



Optum Community Center – South

Activity calendar

January–March 2026

Stay active, be healthy and build relationships
in a place where you belong.

Enjoy our fitness center

Hours: Monday through Friday, 8 a.m.–4 p.m.

Optum

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>Closed for the holiday</i>	2 <i>Closed for the holiday</i>
Brain Trainers 8:30–9:30 a.m. Chair Yoga 9:30–10:30 a.m. Yin Yoga 10:30–11:30 a.m. Kung Fu Fitness 11:30 a.m.–12:30 p.m. Dance Fusion 1–2 p.m. Mat Pilates 2–3 p.m.	Zumba® Toning 8:30–9:30 a.m. Body Blast 9:30–10:30 a.m. Arthritis Program 10:30–11:30 a.m. Cooking Demonstration 11:30 a.m.–1 p.m. Core Strength 1–2 p.m. Seated Tai Chi 2–3 p.m.	Brain Trainers 8:30–9:30 a.m. Stay Fit 9:30–10:30 a.m. Arthritis Gold 10:30–11:30 a.m. Chair Yoga 11:30 a.m.–12:30 p.m. Line Dancing 1–2 p.m. and 2–3 p.m.	Chair Yoga 8:30–9:30 a.m. NeuroGroove 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Music & Movement 8:30–9:30 a.m. Shibashi Qigong 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Rhythm & Flow 11:30 a.m.–12:30 p.m. Stay Fit Gold 12:30–1:30 p.m. Yoga on Mat 1:30–2:30 p.m. How to Meditate 2:30–3:30 p.m.
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To see the full calendar, visit optum.com/nvcenters

To RSVP, call **1-702-797-2376**, TTY **711**.

All classes at the Optum Community Center – South are open to the general public at no cost. **Classes geared toward the 55+ community.**

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Brain Trainers 8:30–9:30 a.m. Chair Yoga 9:30–10:30 a.m. Yin Yoga 10:30–11:30 a.m. Kung Fu Fitness 11:30 a.m.–12:30 p.m. Dance Fusion 1–2 p.m. Mat Pilates 2–3 p.m.	23	Zumba® Toning 8:30–9:30 a.m. Body Blast 9:30–10:30 a.m. Arthritis Program 10:30–11:30 a.m. Sound Healing 11:45 a.m.–12:45 p.m. Core Strength 1–2 p.m. Seated Tai Chi 2–3 p.m.	24	Brain Trainers 8:30–9:30 a.m. Stay Fit 9:30–10:30 a.m. Arthritis Gold 10:30–11:30 a.m. Chair Yoga 11:30 a.m.–12:30 p.m. Line Dancing 1–2 p.m. and 2–3 p.m.	25	Chair Yoga 8:30–9:30 a.m. NeuroGroove 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	26	Music & Movement 8:30–9:30 a.m. Shibashi Qigong 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Rhythm & Flow 11:30 a.m.–12:30 p.m. Stay Fit Gold 12:30–1:30 p.m. Yoga on Mat 1:30–2:30 p.m. How to Meditate 2:30–3:30 p.m.	27

