

Your neighborhood Humana location at Yorktown Shopping Center



JANUARY EVENTS

JANUARY 3

- 8:15 – 9:15 a.m. Walking group
- 9 a.m. DIY craft: 2019 vision boards
- 10 a.m. – 2 p.m. SilverSneakers® fitness demos
- 10 a.m. 10 tips to improve your energy
- 11 a.m. The power of positivity: Turning lemons into lemonade
- Noon – 1 p.m. Coloring for relaxation
- Noon Anniversary celebration! Bring a friend!
- 12:15 – 1:15 p.m. SilverSneakers Classic*
- 1 p.m. Brain games
- 2 p.m. Anagram competition

JANUARY 17

- 8:15 – 9:15 a.m. Walking group
- 9 a.m. DIY craft: Friendship bracelets
- 10 a.m. – 2 p.m. SilverSneakers fitness demos
- 10 a.m. Foods to boost your brain power
- 11 a.m. Understanding the food-mood connection
- Noon Healthy cooking demo: Mood-boosting recipes
- Noon – 1 p.m. Coloring for relaxation
- 12:15 – 1:15 p.m. SilverSneakers Classic*
- 1 p.m. January birthday social
- 2 p.m. Board games

JANUARY 10

- 8:15 – 9:15 a.m. Walking group
- 9 a.m. DIY craft: Card making
- 10 a.m. – 2 p.m. SilverSneakers fitness demos
- 10 a.m. Aging happily
- 11 a.m. Strategies to fight depression, with Terry Lallky, BSN, RN
- 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. Paint and sip: Watercolor painting

JANUARY 24

- 8:15 – 9:15 a.m. Walking group
- 9 a.m. DIY craft: Candle decorating
- 10 a.m. – 2 p.m. SilverSneakers fitness demos
- 10 a.m. The aging brain: What's normal, what's not?
- 11 a.m. 5 foods and medicines you shouldn't mix, with Humana Pharmacy
- Noon Q&A with Health Educator Kristin
- Noon – 1 p.m. Coloring for relaxation
- 12:15 – 1:15 p.m. SilverSneakers Classic*
- 1 p.m. Bingo
- 2 p.m. Charades



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.

JANUARY 31

- 8:15 – 9:15 a.m. Walking group
- 9 a.m. DIY craft: Jewelry making
- 10 a.m. – 2 p.m. SilverSneakers fitness demos
- 10 a.m. Give your brain a boost
- 11 a.m. Understanding Parkinson's disease
- Noon Fitness resolutions: How to stay on track in 2019
- Noon – 1 p.m. Coloring for relaxation
- 12:15 – 1:15 p.m. SilverSneakers Classic*
- 1 p.m. Brain games
- 2 p.m. Pictionary

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®

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Humana is in your neighborhood



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



Humana®

Your neighborhood Humana location

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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!