

April in-person events

Be sure to call to RSVP at **954-724-1540**.  
Class times and dates are subject to change.



8191 N Pine Island Rd  
Tamarac, FL 33321  
**954-724-1540 (TTY: 711)**  
Monday – Friday, 9 a.m. – 4 p.m.

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| <div>1</div> <div>11 a.m. - 12:30 p.m.<br/>Understanding wills, trusts &amp; advance directives with Ana M Veliz PA (RSVP)<br/>10 a.m. - 12 p.m.<br/>Crafting for a cause<br/>1 - 1:45 p.m.<br/>Zumba®*</div> | <div>2</div> <div>9:15 - 10 a.m.<br/>SilverSneakers® Classic*<br/>11:30 a.m. - 12:15 p.m.<br/>SilverSneakers® Chair Yoga*<br/>1 - 3 p.m.<br/>Movie and popcorn: Beaches (1988)</div>        | <div>3</div> <div>11 a.m. - 12:30 p.m.<br/>Understanding wills, trusts &amp; advance directives with Romy B Jurado Esq (RSVP)<br/>1 - 2 p.m.<br/>Bingo<br/>2:30 - 3:30 p.m.<br/>Craft corner: Paint with a twist (RSVP)</div>            | <div>4</div> <div>9:15 - 10 a.m.<br/>SilverSneakers® Tai Chi/ Qigong*<br/>11 a.m. - 12 p.m.<br/>Foods to boost bone health<br/>12 - 1 p.m.<br/>Healthy cooking demo</div>  | <div>5</div> <div>9:30 - 10:15 a.m.<br/>SilverSneakers® Strength &amp; Balance*<br/>11 a.m. - 12 p.m.<br/>Meditation moment: Lay down your burdens (live)<br/>1 - 1:45 p.m.<br/>Zumba®*</div>             |
| <div>8</div> <div>10 a.m. - 12 p.m.<br/>Crafting for a cause<br/>10:30 a.m. - 12:30 p.m.<br/>Harmonicas for Health Week 1 (streamed) RSVP<br/>1 - 1:45 p.m.<br/>Zumba®*</div>                                 | <div>9</div> <div>9:15 - 10 a.m.<br/>SilverSneakers® Classic*<br/>11:30 a.m. - 12:15 p.m.<br/>SilverSneakers® Chair Yoga*<br/>1 - 3 p.m.<br/>Movie and popcorn: Sister Act 1 (1992)</div>   | <div>10</div> <div>10 a.m. - 12 p.m.<br/>Hearing screenings<br/>11 a.m.- 12:30 p.m.<br/>Find your feel great weight Class 4 (RSVP)<br/>1 - 2 p.m.<br/>Bingo<br/>2:30 - 3:30 p.m.<br/>Craft corner: Bookmarks with a purpose (RSVP)</div> | <div>11</div> <div>9:15 - 10 a.m.<br/>SilverSneakers® Tai Chi/ Qigong*<br/>12:30 - 1:30 p.m.<br/>Formación de huesos más fuertes<br/>1:30 - 2 p.m.<br/>Explicación de los medicamentos: Osteoporosis (transmitido)</div> | <div>12</div> <div>9:30 - 10:15 a.m.<br/>SilverSneakers® Strength &amp; Balance*<br/>11 a.m. - 12 p.m.<br/>Momento de Meditación: Soltar la carga (en persona)<br/>1 - 1:45 p.m.<br/>Zumba®*</div>        |
| <div>15</div> <div>10 a.m. - 12 p.m.<br/>Crafting for a cause<br/>10:30 a.m. - 12:30 p.m.<br/>Harmonicas for Health Week 2 (streamed) RSVP<br/>1 - 1:45 p.m.<br/>Zumba®*</div>                                | <div>16</div> <div>9:15 - 10 a.m.<br/>SilverSneakers® Classic*<br/>11:30 a.m. - 12:15 p.m.<br/>SilverSneakers® Chair Yoga*<br/>1 - 3 p.m.<br/>Movie and popcorn: Sister Act 2 (1993)</div>  | <div>17</div> <div>10:30 a.m. - 12:30 p.m.<br/>Planning for the future: Making your final wishes known<br/>1 - 2 p.m.<br/>Bingo<br/>2:30 - 3:30 p.m.<br/>Humana Neighborhood Center tour</div>   | <div>18</div> <div>9:15 - 10 a.m.<br/>SilverSneakers® Tai Chi/ Qigong*<br/>12:30 - 1:30 p.m.<br/>Building stronger bones<br/>1:30 - 2 p.m.<br/>Medicines explained: Osteoporosis (streamed)</div>                        | <div>19</div> <div>9:30 - 10:15 a.m.<br/>SilverSneakers® Strength &amp; Balance*<br/>11 a.m. - 12 p.m.<br/>Veterans social (RSVP)<br/>Eventos sociales para veteranos<br/>1 - 1:45 p.m.<br/>Zumba®*</div> |
| <div>22</div> <div>10 a.m. - 12 p.m.<br/>Crafting for a cause<br/>10:30 a.m. - 12:30 p.m.<br/>Harmonicas for Health Week 3 (streamed) RSVP<br/>1 - 1:45 p.m.<br/>Zumba®*</div>                                | <div>23</div> <div>9:15 - 10 a.m.<br/>SilverSneakers® Classic*<br/>11:30 a.m. - 12:15 p.m.<br/>SilverSneakers® Chair Yoga*<br/>1 - 3 p.m.<br/>Movie and popcorn: Walk the Line (2005)</div> | <div>24</div> <div>11 a.m. - 12:30 p.m.<br/>Nociones sobre testamentos, fideicomisos y directivas anticipadas, Romy Jurado<br/>1 - 2 p.m.<br/>Bingo<br/>2:30 - 3:30 p.m.<br/>Craft corner: Collaging vision boards (RSVP)</div>          | <div>25</div> <div>9:15 - 10 a.m.<br/>SilverSneakers® Tai Chi/ Qigong*<br/>1 - 2 p.m.<br/>Alimentos para mejorar la salud ósea<br/>2 - 3 p.m.<br/>Demostración de cocina saludable</div>                                 | <div>26</div> <div>9:30 - 10:15 a.m.<br/>SilverSneakers® Strength &amp; Balance*<br/>1 - 1:45 p.m.<br/>Zumba®*</div>  |
| <div>29</div> <div>10 a.m. - 12 p.m.<br/>Crafting for a cause<br/>10:30 a.m. - 12:30 p.m.<br/>Harmonicas for Health Week 4 (streamed) RSVP<br/>1 - 1:45 p.m.<br/>Zumba®*</div>                                | <div>30</div> <div>9:15 - 10 a.m.<br/>SilverSneakers® Classic*<br/>11:30 a.m. - 12:15 p.m.<br/>SilverSneakers® Chair Yoga*<br/>1 - 3 p.m.<br/>Movie and popcorn: Top Gun (1986)</div>       |  |  |   |

\*For Humana members with this benefit only.  
For accommodations of persons with special needs at meetings, call **954-724-1540 (TTY: 711)**.