



# Optum Community Center – South

## Activity calendar

April–June 2026

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

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### Enjoy our fitness center

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

**Optum**

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Brain Trainers</b> 8:30-9:30 a.m. <b>1</b> <b>Stay Fit</b> 9:30-10:30 a.m. <b>Arthritis Gold</b> 10:30-11:30 a.m. <b>Chair Yoga</b> 11:30 a.m.-12:30 p.m. <b>Line Dancing</b> 1-2 p.m. and 2-3 p.m.	<b>Chair Yoga</b> 8:30-9:30 a.m. <b>2</b> <b>NeuroGroove</b> 9:30-10:30 a.m. <b>Golden Line Dancing</b> 10:30-11:30 a.m. <b>Strength &amp; Endurance</b> 1-2 p.m. <b>Grief Support</b> 1-2:30 p.m. <b>Music &amp; Movement</b> 2-3 p.m.	<b>Music &amp; Movement</b> 8:30-9:30 a.m. <b>3</b> <b>Shibashi Qigong</b> 9:30-10:30 a.m. <b>Tai Chi</b> 10:30-11:30 a.m. <b>Rhythm &amp; Flow</b> 11:30 a.m.-12:30 p.m. <b>Stay Fit Gold</b> 12:30-1:30 p.m. <b>Yoga on Mat</b> 1:30-2:30 p.m. <b>How to Meditate</b> 2:30-3:30p.m.
<b>Brain Trainers</b> 8:30-9:30 a.m. <b>6</b> <b>Chair Yoga</b> 9:30-10:30 a.m. <b>Yin Yoga</b> 10:30-11:30 a.m. <b>Kung Fu Fitness</b> 11:30 a.m.-12:30 p.m. <b>Dance Fusion</b> 1-2 p.m. <b>Mat Pilates</b> 2-3 p.m.	<b>Zumba® Toning</b> 8:30-9:30 a.m. <b>7</b> <b>Body Blast</b> 9:30-10:30 a.m. <b>Arthritis Program</b> 10:30-11:30 a.m. <b>Cooking Demonstration</b> 11:30 a.m.-1 p.m. <b>Core Strength</b> 1-2 p.m. <b>Seated Tai Chi</b> 2-3 p.m.	<b>Brain Trainers</b> 8:30-9:30 a.m. <b>8</b> <b>Stay Fit</b> 9:30-10:30 a.m. <b>Arthritis Gold</b> 10:30-11:30 a.m. <b>Chair Yoga</b> 11:30 a.m.-12:30 p.m. <b>Line Dancing</b> 1-2 p.m. and 2-3 p.m.	<b>Chair Yoga</b> 8:30-9:30 a.m. <b>9</b> <b>NeuroGroove</b> 9:30-10:30 a.m. <b>Golden Line Dancing</b> 10:30-11:30 a.m. <b>Strength &amp; Endurance</b> 1-2 p.m. <b>Grief Support</b> 1-2:30 p.m. <b>Music &amp; Movement</b> 2-3 p.m.	<b>Music &amp; Movement</b> 8:30-9:30 a.m. <b>10</b> <b>Shibashi Qigong</b> 9:30-10:30 a.m. <b>Tai Chi</b> 10:30-11:30 a.m. <b>Rhythm &amp; Flow</b> 11:30 a.m.-12:30 p.m. <b>Stay Fit Gold</b> 12:30-1:30 p.m. <b>Yoga on Mat</b> 1:30-2:30 p.m. <b>How to Meditate</b> 2:30-3:30p.m.
<b>Brain Trainers</b> 8:30-9:30 a.m. <b>13</b> <b>Chair Yoga</b> 9:30-10:30 a.m. <b>Yin Yoga</b> 10:30-11:30 a.m. <b>Kung Fu Fitness</b> 11:30 a.m.-12:30 p.m. <b>Dance Fusion</b> 1-2 p.m. <b>Mat Pilates</b> 2-3 p.m.	<b>Zumba® Toning</b> 8:30-9:30 a.m. <b>14</b> <b>Body Blast</b> 9:30-10:30 a.m. <b>Arthritis Program</b> 10:30-11:30 a.m. <b>Sound Healing</b> 11:45 a.m.-12:45 p.m. <b>Core Strength</b> 1-2 p.m. <b>Seated Tai Chi</b> 2-3 p.m.	