

Your neighborhood Humana location at Yorktown Shopping Center



DECEMBER EVENTS

DECEMBER 6

- 8:15 – 9:15 a.m. Walking group
- 9 a.m. Crafting: Wreaths
- 10 a.m. – 2 p.m. SilverSneakers® fitness demos
- 10 a.m. Holiday gift wrapping center
- 11 a.m. The aging brain: What's normal, what's not?
- Noon – 1 p.m. Coloring for relaxation
- Noon Paint and sip
- 12:15 – 1:15 p.m. SilverSneakers Classic*
- 1 p.m. Brain games
- 2 p.m. Scrabble competition

DECEMBER 20

- 8:15 – 9:15 a.m. Walking group
- 9 a.m. Crafting: Snow globes
- 10 a.m. – 2 p.m. SilverSneakers fitness demos
- 10 a.m. Holiday gift wrapping center
- 11 a.m. Eating for a long life: Disease-fighting foods
- Noon Healthy cooking demo: Disease-fighting foods
- 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

DECEMBER 13

- 8:15 – 9:15 a.m. Walking group
- 9 a.m. Crafting: Holiday ornaments
- 10 a.m. – 2 p.m. SilverSneakers fitness demos
- 10 a.m. Holiday gift wrapping center
- 11 a.m. Understanding Parkinson's disease
- Noon Holiday birthday celebration
- Noon – 1 p.m. Coloring for relaxation
- 12:15 – 1:15 p.m. SilverSneakers Classic*
- 1 p.m. Bingo
- 2 p.m. Chess tournament

DECEMBER 27

- 8:15 – 9:15 a.m. Walking group
- 9 a.m. Crafting: Vision boards
- 10 a.m. – 2 p.m. SilverSneakers fitness demos
- 10 a.m. Everything you need to know about Go365™*
- 11 a.m. Managing worries and fears
- 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!