



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.

January 2022 calendar of online events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 Cooped up and cooking 3 p.m., Eastern time	5 MIND diet: Foods to help fight dementia 3 p.m., Eastern time	6 Craft corner Noon, Eastern time	7
10	11 Cooped up and cooking 3 p.m., Eastern time	12 Strategies to overcome depression 3 p.m., Eastern time	13 Meditation moment Noon, Eastern time	14
17	18 Cooped up and cooking 3 p.m., Eastern time	19 Battling dangerous belly fat 3 p.m., Eastern time	20 Soup can workout Noon, Eastern time Chat and learn: Caregiving 3 p.m., Eastern time	21
24	25 Cooped up and cooking 3 p.m., Eastern time	26 Keeping your kidneys healthy 3 p.m., Eastern time	27 Travel around the world at home: Yosemite National Park Noon, Eastern time	28
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