<b>Brain Trainers</b> 8:30-9:30 a.m. <b>15</b> <b>Stay Fit</b> 9:30-10:30 a.m. <b>Arthritis Gold</b> 10:30-11:30 a.m. <b>Chair Yoga</b> 11:30 a.m.-12:30 p.m. <b>Line Dancing</b> 1-2 p.m. and 2-3 p.m.	<b>Chair Yoga</b> 8:30-9:30 a.m. <b>16</b> <b>NeuroGroove</b> 9:30-10:30 a.m. <b>Golden Line Dancing</b> 10:30-11:30 a.m. <b>Strength &amp; Endurance</b> 1-2 p.m. <b>Grief Support</b> 1-2:30 p.m. <b>Music &amp; Movement</b> 2-3 p.m.	<b>Music &amp; Movement</b> 8:30-9:30 a.m. <b>17</b> <b>Shibashi Qigong</b> 9:30-10:30 a.m. <b>Tai Chi</b> 10:30-11:30 a.m. <b>Rhythm &amp; Flow</b> 11:30 a.m.-12:30 p.m. <b>Stay Fit Gold</b> 12:30-1:30 p.m. <b>Yoga on Mat</b> 1:30-2:30 p.m. <b>How to Meditate</b> 2:30-3:30p.m.
<b>Brain Trainers</b> 8:30-9:30 a.m. <b>20</b> <b>Chair Yoga</b> 9:30-10:30 a.m. <b>Yin Yoga</b> 10:30-11:30 a.m. <b>Kung Fu Fitness</b> 11:30 a.m.-12:30 p.m. <b>Dance Fusion</b> 1-2 p.m. <b>Mat Pilates</b> 2-3 p.m.	<b>Zumba® Toning</b> 8:30-9:30 a.m. <b>21</b> <b>Body Blast</b> 9:30-10:30 a.m. <b>Arthritis Program</b> 10:30-11:30 a.m. <b>Sound Healing</b> 11:45 a.m.-12:45 p.m. <b>Core Strength</b> 1-2 p.m. <b>Seated Tai Chi</b> 2-3 p.m.	<b>Brain Trainers</b> 8:30-9:30 a.m. <b>22</b> <b>Stay Fit</b> 9:30-10:30 a.m. <b>Arthritis Gold</b> 10:30-11:30 a.m. <b>Chair Yoga</b> 11:30 a.m.-12:30 p.m. <b>Line Dancing</b> 1-2 p.m. and 2-3 p.m.	<b>Chair Yoga</b> 8:30-9:30 a.m. <b>23</b> <b>NeuroGroove</b> 9:30-10:30 a.m. <b>Golden Line Dancing</b> 10:30-11:30 a.m. <b>Strength &amp; Endurance</b> 1-2 p.m. <b>Grief Support</b> 1-2:30 p.m. <b>Music &amp; Movement</b> 2-3 p.m.	<b>Music &amp; Movement</b> 8:30-9:30 a.m. <b>24</b> <b>Shibashi Qigong</b> 9:30-10:30 a.m. <b>Tai Chi</b> 10:30-11:30 a.m. <b>Rhythm &amp; Flow</b> 11:30 a.m.-12:30 p.m. <b>Stay Fit Gold</b> 12:30-1:30 p.m. <b>Yoga on Mat</b> 1:30-2:30 p.m. <b>How to Meditate</b> 2:30-3:30p.m.
<b>Brain Trainers</b> 8:30-9:30 a.m. <b>27</b> <b>Chair Yoga</b> 9:30-10:30 a.m. <b>Yin Yoga</b> 10:30-11:30 a.m. <b>Kung Fu Fitness</b> 11:30 a.m.-12:30 p.m. <b>Dance Fusion</b> 1-2 p.m. <b>Mat Pilates</b> 2-3 p.m.	<b>Zumba® Toning</b> 8:30-9:30 a.m. <b>28</b> <b>Body Blast</b> 9:30-10:30 a.m. <b>Arthritis Program</b> 10:30-11:30 a.m. <b>Sound Healing</b> 11:45 a.m.-12:45 p.m. <b>Core Strength</b> 1-2 p.m. <b>Seated Tai Chi</b> 2-3 p.m.	<b>Brain Trainers</b> 8:30-9:30 a.m. <b>29</b> <b>Stay Fit</b> 9:30-10:30 a.m. <b>Arthritis Gold</b> 10:30-11:30 a.m. <b>Chair Yoga</b> 11:30 a.m.-12:30 p.m. <b>Line Dancing</b> 1-2 p.m. and 2-3 p.m.	<b>Chair Yoga</b> 8:30-9:30 a.m. <b>30</b> <b>NeuroGroove</b> 9:30-10:30 a.m. <b>Golden Line Dancing</b> 10:30-11:30 a.m. <b>Strength &amp; Endurance</b> 1-2 p.m. <b>Grief Support</b> 1-2:30 p.m. <b>Music &amp; Movement</b> 2-3 p.m.	

