time	