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Brain Trainers 2 8:30-9:30 a.m. Chair Yoga 9:30-10:30 a.m. Yin Yoga 10:30-11:30 a.m. Kung Fu Fitness 11:30 a.m.-12:30 p.m. Dance Fusion 1-2 p.m. Mat Pilates 2-3 p.m.	Zumba® Toning 3 8:30-9:30 a.m. Body Blast 9:30-10:30 a.m. Arthritis Program 10:30-11:30 a.m. Cooking Demonstration 11:30 a.m.-1 p.m. Core Strength 1-2 p.m. Seated Tai Chi 2-3 p.m.	Brain Trainers 4 8:30-9:30 a.m. Stay Fit 9:30-10:30 a.m. Arthritis Gold 10:30-11:30 a.m. Chair Yoga 11:30 a.m.-12:30 p.m. Line Dancing 1-2 p.m. and 2-3 p.m.	Chair Yoga 5 8:30-9:30 a.m. NeuroGroove 9:30-10:30 a.m. Golden Line Dancing 10:30-11:30 a.m. Strength & Endurance 1-2 p.m. Grief Support 1-2:30 p.m. Music & Movement 2-3 p.m.	Music & Movement 6 8:30-9:30 a.m. Shibashi Qigong 9:30-10:30 a.m. Tai Chi 10:30-11:30 a.m. Rhythm & Flow 11:30 a.m.-12:30 p.m. Stay Fit Gold 12:30-1:30 p.m. Yoga on Mat 1:30-2:30 p.m. How to Meditate 2:30-3:30p.m.
Brain Trainers 9 8:30-9:30 a.m. Chair Yoga 9:30-10:30 a.m. Yin Yoga 10:30-11:30 a.m. Kung Fu Fitness 11:30 a.m.-12:30 p.m. Dance Fusion 1-2 p.m. Mat Pilates 2-3 p.m.	Zumba® Toning 10 8:30-9:30 a.m. Body Blast 9:30-10:30 a.m. Arthritis Program 10:30-11:30 a.m. Sound Healing 11:45 a.m.-12:45 p.m. Core Strength 1-2 p.m. Seated Tai Chi 2-3 p.m.	Brain Trainers 11 8:30-9:30 a.m. Stay Fit 9:30-10:30 a.m. Arthritis Gold 10:30-11:30 a.m. Chair Yoga 11:30 a.m.-12:30 p.m. Line Dancing 1-2 p.m. and 2-3 p.m.	Chair Yoga 12 8:30-9:30 a.m. NeuroGroove 9:30-10:30 a.m. Golden Line Dancing 10:30-11:30 a.m. Strength & Endurance 1-2 p.m. Grief Support 1-2:30 p.m. Music & Movement 2-3 p.m.	Music & Movement 13 8:30-9:30 a.m. Shibashi Qigong 9:30-10:30 a.m. Tai Chi 10:30-11:30 a.m. Rhythm & Flow 11:30 a.m.-12:30 p.m. Stay Fit Gold 12:30-1:30 p.m. Yoga on Mat 1:30-2:30 p.m. How to Meditate 2:30-3:30p.m.
Brain Trainers 16 8:30-9:30 a.m. Chair Yoga 9:30-10:30 a.m. Yin Yoga 10:30-11:30 a.m. Kung Fu Fitness 11:30 a.m.-12:30 p.m. Dance Fusion 1-2 p.m. Mat Pilates 2-3 p.m.	Zumba® Toning 17 8:30-9:30 a.m. Body Blast 9:30-10:30 a.m. Arthritis Program 10:30-11:30 a.m. Sound Healing 11:45 a.m.-12:45 p.m. Core Strength 1-2 p.m. Seated Tai Chi 2-3 p.m.	Brain Trainers 18 8:30-9:30 a.m. Stay Fit 9:30-10:30 a.m. Arthritis Gold 10:30-11:30 a.m. Chair Yoga 11:30 a.m.-12:30 p.m. Line Dancing 1-2 p.m. and 2-3 p.m.	Chair Yoga 19 8:30-9:30 a.m. NeuroGroove 9:30-10:30 a.m. Golden Line Dancing 10:30-11:30 a.m. Strength & Endurance 1-2 p.m. Grief Support 1-2:30 p.m. Music & Movement 2-3 p.m.	Music & Movement 20 8:30-9:30 a.m. Shibashi Qigong 9:30-10:30 a.m. Tai Chi 10:30-11:30 a.m. Rhythm & Flow 11:30 a.m.-12:30 p.m. Stay Fit Gold 12:30-1:30 p.m. Yoga on Mat 1:30-2:30 p.m. How to Meditate 2:30-3:30p.m.
Brain Trainers 23 8:30-9:30 a.m. Chair Yoga 9:30-10:30 a.m. Yin Yoga 10:30-11:30 a.m. Kung Fu Fitness 11:30 a.m.-12:30 p.m. Dance Fusion 1-2 p.m. Mat Pilates 2-3 p.m.	Zumba® Toning 24 8:30-9:30 a.m. Body Blast 9:30-10:30 a.m. Arthritis Program 10:30-11:30 a.m. Sound Healing 11:45 a.m.-12:45 p.m. Core Strength 1-2 p.m. Seated Tai Chi 2-3 p.m.	Brain Trainers 25 8:30-9:30 a.m. Stay Fit 9:30-10:30 a.m. Arthritis Gold 10:30-11:30 a.m. Chair Yoga 11:30 a.m.-12:30 p.m. Line Dancing 1-2 p.m. and 2-3 p.m.	Chair Yoga 26 8:30-9:30 a.m. NeuroGroove 9:30-10:30 a.m. Golden Line Dancing 10:30-11:30 a.m. Strength & Endurance 1-2 p.m. Grief Support 1-2:30 p.m. Music & Movement 2-3 p.m.	Music & Movement 27 8:30-9:30 a.m. Shibashi Qigong 9:30-10:30 a.m. Tai Chi 10:30-11:30 a.m. Rhythm & Flow 11:30 a.m.-12:30 p.m. Stay Fit Gold 12:30-1:30 p.m. Yoga on Mat 1:30-2:30 p.m. How to Meditate 2:30-3:30p.m.
Brain Trainers 30 8:30-9:30 a.m. Chair Yoga 9:30-10:30 a.m. Yin Yoga 10:30-11:30 a.m. Kung Fu Fitness 11:30 a.m.-12:30 p.m. Dance Fusion 1-2 p.m. Mat Pilates 2-3 p.m.	Zumba® Toning 31 8:30-9:30 a.m. Body Blast 9:30-10:30 a.m. Arthritis Program 10:30-11:30 a.m. Sound Healing 11:45 a.m.-12:45 p.m. Core Strength 1-2 p.m. Seated Tai Chi 2-3 p.m.			