Monday	Tuesday	Wednesday	Thursday	Friday
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To see the full calendar, visit [optum.com/nvcenters](http://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.**

<b>Music &amp; Movement</b> 8:30–9:30 a.m. <b>Shibashi Qigong</b> 9:30–10:30 a.m. <b>Tai Chi</b> 10:30–11:30 a.m. <b>Rhythm &amp; Flow</b> 11:30 a.m.–12:30 p.m. <b>Stay Fit Gold</b> 12:30–1:30 p.m. <b>Yoga on Mat</b> 1:30–2:30 p.m. <b>How to Meditate</b> 2:30–3:30p.m.	<b>1</b>
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<b>Brain Trainers</b> 8:30–9:30 a.m. <b>Chair Yoga</b> 9:30–10:30 a.m. <b>Yin Yoga</b> 10:30–11:30 a.m. <b>Kung Fu Fitness</b> 11:30 a.m.–12:30 p.m. <b>Dance Fusion</b> 1–2 p.m. <b>Mat Pilates</b> 2–3 p.m.	<b>4</b>	<b>Zumba® Toning</b> 8:30–9:30 a.m. <b>Body Blast</b> 9:30–10:30 a.m. <b>Arthritis Program</b> 10:30–11:30 a.m. <b>Cooking Demonstration</b> 11:30 a.m.–1 p.m. <b>Core Strength</b> 1–2 p.m. <b>Seated Tai Chi</b> 2–3 p.m.	<b>5</b>	<b>Brain Trainers</b> 8:30–9:30 a.m. <b>Stay Fit</b> 9:30–10:30 a.m. <b>Arthritis Gold</b> 10:30–11:30 a.m. <b>Chair Yoga</b> 11:30 a.m.–12:30 p.m. <b>Line Dancing</b> 1–2 p.m. and 2–3 p.m.	<b>6</b>	<b>Chair Yoga</b> 8:30–9:30 a.m. <b>NeuroGroove</b> 9:30–10:30 a.m. <b>Golden Line Dancing</b> 10:30–11:30 a.m. <b>Strength &amp; Endurance</b> 1–2 p.m. <b>Grief Support</b> 1–2:30 p.m. <b>Music &amp; Movement</b> 2–3 p.m.	<b>7</b>	<b>Music &amp; Movement</b> 8:30–9:30 a.m. <b>Shibashi Qigong</b> 9:30–10:30 a.m. <b>Tai Chi</b> 10:30–11:30 a.m. <b>Rhythm &amp; Flow</b> 11:30 a.m.–12:30 p.m. <b>Stay Fit Gold</b> 12:30–1:30 p.m. <b>Yoga on Mat</b> 1:30–2:30 p.m. <b>How to Meditate</b> 2:30–3:30p.m.	<b>8</b>
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<b>Brain Trainers</b> 8:30–9:30 a.m. <b>Chair Yoga</b> 9:30–10:30 a.m. <b>Yin Yoga</b> 10:30–11:30 a.m. <b>Kung Fu Fitness</b> 11:30 a.m.–12:30 p.m. <b>Dance Fusion</b> 1–2 p.m. <b>Mat Pilates</b> 2–3 p.m.	<b>11</b>	<b>Zumba® Toning</b> 8:30–9:30 a.m. <b>Body Blast</b> 9:30–10:30 a.m. <b>Arthritis Program</b> 10:30–11:30 a.m. <b>Sound Healing</b> 11:45 a.m.–12:45 p.m. <b>Core Strength</b> 1–2 p.m. <b>Seated Tai Chi</b> 2–3 p.m.	<b>12</b>	<b>Brain Trainers</b> 8:30–9:30 a.m. <b>Stay Fit</b> 9:30–10:30 a.m. <b>Arthritis Gold</b> 10:30–11:30 a.m. <b>Chair Yoga</b> 11:30 a.m.–12:30 p.m. <b>Line Dancing</b> 1–2 p.m. and 2–3 p.m.	<b>13</b>	<b>Chair Yoga</b> 8:30–9:30 a.m. <b>NeuroGroove</b> 9:30–10:30 a.m. <b>Golden Line Dancing</b> 10:30–11:30 a.m. <b>Strength &amp; Endurance</b> 1–2 p.m. <b>Grief Support</b> 1–2:30 p.m. <b>Music &amp; Movement</b> 2–3 p.m.	<b>14</b>	<b>Music &amp; Movement</b> 8:30–9:30 a.m. <b>Shibashi Qigong</b> 9:30–10:30 a.m. <b>Tai Chi</b> 10:30–11:30 a.m. <b>Rhythm &amp; Flow</b> 11:30 a.m.–12:30 p.m. <b>Stay Fit Gold</b> 12:30–1:30 p.m. <b>Yoga on Mat</b> 1:30–2:30 p.m. <b>How to Meditate</b> 2:30–3:30p.m.	<b>15</b>
