



Optum Community Center – West

Activity calendar

April–June 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
		Conditioning 1 8:30–9:30 a.m. Dance Fusion 9:30–10:30 a.m. Music & Movement 10:45–11:45 a.m. Seated Tai Chi 12–1 p.m. Brain Trainers 1–2 p.m. Art 1–3 p.m. Golden Line Dancing 2–3 p.m.	Zumba Toning 2 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.	Chair Yoga 3 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.
Chair Yoga 6 8:30–9:30 a.m. Zumba Gold® 9:30–10:30 a.m. Music & Movement 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.	Chair Aerobics 7 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.	Conditioning 8 8:30–9:30 a.m. Dance Fusion 9:30–10:30 a.m. Music & Movement 10:45–11:45 a.m. Bingo 12–1 p.m. Brain Trainers 1–2 p.m. Art 1–3 p.m. Golden Line Dancing 2–3 p.m.	Zumba Toning 9 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.	Chair Yoga 10 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.
Chair Yoga 13 8:30–9:30 a.m. Zumba Gold® 9:30–10:30 a.m. Music & Movement 10:30–11:30 a.m. Motion is Lotion 11:30 a.m.–12:30 p.m. Meditate 12–1 p.m. Brain Trainers 1–2 p.m. Fitness Classic 2–3 p.m.	Chair Aerobics 14 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.	Conditioning 15 8:30–9:30 a.m. Dance Fusion 9:30–10:30 a.m. Music & Movement 10:45–11:45 a.m. Seated Tai Chi 12–1 p.m. Brain Trainers 1–2 p.m. Art 1–3 p.m. Golden Line Dancing 2–3 p.m.	Zumba Toning 16 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.	Chair Yoga 17 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.
Chair Yoga 20 8:30–9:30 a.m. Zumba Gold® 9:30–10:30 a.m. Music & Movement 10:30–11:30 a.m. Motion is Lotion 11:30 a.m.–12:30 p.m. Meditate 12–1 p.m. Brain Trainers 1–2 p.m. Fitness Classic 2–3 p.m.	Chair Aerobics 21 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.	Conditioning 22 8:30–9:30 a.m. Dance Fusion 9:30–10:30 a.m. Music & Movement 10:45–11:45 a.m. Seated Tai Chi 12–1 p.m. Brain Trainers 1–2 p.m. Art 1–3 p.m. Golden Line Dancing 2–3 p.m.	Zumba Toning 23 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.	Chair Yoga 24 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.
Chair Yoga 27 8:30–9:30 a.m. Zumba Gold® 9:30–10:30 a.m. Music & Movement 10:30–11:30 a.m. Motion is Lotion 11:30 a.m.–12:30 p.m. Meditate 12–1 p.m. Brain Trainers 1–2 p.m. Fitness Classic 2–3 p.m.	Chair Aerobics 28 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.	Conditioning 29 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.	Zumba Toning 30 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.	

Monday	Tuesday	Wednesday	Thursday	Friday
--------	---------	-----------	----------	--------

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.	1
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.	

Chair Yoga 8:30–9:30 a.m.	4	Chair Aerobics 8:30–9:30 a.m.	5	Conditioning 8:30–9:30 a.m.	6	Zumba Toning 8:30–9:30 a.m.	7	Chair Yoga 8:30–9:30 a.m.	8
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.	
Music & Movement 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.		Seated Tai Chi 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.		Art 1–3 p.m.					
Fitness Classic 2–3 p.m.		Mat Pilates 2–3 p.m.		Golden Line Dancing 2–3 p.m.					

Chair Yoga 8:30–9:30 a.m.	11	Chair Aerobics 8:30–9:30 a.m.	12	Conditioning 8:30–9:30 a.m.	13	Zumba Toning 8:30–9:30 a.m.	14	Chair Yoga 8:30–9:30 a.m.	15
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.	
Music & Movement 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.	
Motion is Lotion 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.		Art 1–3 p.m.					
Fitness Classic 2–3 p.m.		Mat Pilates 2–3 p.m.		Golden Line Dancing 2–3 p.m.					

Chair Yoga 8:30–9:30 a.m.	18	Chair Aerobics 8:30–9:30 a.m.	19	Conditioning 8:30–9:30 a.m.	20	Zumba Toning 8:30–9:30 a.m.	21	Chair Yoga 8:30–9:30 a.m.	22
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.	
Music & Movement 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.	
Motion is Lotion 11:30 a.m.–12:30 p.m.		Sound Healing 11:45 a.m.–12:45 p.m.		Seated Tai Chi 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.		Art 1–3 p.m.					
Fitness Classic 2–3 p.m.		Mat Pilates 2–3 p.m.		Golden Line Dancing 2–3 p.m.					

<i>Closed for the holiday</i>	25	Chair Aerobics 8:30–9:30 a.m.	26	Conditioning 8:30–9:30 a.m.	27	Zumba Toning 8:30–9:30 a.m.	28	Chair Yoga 8:30–9:30 a.m.	29
		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.	
		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.	
		Sound Healing 11:45 a.m.–12:45 p.m.		Seated Tai Chi 12–1 p.m.		Beyond Wellness 11:30 a.m.–12:30 p.m.		Beginner Line Dancing 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.	
		Graceful Movers 1–2 p.m.		Art 1–3 p.m.					
		Mat Pilates 2–3 p.m.		Golden Line Dancing 2–3 p.m.					

