



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>11 a.m. – noon</b> <b>Caring for a loved one with dementia</b> <b>2:30 – 3:45 p.m.</b> DIY: Paper craft flowers	<b>2</b> <b>10 – 11:30 a.m.</b> Using legal tools for life decisions, with Rick Messmer, CSA <b>Noon – 1:15 p.m.</b> Walk to a healthier heart celebration	<b>3</b> <b>2:30 – 3:45 p.m.</b> DIY: Make your own jewelry
<b>6</b> <b>11 a.m. – 1:15 p.m.</b> Movie & popcorn: “Bringing Up Baby” (1938)	<b>7</b> <b>10 – 11 a.m.</b> 2017 Member orientation meeting* <b>10 a.m. – 1 p.m.</b> Humana open house <b>2:30 – 3:45 p.m.</b> Charity crafting: Crocheting	<b>8</b> <b>11:15 a.m. – 12:15 p.m.</b> <b>Cancer-fighting foods (RSVP) 919-870-4992</b> <b>1:30 – 2:15 p.m.</b> Book club: Call for details!	<b>9</b> <b>11 a.m. – noon</b> Meditation 101 <b>12:20 – 1:20 p.m.</b> Healthy cooking demo: Cancer-fighting foods	<b>10</b> <b>Noon – 1:15 p.m.</b> March birthday social <b>2:30 – 3:45 p.m.</b> DIY: Make your own jewelry
<b>13</b> <b>11 a.m. – 1:15 p.m.</b> Movie & popcorn: “Miracles from Heaven” (2016)	<b>14</b> <b>11 a.m. – 1 p.m.</b> Watercolor painting with JoAnn <b>(RSVP) 919-870-4992</b> <b>2:30 – 3:45 p.m.</b> Charity crafting: Crocheting	<b>15</b> <b>11:30 a.m. – 12:30 p.m.</b> Medicare supplement seminar <b>2:30 – 3:45 p.m.</b> DIY: Paper craft flowers	<b>16</b> <b>Noon – 1:30 p.m.</b> Tea Time at Humana	<b>17</b> <b>11 a.m. – noon</b> <b>Ten warning signs of Alzheimer’s disease</b> <b>12:15 – 1:15 p.m.</b> March Madness social <b>2:30 – 3:45 p.m.</b> DIY: Make your own jewelry
<b>20</b> <b>11 a.m. – 1:15 p.m.</b> Movie & popcorn: “Everest” (2015)	<b>21</b> <b>10 – 11 a.m.</b> Tech Tuesday: Bring your device & questions! <b>2:30 – 3:45 p.m.</b> Charity crafting: Crocheting	<b>22</b> <b>11 a.m. – 12:15 p.m.</b> Cornhole and Wii™ games <b>1:30 – 2:15 p.m.</b> Book club: Call for details!	<b>23</b> <b>10:30 – 11:30 a.m.</b> New member orientation <b>Noon – 1:30 p.m.</b> Tea Time at Humana	<b>24</b> <b>11 a.m. – noon</b> Fruit & veggie BINGO! <b>2:30 – 3:45 p.m.</b> DIY: Make your own jewelry
<b>27</b> <b>11 a.m. – 1:15 p.m.</b> Movie & popcorn: “The Lady in the Van” (2015) <b>1:30 – 2:30 p.m.</b> DIY: Purple ribbons for epilepsy awareness	<b>28</b> <b>10 – 11 am</b> <b>Staying social: How to do it right</b> <b>11:15 a.m. – 1 p.m.</b> Line dancing social <b>2:30 – 3:45 p.m.</b> Charity crafting: Crocheting	<b>29</b> <b>9 – 10 a.m.</b> <b>Food and you: What’s aging got to do with it?</b> <b>11 a.m. – 1 p.m.</b> Watercolor painting with JoAnn <b>(RSVP) 919-870-4992</b>	<b>30</b> <b>10 a.m. – noon</b> <b>Coping with COPD with Dr. Matt Oettinger, MD, MBA (RSVP) 919-870-4992</b> <b>Noon – 1:30 p.m.</b> Tea Time at Humana	<b>31</b> <b>2:30 – 3:45 p.m.</b> DIY: Make your own jewelry

