

February 2015

Calendar of Events
for *Your* Summerlin
Guidance Center

These Events Occur EVERY WEEK at *Your* Local Guidance Center

EVERY MONDAY:

9:30 to 10:30 am
Beginner Tai Chi
10 to 11 am
Manipulation Rummy
11 am to 12 pm
Intermediate Tai Chi
12 to 1 pm
Line Dance
1:30 to 2:30 pm
*SilverSneakers® Classic

EVERY TUESDAY:

8:30 to 9:30 am
Bone Strengthening Class
9:45 to 10:45 am
Chair Fitness Stretch
11 am to 12 pm
*SilverSneakers® Classic
12:15 to 1:15 pm
*SilverSneakers® Yoga

EVERY WEDNESDAY:

10 am to 12 pm
Humana Charity Crafters
12:30 to 1:30 pm
*SilverSneakers® Circuit

EVERY THURSDAY:

8:30 to 9:30 am
Bone Strengthening Class
9:45 to 10:45 am
Chair Yoga
10:45 to 11:45 am
Intermediate Tai Chi
12 to 1 pm
Beginner Tai Chi
1 to 2 pm
*SilverSneakers® Classic

EVERY FRIDAY:

9:45 to 10:45 am
Chair Fitness Stretch
11 am to 12 pm
Ballroom Dance
12 to 1 pm
Line Dance

Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
		2 to 3 pm Healthy Cooking Demonstration: Low Sodium	2:30 to 3:30 pm Healthy U: Healthy Heart 	8 am to 5 pm Wear Red Day®: Wear Red to Support Heart Health 1:30 to 3:30 pm Movie & Popcorn: The Hundred Foot Journey
9	10	11	12	13
3 to 4:30 pm Technology 101: Basics of the Internet and Computers 	2 to 3 pm Just a Dash: How Much Salt is Too Much? 	2 to 3 pm Chair Dancing		1:30 to 3:30 pm Movie & Popcorn: Valentine's Day
16	17	18	19	20
3 to 4 pm Technology 101: Understanding Smartphones and Tablets 	2 to 3 pm Kidney Smart Seminar	2 to 3 pm Chair Dancing		1:30 to 3:30 pm Movie & Popcorn: 3 Geezers
23	24	25	26	27
3 to 4:30 pm Diabetic Education	2 to 3 pm Talking To Your Aging Relatives about the Future 	2 to 3 pm Chair Dancing		1:30 to 3:30 pm Movie & Popcorn: Everybody's Fine



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Humana is a Medicare Advantage organization with a Medicare contract. Enrollment in a Humana plan depends on contract renewal. *Humana Medicare Advantage members only. Please bring your Humana member ID card for verification purposes.

Summerlin Guidance Center | 8975 W. Charleston Blvd. | (702) 380-6170 | Monday-Friday, 8 am to 5 pm | Humana.com/GuidanceCenter