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<b>Brain Trainers</b> 8:30–9:30 a.m. <b>Chair Yoga</b> 9:30–10:30 a.m. <b>Yin Yoga</b> 10:30–11:30 a.m. <b>Kung Fu Fitness</b> 11:30 a.m.–12:30 p.m. <b>Dance Fusion</b> 1–2 p.m. <b>Mat Pilates</b> 2–3 p.m.	<b>18</b>	<b>Zumba® Toning</b> 8:30–9:30 a.m. <b>Body Blast</b> 9:30–10:30 a.m. <b>Arthritis Program</b> 10:30–11:30 a.m. <b>Sound Healing</b> 11:45 a.m.–12:45 p.m. <b>Core Strength</b> 1–2 p.m. <b>Seated Tai Chi</b> 2–3 p.m.	<b>19</b>	<b>Brain Trainers</b> 8:30–9:30 a.m. <b>Stay Fit</b> 9:30–10:30 a.m. <b>Arthritis Gold</b> 10:30–11:30 a.m. <b>Chair Yoga</b> 11:30 a.m.–12:30 p.m. <b>Line Dancing</b> 1–2 p.m. and 2–3 p.m.	<b>20</b>	<b>Chair Yoga</b> 8:30–9:30 a.m. <b>NeuroGroove</b> 9:30–10:30 a.m. <b>Golden Line Dancing</b> 10:30–11:30 a.m. <b>Strength &amp; Endurance</b> 1–2 p.m. <b>Grief Support</b> 1–2:30 p.m. <b>Music &amp; Movement</b> 2–3 p.m.	<b>21</b>	<b>Music &amp; Movement</b> 8:30–9:30 a.m. <b>Shibashi Qigong</b> 9:30–10:30 a.m. <b>Tai Chi</b> 10:30–11:30 a.m. <b>Rhythm &amp; Flow</b> 11:30 a.m.–12:30 p.m. <b>Stay Fit Gold</b> 12:30–1:30 p.m. <b>Yoga on Mat</b> 1:30–2:30 p.m. <b>How to Meditate</b> 2:30–3:30p.m.	<b>22</b>
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Closed for the holiday	<b>25</b>	<b>Zumba® Toning</b> 8:30–9:30 a.m. <b>Body Blast</b> 9:30–10:30 a.m. <b>Arthritis Program</b> 10:30–11:30 a.m. <b>Sound Healing</b> 11:45 a.m.–12:45 p.m. <b>Core Strength</b> 1–2 p.m. <b>Seated Tai Chi</b> 2–3 p.m.	<b>26</b>	<b>Brain Trainers</b> 8:30–9:30 a.m. <b>Stay Fit</b> 9:30–10:30 a.m. <b>Arthritis Gold</b> 10:30–11:30 a.m. <b>Chair Yoga</b> 11:30 a.m.–12:30 p.m. <b>Line Dancing</b> 1–2 p.m. and 2–3 p.m.	<b>27</b>	<b>Chair Yoga</b> 8:30–9:30 a.m. <b>NeuroGroove</b> 9:30–10:30 a.m. <b>Golden Line Dancing</b> 10:30–11:30 a.m. <b>Strength &amp; Endurance</b> 1–2 p.m. <b>Grief Support</b> 1–2:30 p.m. <b>Music &amp; Movement</b> 2–3 p.m.	<b>28</b>	<b>Music &amp; Movement</b> 8:30–9:30 a.m. <b>Shibashi Qigong</b> 9:30–10:30 a.m. <b>Tai Chi</b> 10:30–11:30 a.m. <b>Rhythm &amp; Flow</b> 11:30 a.m.–12:30 p.m. <b>Stay Fit Gold</b> 12:30–1:30 p.m. <b>Yoga on Mat</b> 1:30–2:30 p.m. <b>How to Meditate</b> 2:30–3:30p.m.	<b>29</b>