**These events occur every week**

\*Humana Medicare Advantage members only

EVERY MONDAY	EVERY TUESDAY	EVERY WEDNESDAY	EVERY THURSDAY	EVERY FRIDAY
<b>9 – 9:45 a.m.</b> Walking group <b>10 – 10:45 a.m.</b> SilverSneakers® CardioFit* <b>1:30 – 2:15 p.m.</b> Zumba®*	<b>1:30 – 2:30 p.m.</b> Stretch & balance* <b>2:30 – 3:15 p.m.</b> SilverSneakers® Yoga*	<b>9 – 9:45 a.m.</b> Walking group <b>10 – 10:45 a.m.</b> SilverSneakers® Classic* <b>1:30 – 2:15 p.m.</b> Zumba®*	<b>9 – 10 a.m.</b> Senior Stretch* <b>1:30 – 2:15 p.m.</b> Zumba Gold®* <b>2:30 – 3:15 p.m.</b> Cardio kickboxing*	<b>9 – 10 a.m.</b> Tai chi/qi gong* <b>10 – 10:45 a.m.</b> Cardio* <b>1:30 – 2:15 p.m.</b> Cardio kickboxing*

## Discrimination is against the law

Humana Inc. and its subsidiaries (“Humana”) comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex. Humana Inc. and its subsidiaries do not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

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- Free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.
- Free language services to people whose primary language is not English when those services are necessary to provide meaningful access, such as translated documents or oral interpretation.

If you need these services, call the number on your member ID card or if you use a **TTY**, call **711**.

If you believe that Humana Inc. and its subsidiaries have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

Discrimination Grievances

P.O. Box 14618

Lexington, KY 40512 - 4618

If you need help filing a grievance, call the number on your member ID card or if you use a **TTY**, call **711**.

You can also file a civil rights complaint with the **U.S. Department of Health and Human Services**, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

**U.S. Department of Health and Human Services**

200 Independence Avenue, SW

Room 509F, HHH Building

Washington, D.C. 20201

**1-800-368-1019, 800-537-7697 (TDD)**

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

## Multi-Language Interpreter Services

**English: ATTENTION:** If you do not speak English, language assistance services, free of charge, are available to you. Call **1-800-281-6918 (TTY: 711)**.

**Español (Spanish): ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-281-6918 (TTY: 711)**.

**繁體中文 (Chinese): 注意:** 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-281-6918 (TTY: 711)**。

**Tiếng Việt (Vietnamese): CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-281-6918 (TTY: 711)**.

**한국어 (Korean): 주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-281-6918 (TTY: 711)** 번으로 전화해 주십시오.

**Tagalog (Tagalog – Filipino): PAUNAWA:** Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-800-281-6918 (TTY: 711)**.

**Русский (Russian): ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-281-6918 (телетайп: 711)**.

**Kreyòl Ayisyen (French Creole): ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele **1-800-281-6918 (TTY: 711)**.

**Français (French): ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le **1-800-281-6918 (ATS: 711)**.

**Polski (Polish): UWAGA:** Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-800-281-6918 (TTY: 711)**.

**Português (Portuguese): ATENÇÃO:** Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para **1-800-281-6918 (TTY: 711)**.

**Italiano (Italian): ATTENZIONE:** In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-281-6918 (TTY: 711)**.

**Deutsch (German): ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-281-6918 (TTY: 711)**.

**日本語 (Japanese): 注意事項:** 日本語を話される場合、無料の言語支援をご利用いただけます。 **1-800-281-6918 (TTY: 711)** まで、お電話にてご連絡ください。

**فارسی (Farsi):**

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. **1-800-281-6918 (TTY: 711)** تماس بگیرید.

**Diné Bizaad (Navajo):** Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áa jiik'eh, éí ná hóló, kojł' hódíłnih **1-800-281-6918 (TTY: 711)**.

**العربية (Arabic):**

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-281-6918 (رقم هاتف الصم والبكم: 711)**.

**Humana**