



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.

All scheduled events are shown on Eastern time.

October 2021 calendar of events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 No scheduled programming	5 Facebook Live: Cooped up and cooking, with Chef Nino at noon How to plan for a better, longer life 3 p.m.	6 Diabetes superfoods 3 p.m.	7 Facebook Live: Craft corner at noon	8 No scheduled programming
11 Ask the experts: Staying healthy during flu season 3 p.m.	12 Facebook Live: Cooped up and cooking, with Chef Nino at noon	13 Diabetes: Managing the highs and lows 3 p.m.	14 Facebook Live: Meditation moment at noon	15 No scheduled programming
18 No scheduled programming	19 Facebook Live: Cooped up and cooking, with Chef Nino at noon	20 5 habits to help prevent Alzheimer's 3 p.m.	21 Facebook Live: Soup can workout at noon	22 No scheduled programming
25 No scheduled programming	26 Facebook Live: Cooped up and cooking, with Chef Nino at noon	27 Caring for common foot problems 3 p.m.	28 Facebook Live: Halloween brain teasers and trivia at noon Diabetes: Managing the highs and lows 3 p.m.	29 No scheduled programming