Classes and special events spotlight

Medicare 101

Please call for dates

Are you eligible for Medicare or will be soon?

Join us for an overview of your Medicare choices.

RSVP to 1-702-797-2376, TTY 711.

Medicare Advantage Plan Seminar

Please call for dates

Still have Medicare questions? A licensed sales agent will give more information. They'll also help with applications. **RSVP to 1-702-677-3055, TTY 711.**

Cooking Demonstration

January 6, February 3, March 3

11:30 a.m.-1 p.m.

Join us once a month for fast, easy, low-cost, one-pot, one-pan meals. **RSVP required.** of cardio.

Healthy Mind Healthy Body

Thursdays 9:30 a.m.

This class explores the connection between body and mind to help you cultivate focus, reduce stress and maintain a healthy, centered mindset.

Advance Directives

Please call for dates

Optum Palliative Care Presentation

Thursday, March 12, 11:30 a.m.

Join us for a special cooking class by a registered dietitian to encourage health and delicious eating. Attendees will receive a swag bag filled with goodies. Class is limited to 30. **RSVP required.**

NeuroGroove

Thursdays 9:30-10:30 a.m.

Where dance meets brainpower! Move groove, and sharpen your mind with simple, energizing choreography designed to boost memory and coordination.

Rhythm & Flow

Fridays 11:30 a.m.-12:30 p.m.

Build strength, stamina and coordination with our dynamic stick fitness class! Using padded stick and rhythmic movement, you'll tone your upper body and energize your mind and muscles.

Come and socialize with us in these classes

Bingo/Birthday

January 9, February 13,

March 13

11:30 a.m.-1 p.m.

Community Support

Tuesdays

1-2 p.m.

Games

Daily

8 a.m.-3:30 p.m.

Intro to Beading (RSVP)

3rd and 4th Thursdays

10:30 a.m.-12:30 p.m.

Technology 1:1

RSVP required

January 8, January 15,

February 12, February 19,

March 12, March 19

10-11 a.m.

It's the new year. Schedule your Annual Wellness Visit. You could get a \$50 gift card for completing this important screening.

Call **1-702-797-2353, TTY 711**, to make an appointment.

Like us on Facebook and Instagram.

facebook.com/SMALasVegas

instagram.com/southwestmedicallv



Optum Community Center – South

1655 E. Cactus Ave.
Henderson, NV 89183

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Address:

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1655 E. Cactus Ave.
Henderson, NV 89183

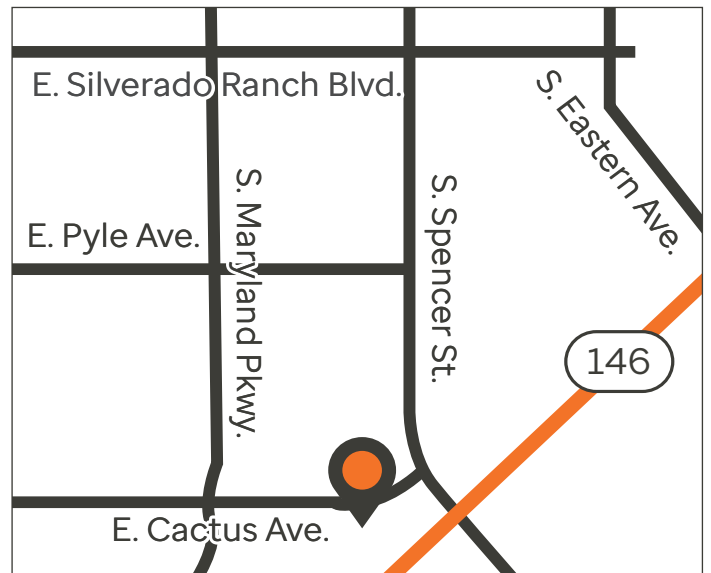
Hours:

Monday–Friday: 8 a.m.–4 p.m.
Saturday and Sunday: closed

Contact:

1-702-797-2376, TTY 711
optum.com/nvcenters

In case of a medical emergency, please dial 911.



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