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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Brain Trainers</b> 1 8:30-9:30 a.m. <b>Chair Yoga</b> 9:30-10:30 a.m. <b>Yin Yoga</b> 10:30-11:30 a.m. <b>Kung Fu Fitness</b> 11:30 a.m.-12:30 p.m. <b>Dance Fusion</b> 1-2 p.m. <b>Mat Pilates</b> 2-3 p.m.	<b>Zumba® Toning</b> 2 8:30-9:30 a.m. <b>Body Blast</b> 9:30-10:30 a.m. <b>Arthritis Program</b> 10:30-11:30 a.m. <b>Cooking Demonstration</b> 11:30 a.m.-1 p.m. <b>Core Strength</b> 1-2 p.m. <b>Seated Tai Chi</b> 2-3 p.m.	<b>Brain Trainers</b> 3 8:30-9:30 a.m. <b>Stay Fit</b> 9:30-10:30 a.m. <b>Arthritis Gold</b> 10:30-11:30 a.m. <b>Chair Yoga</b> 11:30 a.m.-12:30 p.m. <b>Line Dancing</b> 1-2 p.m. and 2-3 p.m.	<b>Chair Yoga</b> 4 8:30-9:30 a.m. <b>NeuroGroove</b> 9:30-10:30 a.m. <b>Golden Line Dancing</b> 10:30-11:30 a.m. <b>Strength &amp; Endurance</b> 1-2 p.m. <b>Grief Support</b> 1-2:30 p.m. <b>Music &amp; Movement</b> 2-3 p.m.	<b>Music &amp; Movement</b> 5 8:30-9:30 a.m. <b>Shibashi Qigong</b> 9:30-10:30 a.m. <b>Tai Chi</b> 10:30-11:30 a.m. <b>Rhythm &amp; Flow</b> 11:30 a.m.-12:30 p.m. <b>Stay Fit Gold</b> 12:30-1:30 p.m. <b>Yoga on Mat</b> 1:30-2:30 p.m. <b>How to Meditate</b> 2:30-3:30p.m.
<b>Brain Trainers</b> 8 8:30-9:30 a.m. <b>Chair Yoga</b> 9:30-10:30 a.m. <b>Yin Yoga</b> 10:30-11:30 a.m. <b>Kung Fu Fitness</b> 11:30 a.m.-12:30 p.m. <b>Dance Fusion</b> 1-2 p.m. <b>Mat Pilates</b> 2-3 p.m.	<b>Zumba® Toning</b> 9 8:30-9:30 a.m. <b>Body Blast</b> 9:30-10:30 a.m. <b>Arthritis Program</b> 10:30-11:30 a.m. <b>Sound Healing</b> 11:45 a.m.-12:45 p.m. <b>Core Strength</b> 1-2 p.m. <b>Seated Tai Chi</b> 2-3 p.m.	<b>Brain Trainers</b> 10 8:30-9:30 a.m. <b>Stay Fit</b> 9:30-10:30 a.m. <b>Arthritis Gold</b> 10:30-11:30 a.m. <b>Chair Yoga</b> 11:30 a.m.-12:30 p.m. <b>Line Dancing</b> 1-2 p.m. and 2-3 p.m.	<b>Chair Yoga</b> 11 8:30-9:30 a.m. <b>NeuroGroove</b> 9:30-10:30 a.m. <b>Golden Line Dancing</b> 10:30-11:30 a.m. <b>Strength &amp; Endurance</b> 1-2 p.m. <b>Grief Support</b> 1-2:30 p.m. <b>Music &amp; Movement</b> 2-3 p.m.	<b>Music &amp; Movement</b> 12 8:30-9:30 a.m. <b>Shibashi Qigong</b> 9:30-10:30 a.m. <b>Tai Chi</b> 10:30-11:30 a.m. <b>Rhythm &amp; Flow</b> 11:30 a.m.-12:30 p.m. <b>Stay Fit Gold</b> 12:30-1:30 p.m. <b>Yoga on Mat</b> 1:30-2:30 p.m. <b>How to Meditate</b> 2:30-3:30p.m.
