

Member Insider

Keeping you informed



June 2021 Virtual Calendar of Events

AvMed's Club ASPIRE brings you a variety of virtual events to stay safe, active and entertained at home. Enjoy live performances, build strength and move your body, cook a tasty dish, reenergize with yoga and let your imagination fly with our monthly book talks featuring best selling authors. Make the most of your benefits and join the fun!

For questions about our events call **1-888-430-9896**, or email us at AvMedClubAspire@AvMed.org.



Ageless Face Yoga with Erika

Join us for an hour of laughter, special breathing exercises, feel good movements to rejuvenate and renew!

June 4, 2021
3:30 pm – 4:30 pm
(English)

[Register](#)

June 18, 2021
3:30 pm – 4:30 pm
(English)

[Register](#)

Empowering Drums with Erika

Get ready to express rhythm for the body and melody for the heart. Participants will need a beach or exercise ball, and two wooden spoons or drumsticks.

June 8, 2021
3:30 pm – 4:30 pm
(English)

[Register](#)

June 22, 2021
3:30 pm – 4:30 pm
(español)

[Register](#)



Savvy Senior Tech

Savvy Senior Tech with Anne Goldberg will give you the tools you need to use technology. Don't miss out on this interactive, fun program. Class will cover Zoom, Instagram, Facebook, and AvMed.org.

June 9, 2021
10:30 am – 11:30 am
(English)

[Register](#)



Purposeful Movements with TJ

Body awareness, strength, and strong muscles to provide the foundation for purposeful aging. Join TJ for this fun, uplifting class to move, thrive, and engage in some self-care.

Conciencia corporal, fuerza, y músculos fuertes para proveer una base para un envejecimiento con propósito. Únase a TJ en una clase divertida y edificante para moverse, prosperar, y entablarse en una forma de cuidado personal.

June 11, 2021
11:00 am – 12:00 pm
(English)

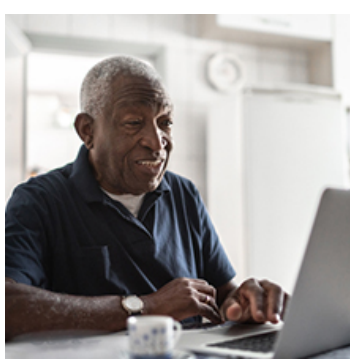
[Register](#)

June 15, 2021
3:30 pm – 4:30 pm
(español)

[Register](#)

June 25, 2021
11:00 am – 12:00 pm
(English)

[Register](#)



Tips for Using the AvMed Portal

Learn how to access and utilize the AvMed Member Portal to best manage your benefits.

June 14, 2021
3:00 pm – 4:00 pm
(English)

[Register](#)

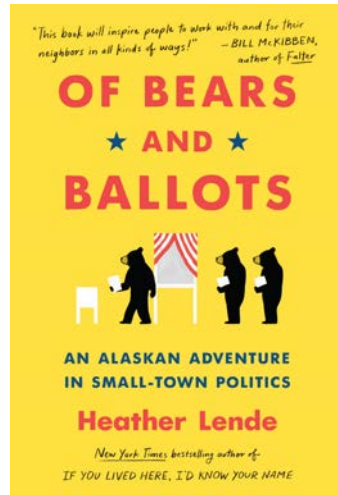


Living Well with Dr. Joy

AvMed benefits have so much to offer - take this time for you! Learn about self-care, mindfulness, healthy eating, and how AvMed can further your wellness plan. Special guests and music too, come spend time with us!

June 16, 2021
11:00 am – 12:00 pm
(English)

[Register](#)



AvMed Book Talk Series, featuring "Of Bears and Ballots"

Author Heather Lende will join us to speak about her book, Of Bears and Ballots. With an entertaining cast of offbeat but relatable characters, this book is an inspirational tale about what living in a community really means, and what we owe one another.

June 17, 2021
10:00 am – 11:30 am
(English)

[Register](#)



AvMed Storytelling Workshop "The Aha Moment"

Everyone has a story and this is your opportunity to learn to tell yours. Join us for the first in a 3-part storytelling workshop led by Improve storyteller, Arnold Rodriguez.

June 23, 2021
12:30 pm – 2:00 pm
(English)

[Register](#)



Art with Lisa

Art is a great means of expression and it's good for your health! Roll up your sleeves and get creative with Lisa. Household items should include old magazines, glue, pencils, markers, reusable jars and containers. Make sure you have your sketch pad!

June 23, 2021
11:00 am – 12:00 pm
(English)

[Register](#)



Cooking with Chef Patty

Embrace better health and join us for fun and interactive cooking demonstrations, featuring South Florida's own Chef Patty.

Tuesdays and Thursdays
11:00 am – 11:30 am

[Facebook Live](#)

We look forward to engaging and connecting with you!

Call 1-888-430-9896 to request event information and RSVP.

[Don't forget to share with a friend!](#)

AvMed Medicare is an HMO plan with a Medicare contract. Enrollment in AvMed Medicare depends on contract renewal.