



Optum Community Center – South

Activity calendar

July–September 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
		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. Conga Soca 11:30 a.m.–12:30 p.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Closed for the holiday
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. Conga Soca 11:30 a.m.–12:30 p.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. Bamboozi 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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Monday	Tuesday	Wednesday	Thursday	Friday
Brain Trainers 3 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 4 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 5 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 6 8:30–9:30 a.m. NeuroGroove 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Conga Soca 11:30 a.m.–12:30 p.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Music & Movement 7 8:30–9:30 a.m. Shibashi Qigong 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Bamboozie 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.
Brain Trainers 10 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 11 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 12 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 13 8:30–9:30 a.m. NeuroGroove 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Conga Soca 11:30 a.m.–12:30 p.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Music & Movement 14 8:30–9:30 a.m. Shibashi Qigong 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Bamboozie 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.
Brain Trainers 17 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 18 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 19 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 20 8:30–9:30 a.m. NeuroGroove 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Conga Soca 11:30 a.m.–12:30 p.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Music & Movement 21 8:30–9:30 a.m. Shibashi Qigong 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Bamboozie 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.
Brain Trainers 24 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 25 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 26 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 27 8:30–9:30 a.m. NeuroGroove 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Conga Soca 11:30 a.m.–12:30 p.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Music & Movement 28 8:30–9:30 a.m. Shibashi Qigong 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Bamboozie 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.
Brain Trainers 31 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.	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.			

Monday	Tuesday	Wednesday	Thursday	Friday
	Zumba® Toning 1 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 2 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 3 8:30–9:30 a.m. NeuroGroove 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Conga Soca 11:30 a.m.–12:30 p.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Music & Movement 4 8:30–9:30 a.m. Shibashi Qigong 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Bamboozi 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.
7 <i>Closed for the holiday</i>	Zumba® Toning 8 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 9 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 10 8:30–9:30 a.m. NeuroGroove 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Conga Soca 11:30 a.m.–12:30 p.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Music & Movement 11 8:30–9:30 a.m. Shibashi Qigong 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Bamboozi 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.
Brain Trainers 14 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 15 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 16 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 17 8:30–9:30 a.m. NeuroGroove 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Conga Soca 11:30 a.m.–12:30 p.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Music & Movement 18 8:30–9:30 a.m. Shibashi Qigong 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Bamboozi 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.
Brain Trainers 21 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 22 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 23 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 24 8:30–9:30 a.m. NeuroGroove 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Conga Soca 11:30 a.m.–12:30 p.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Music & Movement 25 8:30–9:30 a.m. Shibashi Qigong 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Bamboozi 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.
Brain Trainers 28 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 29 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 30 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.		

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

July 7, August 4, September 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.**

Advance Directives

Please call for dates **1-702-797-2376, TTY 711.**

Optum Palliative Care Presentation

September 17 at 11:30 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.

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.

AARP: Vigilance Against Cybercrime

July 17 at 12:30-1 p.m.

Provides free resources to help individuals of all ages identify, avoid and report scams.

AARP: Building a Bright Future in Nevada

August 21 at 12-1 p.m.

An initiative that helps neighborhoods, towns and cities become safer, more walkable and inclusive for people of all ages, particularly those 50+.

AARP: Health Insurance Marketplace

Open Enrollment

September 18 at 12-1 p.m.

Provides guidance on the annual Health Insurance Marketplace with key dates, what it covers, subsidy eligibility and action needed.

Come and socialize with us in these classes

Bingo/Birthday

July 10, August 14, September 11
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

2nd and 3rd Thursdays
10:30-11:30 a.m.

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

Optum Community Center – South

Address:

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

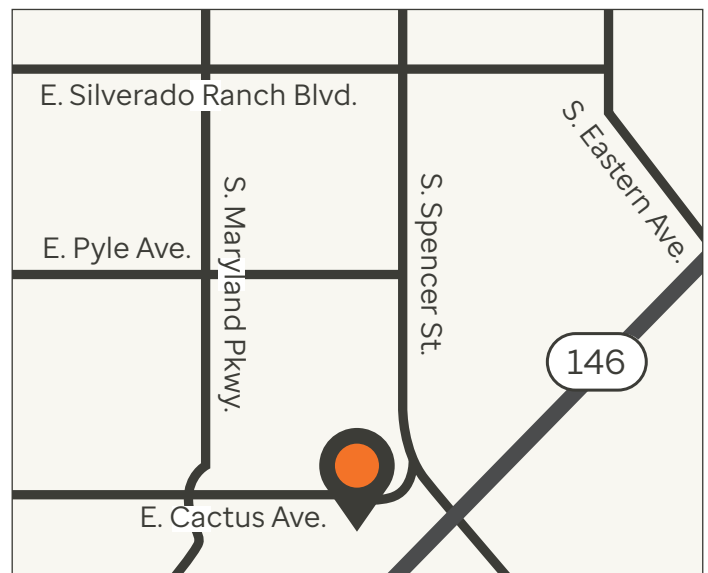
Hours:

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.



Any person depicted in the stock image is a model.

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