<b>Brain Trainers</b> 15 8:30-9:30 a.m. <b>Chair Yoga</b> 9:30-10:30 a.m. <b>Yin Yoga</b> 10:30-11:30 a.m. <b>Kung Fu Fitness</b> 11:30 a.m.-12:30 p.m. <b>Dance Fusion</b> 1-2 p.m. <b>Mat Pilates</b> 2-3 p.m.	<b>Zumba® Toning</b> 16 8:30-9:30 a.m. <b>Body Blast</b> 9:30-10:30 a.m. <b>Arthritis Program</b> 10:30-11:30 a.m. <b>Sound Healing</b> 11:45 a.m.-12:45 p.m. <b>Core Strength</b> 1-2 p.m. <b>Seated Tai Chi</b> 2-3 p.m.	<b>Brain Trainers</b> 17 8:30-9:30 a.m. <b>Stay Fit</b> 9:30-10:30 a.m. <b>Arthritis Gold</b> 10:30-11:30 a.m. <b>Chair Yoga</b> 11:30 a.m.-12:30 p.m. <b>Line Dancing</b> 1-2 p.m. and 2-3 p.m.	<b>Chair Yoga</b> 18 8:30-9:30 a.m. <b>NeuroGroove</b> 9:30-10:30 a.m. <b>Golden Line Dancing</b> 10:30-11:30 a.m. <b>Strength &amp; Endurance</b> 1-2 p.m. <b>Grief Support</b> 1-2:30 p.m. <b>Music &amp; Movement</b> 2-3 p.m.	<b>Music &amp; Movement</b> 19 8:30-9:30 a.m. <b>Shibashi Qigong</b> 9:30-10:30 a.m. <b>Tai Chi</b> 10:30-11:30 a.m. <b>Rhythm &amp; Flow</b> 11:30 a.m.-12:30 p.m. <b>Stay Fit Gold</b> 12:30-1:30 p.m. <b>Yoga on Mat</b> 1:30-2:30 p.m. <b>How to Meditate</b> 2:30-3:30p.m.
<b>Brain Trainers</b> 22 8:30-9:30 a.m. <b>Chair Yoga</b> 9:30-10:30 a.m. <b>Yin Yoga</b> 10:30-11:30 a.m. <b>Kung Fu Fitness</b> 11:30 a.m.-12:30 p.m. <b>Dance Fusion</b> 1-2 p.m. <b>Mat Pilates</b> 2-3 p.m.	<b>Zumba® Toning</b> 23 8:30-9:30 a.m. <b>Body Blast</b> 9:30-10:30 a.m. <b>Arthritis Program</b> 10:30-11:30 a.m. <b>Sound Healing</b> 11:45 a.m.-12:45 p.m. <b>Core Strength</b> 1-2 p.m. <b>Seated Tai Chi</b> 2-3 p.m.	<b>Brain Trainers</b> 24 8:30-9:30 a.m. <b>Stay Fit</b> 9:30-10:30 a.m. <b>Arthritis Gold</b> 10:30-11:30 a.m. <b>Chair Yoga</b> 11:30 a.m.-12:30 p.m. <b>Line Dancing</b> 1-2 p.m. and 2-3 p.m.	<b>Chair Yoga</b> 25 8:30-9:30 a.m. <b>NeuroGroove</b> 9:30-10:30 a.m. <b>Golden Line Dancing</b> 10:30-11:30 a.m. <b>Strength &amp; Endurance</b> 1-2 p.m. <b>Grief Support</b> 1-2:30 p.m. <b>Music &amp; Movement</b> 2-3 p.m.	<b>Music &amp; Movement</b> 26 8:30-9:30 a.m. <b>Shibashi Qigong</b> 9:30-10:30 a.m. <b>Tai Chi</b> 10:30-11:30 a.m. <b>Rhythm &amp; Flow</b> 11:30 a.m.-12:30 p.m. <b>Stay Fit Gold</b> 12:30-1:30 p.m. <b>Yoga on Mat</b> 1:30-2:30 p.m. <b>How to Meditate</b> 2:30-3:30p.m.
<b>Brain Trainers</b> 29 8:30-9:30 a.m. <b>Chair Yoga</b> 9:30-10:30 a.m. <b>Yin Yoga</b> 10:30-11:30 a.m. <b>Kung Fu Fitness</b> 11:30 a.m.-12:30 p.m. <b>Dance Fusion</b> 1-2 p.m. <b>Mat Pilates</b> 2-3 p.m.	<b>Zumba® Toning</b> 30 8:30-9:30 a.m. <b>Body Blast</b> 9:30-10:30 a.m. <b>Arthritis Program</b> 10:30-11:30 a.m. <b>Sound Healing</b> 11:45 a.m.-12:45 p.m. <b>Core Strength</b> 1-2 p.m. <b>Seated Tai Chi</b> 2-3 p.m.			