Monday	Tuesday	Wednesday	Thursday	Friday
Chair Yoga 1 8:30-9:30 a.m. Zumba Gold® 9:30-10:30 a.m. Music & Movement 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.	Chair Aerobics 2 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.	Conditioning 3 8:30-9:30 a.m. Dance Fusion 9:30-10:30 a.m. Music & Movement 10:45-11:45 a.m. Seated Tai Chi 12-1 p.m. Brain Trainers 1-2 p.m. Art 1-3 p.m. Golden Line Dancing 2-3 p.m.	Zumba Toning 4 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.	Chair Yoga 5 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.
Chair Yoga 8 8:30-9:30 a.m. Zumba Gold® 9:30-10:30 a.m. Music & Movement 10:30-11:30 a.m. Motion is Lotion 11:30 a.m.-12:30 p.m. Meditate 12-1 p.m. Brain Trainers 1-2 p.m. Fitness Classic 2-3 p.m.	Chair Aerobics 9 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.	Conditioning 10 8:30-9:30 a.m. Dance Fusion 9:30-10:30 a.m. Music & Movement 10:45-11:45 a.m. Bingo 12-1 p.m. Brain Trainers 1-2 p.m. Art 1-3 p.m. Golden Line Dancing 2-3 p.m.	Zumba Toning 11 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.	Chair Yoga 12 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.
Chair Yoga 15 8:30-9:30 a.m. Zumba Gold® 9:30-10:30 a.m. Music & Movement 10:30-11:30 a.m. Motion is Lotion 11:30 a.m.-12:30 p.m. Meditate 12-1 p.m. Brain Trainers 1-2 p.m. Fitness Classic 2-3 p.m.	Chair Aerobics 16 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.	Conditioning 17 8:30-9:30 a.m. Dance Fusion 9:30-10:30 a.m. Music & Movement 10:45-11:45 a.m. Seated Tai Chi 12-1 p.m. Brain Trainers 1-2 p.m. Art 1-3 p.m. Golden Line Dancing 2-3 p.m.	Zumba Toning 18 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.	Chair Yoga 19 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.
Chair Yoga 22 8:30-9:30 a.m. Zumba Gold® 9:30-10:30 a.m. Music & Movement 10:30-11:30 a.m. Motion is Lotion 11:30 a.m.-12:30 p.m. Meditate 12-1 p.m. Brain Trainers 1-2 p.m. Fitness Classic 2-3 p.m.	Chair Aerobics 23 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.	Conditioning 24 8:30-9:30 a.m. Dance Fusion 9:30-10:30 a.m. Music & Movement 10:45-11:45 a.m. Seated Tai Chi 12-1 p.m. Brain Trainers 1-2 p.m. Art 1-3 p.m. Golden Line Dancing 2-3 p.m.	Zumba Toning 25 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.	Chair Yoga 26 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.
Chair Yoga 29 8:30-9:30 a.m. Zumba Gold® 9:30-10:30 a.m. Music & Movement 10:30-11:30 a.m. Recipe for Wellness 12-1 p.m. Meditate 12-1 p.m. Brain Trainers 1-2 p.m. Fitness Classic 2-3 p.m.	Chair Aerobics 30 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.			

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 1-702-677-3055, 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

April 6, May 4, June 1

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

June 29, 12-1 p.m.

1-702-677-3055, TTY 711.

RSVP required.

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.

AARP: From Advocacy to Volunteering and Beyond

April 29, 12-1 p.m.

Find out where you can help someone in your community, support them and be the voice for someone else who may need help. Work with our AARP expert to help find a place to give back to your community.

AARP: A Home Fit for Aging

May 27, 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: Fraud Watch Network

June 24, 12-1 p.m.

Learn new tips on how to spot and avoid scams, all with the guidance of a trained fraud specialist.

Come and socialize with us in these classes

Beading

3rd and 4th Tuesdays

10 a.m.-12 p.m.

Canasta

Thursdays

12:45-3:30 p.m.

Knitting

Mondays, Wednesdays and Fridays

(drop in anytime, all day)

Bingo/Birthday Celebration

April 8, May 13, June 10

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/southwestmedicallv



Optum Community Center – West

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

Optum Community Center – West

Address:

Optum Community Center – West
8670 W. Cheyenne Ave., Ste. 105
Las Vegas, NV 89129

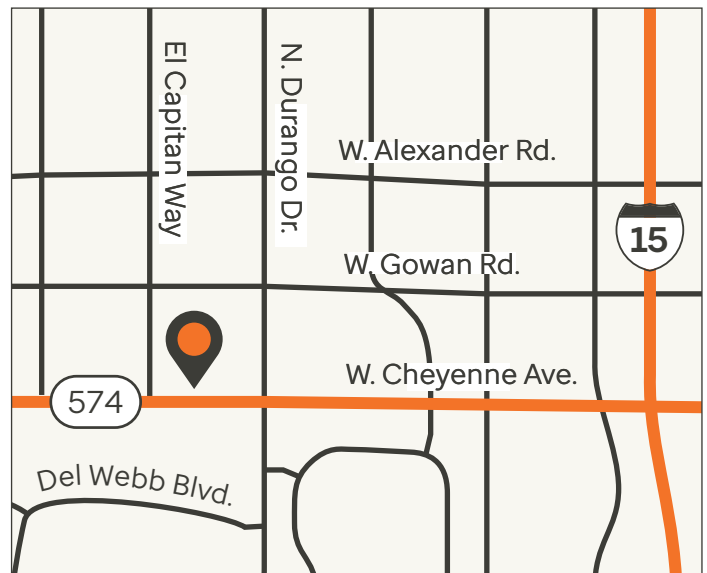
Hours:

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.

© 2026 Optum, Inc. All rights reserved. WF20997309 356325-022026