



Optum Community Center – West

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

January 2026

West

Monday	Tuesday	Wednesday	Thursday	Friday						
			Closed for the holiday	1						
				Closed for the holiday						
Chair Yoga 8:30-9:30 a.m. Zumba Gold® 9:30-10:30 a.m. Seated Tai Chi 10:30-11:30 a.m. Cooking 11:30 a.m.-1 p.m. Meditate 12-1 p.m. Brain Trainers 1-2 p.m. Fitness Classic 2-3 p.m.	5	Chair Aerobics 8:30-9:30 a.m. Stretch & Meditation 9:30-10:30 a.m. Strength & Balance 10:30-11:30 a.m. Sound Healing 11:45 a.m.-12:45 p.m. Health, Mind & Body 12-1 p.m. Graceful Movers 1-2 p.m. Mat Pilates 2-3 p.m.	6	Conditioning 8:30-9:30 a.m. Dance Fusion 9:30-10:30 a.m. Music & Movement 10:45-11:45 a.m. Brain Trainers 1-2 p.m. Art 1-3 p.m. Golden Line Dancing 2-3 p.m.	7	Zumba Toning 8:30-9:30 a.m. Arthritis Program 9:30-10:30 a.m. Strength & Endurance 10:30-11:30 a.m. Beyond Wellness 11:30 a.m.-12:30 p.m. Community Support Group 1-2 p.m.	8	Chair Yoga 8:30-9:30 a.m. Chair Aerobics 9:30-10:30 a.m. Core Strength 10:30-11:30 a.m. Beginner Line Dancing 12-1 p.m. Intermediate Line Dancing 1-2 p.m.	9	
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February 2026

West

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To see the full calendar, visit optum.com/nvccenters</p> <p>To RSVP, call 1-702-677-3055, TTY 711.</p> <p>All classes at the Optum Community Center - West are open to the general public at no cost. Classes geared toward the 55+ community.</p>				
<p>Chair Yoga 8:30-9:30 a.m. Zumba Gold® 9:30-10:30 a.m. Seated Tai Chi 10:30-11:30 a.m. Cooking 11:30 a.m.-1 p.m. Meditate 12-1 p.m. Brain Trainers 1-2 p.m. Fitness Classic 2-3 p.m.</p>				
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March 2026

West

Monday	2	Tuesday	3	Wednesday	4	Thursday	5	Friday	6
Chair Yoga 8:30-9:30 a.m.		Chair Aerobics 8:30-9:30 a.m.	Conditioning 8:30-9:30 a.m.	Zumba Toning 8:30-9:30 a.m.		Chair Yoga 8:30-9:30 a.m.			
Zumba Gold® 9:30-10:30 a.m.		Stretch & Meditation 9:30-10:30 a.m.	Dance Fusion 9:30-10:30 a.m.	Arthritis Program 9:30-10:30 a.m.		Chair Aerobics 9:30-10:30 a.m.			
Seated Tai Chi 10:30-11:30 a.m.		Strength & Balance 10:30-11:30 a.m.	Music & Movement 10:45-11:45 a.m.	Strength & Endurance 10:30-11:30 a.m.		Core Strength 10:30-11:30 a.m.			
Cooking 11:30 a.m.-1 p.m.		Sound Healing 11:45 a.m.-12:45 p.m.	Brain Trainers 1-2 p.m.	Beyond Wellness 11:30 a.m.-12:30 p.m.		Beginner Line Dancing 12-1 p.m.			
Meditate 12-1 p.m.		Health, Mind & Body 12-1 p.m.	Art 1-3 p.m.	Community Support Group 1-2 p.m.		Intermediate Line Dancing 1-2 p.m.			
Brain Trainers 1-2 p.m.		Graceful Movers 1-2 p.m.	Golden Line Dancing 2-3 p.m.						
Fitness Classic 2-3 p.m.		Mat Pilates 2-3 p.m.							
Chair Yoga 8:30-9:30 a.m.	9	Chair Aerobics 8:30-9:30 a.m.	Conditioning 8:30-9:30 a.m.	Zumba Toning 8:30-9:30 a.m.	11	Chair Yoga 8:30-9:30 a.m.	13		
Zumba Gold® 9:30-10:30 a.m.		Stretch & Meditation 9:30-10:30 a.m.	Dance Fusion 9:30-10:30 a.m.	Arthritis Program 9:30-10:30 a.m.		Chair Aerobics 9:30-10:30 a.m.			
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Motion is Location 11:30 a.m.-12:30 p.m.		Sound Healing 11:45 a.m.-12:45 p.m.	Bingo 12-1 p.m.	Beyond Wellness 11:30 a.m.-12:30 p.m.		Beginner Line Dancing 12-1 p.m.			
Meditate 12-1 p.m.		Health, Mind & Body 12-1 p.m.	Brain Trainers 1-2 p.m.	Community Support Group 1-2 p.m.		Intermediate Line Dancing 1-2 p.m.			
Brain Trainers 1-2 p.m.		Graceful Movers 1-2 p.m.	Golden Line Dancing 2-3 p.m.						
Fitness Classic 2-3 p.m.		Mat Pilates 2-3 p.m.							
Chair Yoga 8:30-9:30 a.m.	16	Chair Aerobics 8:30-9:30 a.m.	Conditioning 8:30-9:30 a.m.	Zumba Toning 8:30-9:30 a.m.	18	Chair Yoga 8:30-9:30 a.m.	20		
Zumba Gold® 9:30-10:30 a.m.		Stretch & Meditation 9:30-10:30 a.m.	Dance Fusion 9:30-10:30 a.m.	Arthritis Program 9:30-10:30 a.m.		Chair Aerobics 9:30-10:30 a.m.			
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Meditate 12-1 p.m.		Health, Mind & Body 12-1 p.m.	Art 1-3 p.m.	Community Support Group 1-2 p.m.		Intermediate Line Dancing 1-2 p.m.			
Brain Trainers 1-2 p.m.		Graceful Movers 1-2 p.m.	Golden Line Dancing 2-3 p.m.						
Fitness Classic 2-3 p.m.		Mat Pilates 2-3 p.m.							
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Zumba Gold® 9:30-10:30 a.m.		Stretch & Meditation 9:30-10:30 a.m.	Dance Fusion 9:30-10:30 a.m.	Arthritis Program 9:30-10:30 a.m.		Chair Aerobics 9:30-10:30 a.m.			
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Zumba Gold® 9:30-10:30 a.m.		Stretch & Meditation 9:30-10:30 a.m.							
Seated Tai Chi 10:30-11:30 a.m.		Strength & Balance 10:30-11:30 a.m.							
Recipe for Wellness 12-1 p.m.		Sound Healing 11:45 a.m.-12:45 p.m.							
Meditate 12-1 p.m.		Health, Mind & Body 12-1 p.m.							
Brain Trainers 1-2 p.m.		Graceful Movers 1-2 p.m.							
Fitness Classic 2-3 p.m.		Mat Pilates 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 1-702-677-3055, 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 5, February 2, March 2