## Classes and special events spotlight

### Medicare 101

Please call for dates.

Are you eligible for Medicare or will you 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

April 7, May 5, June 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.**

### 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 **1-702-797-2376, TTY 711.**

### Optum Palliative Care Presentation

Monday, June 15, 11 a.m.

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

## Come and socialize with us in these classes

### Bingo/Birthday

April 10, May 8, June 12

11:30 a.m.-12:30 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**

April 9, April 16, May 14,  
May 21, June 11, June 18  
10-11 a.m.

### 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.

### AARP: Public Benefits for Older Adults

April 17, 12-1 p.m.

Get the latest information on local community benefits, including housing, SNAP, medical support and more.

### AARP: Downsizing & Decluttering

May 15, 12-1 p.m.

Learn practical tips from an organizing expert on how to declutter, donate unused items and make the most of small spaces in your home. Discover simple ways to transform closets and cabinets into efficient, stylish storage areas.

### AARP: Getting to Know Your Smart Phone

June 19, 12-1 p.m.

Join a tech specialist who will answer all your questions about the basic functions of your smartphone.

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.

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[instagram.com/southwestmedicallv](https://instagram.com/southwestmedicallv)



## Optum Community Center – South

1655 E. Cactus Ave.  
Henderson, NV 89183

## Optum Community Center – South

### Address:

Optum Community Center – South  
1655 E. Cactus Ave.  
Henderson, NV 89183

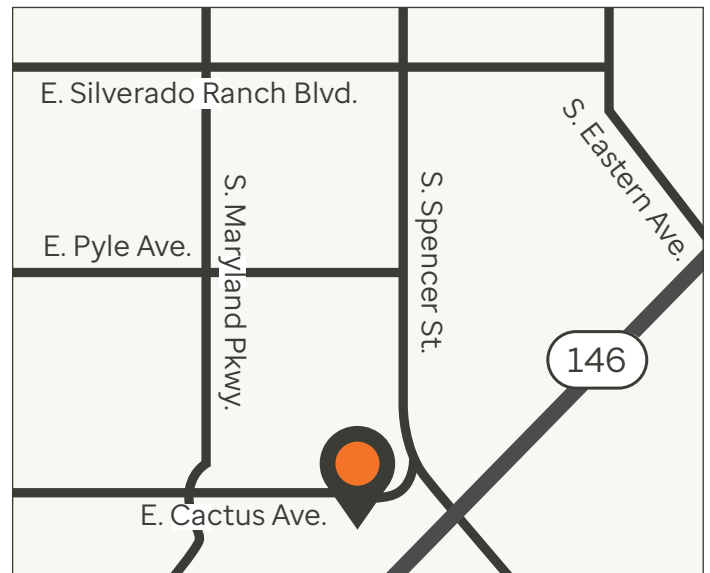
### Hours:

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

### Contact:

**1-702-797-2376**, TTY 711  
[optum.com/nvcenters](https://www.optum.com/nvcenters)

**In case of a medical emergency, please dial 911.**



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