

February 2015

Calendar of Events
for *Your* San Antonio
Guidance Center

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

EVERY MONDAY:

9:15 to 10:15 am
*SilverSneakers® Classic
10:30 to 11:30 am
Zumba Gold®
12:30 to 2:30 pm
Art from the Heart:
Knit and Crochet Hats
and Ear Warmers

EVERY TUESDAY:

9:15 to 10:15 am
Walking Group
(Kennedy Park)
1 to 2 pm
Tai Chi
3:30 to 4:30 pm
Chair Pilates

EVERY WEDNESDAY:

9 to 11 am
Coffee & Cards
10:30 to 11:30 am
Zumba Gold®
11:30 am to 12:30 pm
*SilverSneakers® Classic

EVERY THURSDAY:

9 to 11 am
Breakfast Bingo (Loteria)
9:15 to 10:15 am
Walking Group
(Kennedy Park)
10:30 to 11:30 am
Quick Fitness Tips with
Our Walking Instructor
11:45 am to 12:45 pm
*SilverSneakers® Yoga
3:30 to 4:30 pm
Chair Pilates

EVERY FRIDAY:

9 to 10 am
Tea and Tunes
10 to 11 am
Tai Chi

Featured Events This Month

Monday	Tuesday	Wednesday	Thursday	Friday
2 9 to 10 am Groundhog Day and Go Red™ Kickoff 3 to 4 pm Matinee: Shackleton's Antarctic Adventure	3 6 to 7 pm Educación del mercadó de Seguró de Salud y Seminarió de Inscripción	4 1:30 to 2:30 pm Healthy U: Healthy Heart 2:30 to 4 pm World Cancer Day: Social and Information Event 6 to 7 pm Health Insurance Marketplace Education & Enrollment Seminar	5 9:30 to 11 am Technology 101: Basics of the Internet and Computers 1 to 2 pm Latin Music and Line Dancing 2:15 to 3:15 pm Spurs-Day Thursday Social	6 9 am to 12 pm National Wear Red Day® Social and Information Event 11:15 am to 12:15 pm Get to Know: VIA Metropolitan Transit 1:30 to 3:30 pm Movie & Popcorn: Tortilla Soup (2001)
9 3 to 4:30 pm San Antonio Livestock Show and Rodeo 101 Social: Wear Your Best Cowboy/Cowgirl Gear!	10 10:30 am to 12 pm Technology 101: Smartphones and Tablets 2:15 to 3:15 pm Healthy Cooking Demonstration: Texas Favorites 6 to 7 pm Educación del mercadó de Seguró de Salud y Seminarió de Inscripción	11 1:30 to 2:30 pm Healthy U: Corazón Saludable 3 to 4 pm Comedy Series: Groucho Marx – You Bet Your Life Vol. 1 6 to 7 pm Health Insurance Marketplace Education & Enrollment Seminar	12 10:30 to 11:30 am Congestive Heart Failure: Managing Day-to-Day, Presented by Baptist Health System 1 to 2 pm Diabetes Support Group with Sarah Becker, RDN 2 to 3 pm Food Journaling 101	13 11 to 11:30 am Did You Know? Quick and Relevant Well-being Tips 11:45 am to 1:30 pm Valentine and Birthday Social: Wear Red! 1:30 to 3:30 pm Movie & Popcorn: Valentine's Day (2010)
16 3 to 4 pm Matinee: Born to Be Wild	17 10:30 to 11:30 am Doc Talk: Radiation Exposure Awareness 2:15 to 3:15 pm Heart Healthy Foods, Presented by San Antonio Food Bank	18 1:30 to 2:30 pm Fitness 101 3 to 4 pm Comedy Series: Groucho Marx – You Bet Your Life Vol. 2	19 9:30 to 10:30 am Well-being Support Group: Join the Conversation 1 to 2 pm Latin Music & Line Dancing 6 to 7 pm Protecting Your Money from Cons, Frauds, and ID Theft	20 11:15 to 12:45 pm Just a Dash: How Much Salt Is Too Much? 1:30 to 3:30 pm Movie & Popcorn: Earth to Echo (2014)
23 11:30 am to 12:30 pm Healthy Recipe Exchange: Rodeo Favorites 3 to 4 pm Matinee: Hail Columbia	24 11 am to 12 pm Gardening Series: Getting Ready for Spring! 2:15 to 3:45 pm ¿Cuánta sal es demasiado?	25 1 to 3 pm Art Class: Watercolor 101 3 to 4 pm Comedy Series: Groucho Marx – You Bet Your Life Vol. 3	26 1 to 2 pm Diabetes Support Group with Sarah Becker, RDN 2 to 3 pm Food Journaling 101	27 11:15 to 11:45 am Did You Know? Hydration Basics 1:30 to 3:30 pm Movie & Popcorn: About a Boy (2002)



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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.