

# Your neighborhood Humana location at Yorktown Shopping Center



## NOVEMBER EVENTS

### NOVEMBER 1

**8:15 – 9:15 a.m.** Walking group  
**9 a.m.** Crafting: Decorative candles  
**10 a.m. – 2 p.m.** SilverSneakers® fitness demos  
**10 a.m.** The truth about carbs  
**11 a.m.** Dental health: A window to your well-being  
**Noon – 1 p.m.** Coloring for relaxation  
**Noon** November birthday social  
**12:15 – 1:15 p.m.** SilverSneakers Classic\*  
**1 p.m.** Brain games  
**2 p.m.** Scrabble competition

### NOVEMBER 15

**8:15 – 9:15 a.m.** Walking group  
**9 a.m.** Crafting: Wreath making  
**10 a.m. – 2 p.m.** SilverSneakers fitness demos  
**10 a.m.** Good fats, bad fats  
**11 a.m.** Mediterranean Diet: Foods for heart health  
**Noon** Healthy cooking demo: Recipes from the Mediterranean Diet  
**Noon – 1 p.m.** Coloring for relaxation  
**12:15 – 1:15 p.m.** SilverSneakers Classic\*  
**1 p.m.** Brain games  
**2 p.m.** Timed word search

### NOVEMBER 8

**8:15 – 9:15 a.m.** Walking group  
**9 a.m.** Crafting: Creating snowglobes  
**10 a.m. – 2 p.m.** SilverSneakers fitness demos  
**10 a.m.** Better breathers club  
**11 a.m.** Heart disease: Take control of your health, with Terry Lalky, BSN, RN (RSVP)  
**Noon** Medicare sales seminar  
**Noon – 1 p.m.** Coloring for relaxation  
**12:15 – 1:15 p.m.** SilverSneakers Classic\*  
**1 p.m.** Bingo  
**2 p.m.** Chess tournament

### NOVEMBER 29

**8:15 – 9:15 a.m.** Walking group  
**9 a.m.** Crafting: Decorative picture frames  
**10 a.m. – 2 p.m.** SilverSneakers fitness demos  
**10 a.m. – 2 p.m.** Meet with your Humana pharmacist  
**10 a.m.** Everything you need to know about Go365\*  
**11 a.m.** Find your holiday happiness  
**Noon** Creative writing workshop  
**Noon – 1 p.m.** Coloring for relaxation  
**12:15 – 1:15 p.m.** SilverSneakers Classic\*  
**1 p.m.** Bingo  
**2 p.m.** Pictionary



**Yorktown Shopping Center**  
Across from Von Maur  
203 Yorktown Center  
Lombard, IL 60148  
Thursdays, 9 a.m. – 3 p.m.  
331-315-5219

Join us **every Thursday** at Yorktown Shopping Center. There is always something going on—you can enjoy a variety of no-cost events, programs and activities designed to help you improve your physical and mental health.

**We hope you join us.**  
**You could win a \$25 gift card!\*\***

\*Humana Medicare Advantage members only  
\*\*No obligation to complete activities to enter drawing.

**Humana**®

# Humana is in your neighborhood



**TURN OVER** TO VIEW THIS MONTH'S CALENDAR OF EVENTS >>



Humana®

## Your neighborhood

### Humana location

There is always something exciting going on—you can enjoy a variety of no-cost events, programs and activities designed to help you improve your physical and mental health.

#### Yorktown Shopping Center

Across from Von Maur  
203 Yorktown Center  
Lombard, IL 60148  
Thursdays, 9 a.m. – 3 p.m.  
**331-315-5219**

## What can you do at your neighborhood Humana location?



**GET HEALTHY** – FOCUS ON HOW TO IMPROVE HEALTH  
Health and wellness classes have something for everyone!  
• Cooking and nutrition courses



**GET HAPPY** – FOCUS ON STAYING SOCIAL  
Spend time with friends and make new ones!  
• Social events  
• Fun and games



**GET HELP** – FOCUS ON INFORMATION YOU NEED  
Humana team members are on-site to help you:  
• Understand your benefits, plan specifics and bills  
• Meet a health educator or a Customer Care specialist to get help with things like:  
– Nutrition, health and lifestyle education  
– Navigating your Humana plan  
– Locating community resources



Humana®

**NOT A MEMBER? THAT'S OK!**  
EVERYONE IS WELCOME, SO STOP BY TODAY!