



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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>Closed for the holiday</i>	2 <i>Closed for the holiday</i>
5 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.	6 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.	7 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.	8 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.	9 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.
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To see the full calendar, visit optum.com/nvcenters

To RSVP, call **1-702-677-3055**, TTY **711**.

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

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.	2	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.	3	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.	4	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.	5	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.	6
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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/southwestmedicallyv



Optum Community Center – West

8670 W. Cheyenne Ave., Ste. 105

Las Vegas, NV 89129

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Address:

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8670 W. Cheyenne Ave., Ste. 105

Las Vegas, NV 89129

Hours:

Monday–Friday: 8 a.m.–4 p.m.

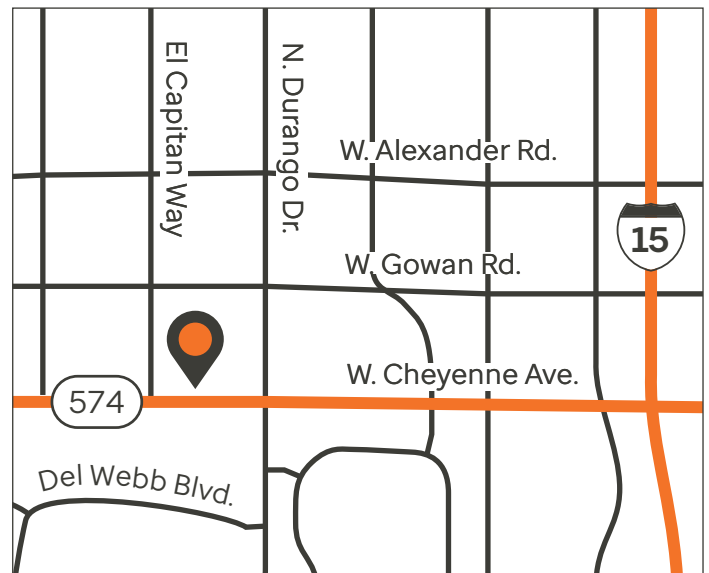
Saturday and Sunday: closed

Contact:

1-702-677-3055, TTY 711

optum.com/nvcenters

In case of a medical emergency, please dial 911.



Any person depicted in the stock image is a model.

Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other trademarks are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.

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