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

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

Grief Support

Tuesdays 1-2:30 p.m.

Recipe for Wellness

Monday, March 30

12-1 p.m.

Advance Directive

Please call for dates **1-702-677-3055, TTY 711.**

Healthy Mind & Body

Tuesdays 12-1 p.m.

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

Fitness Class

Mondays 2-3 p.m.

This class includes cardiovascular, strength, balance and flexibility exercises to help improve daily living activities with the support of chairs and use of strength and resistance training equipment.

Come and socialize with us in these classes

Beading

3rd and 4th Tuesday

10 a.m.-12 p.m.

Canasta

Thursdays

12:45-3:30 p.m.

Knitting

Mondays, Wednesdays

and Fridays

Bingo/Birthday Celebration

January 14, February 11,

March 11

12-1 p.m.

Games

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

Technology 1:1

RSVP required

2nd and 3rd Tuesdays

11 a.m.-12 p.m.

It's the new year. Schedule your annual wellness visit. You could get a \$50 gift card for completing this important screening.

Call **1-702-750-3425, TTY 711**, to make an appointment.

Like us on Facebook and Instagram.

facebook.com/SMALasVegas

instagram.com/southwestmedically



Optum Community Center – West

8670 W. Cheyenne Ave., Ste. 105
Las Vegas, NV 89129

Optum Community Center – West

Address:

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8670 W. Cheyenne Ave., Ste. 105
Las Vegas, NV 89129

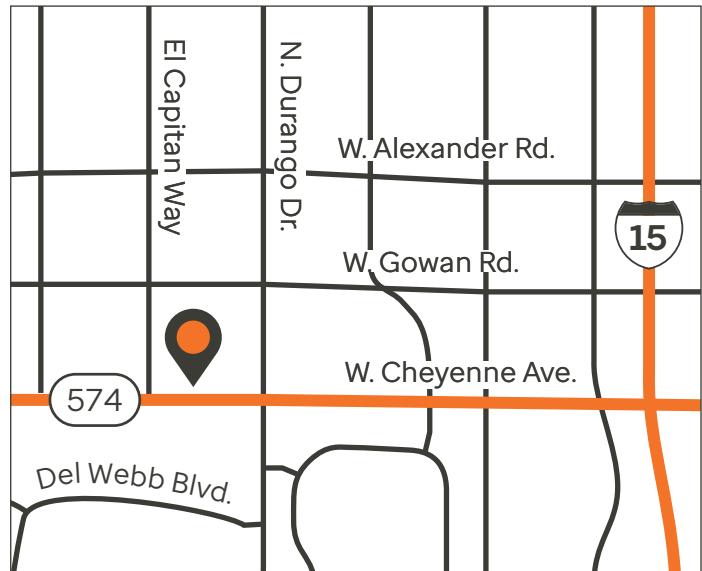
Hours:

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

Contact:

1-702-677-3055, TTY 711
optum.com/nvcenters

In case of a medical emergency, please dial 911.



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