



Optum Community Center – West

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
		Conditioning 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 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.	Closed for the holiday
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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

July 6, August 3, September 7

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

August 31

12-1 p.m.

1-702-677-3055, TTY 711.

RSVP required.

Advance Directive

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

Community Support Group

Thursdays 1-2 p.m.

This group provides general peer support, as well as a review of the basic principles of Dialectical Behavior Therapy. These include skills pertaining to distress tolerance, mindfulness, emotional regulation and interpersonal effectiveness.

AARP: Six Pillars of Brain Health

July 29 at 12-1 p.m.

An evidence-based framework designed to promote cognitive longevity and reduce dementia risk through lifestyle habits: Be Social, Engage Your Brain, Manage Stress, Ongoing Exercise, Restorative Sleep and Eat Right.

AARP: Making "Cents" of Caregiving Costs

August 26 at 12-1 p.m.

A financial education program, often presented as a webinar or workshop, designed to help family caregivers manage, budget for and reduce the high out-of-pocket expenses associated with caregiving.

AARP: Vigilance Against Cybercrime

September 30 at 12-1 p.m.

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

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

July 8, August 12, September 9

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.

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:

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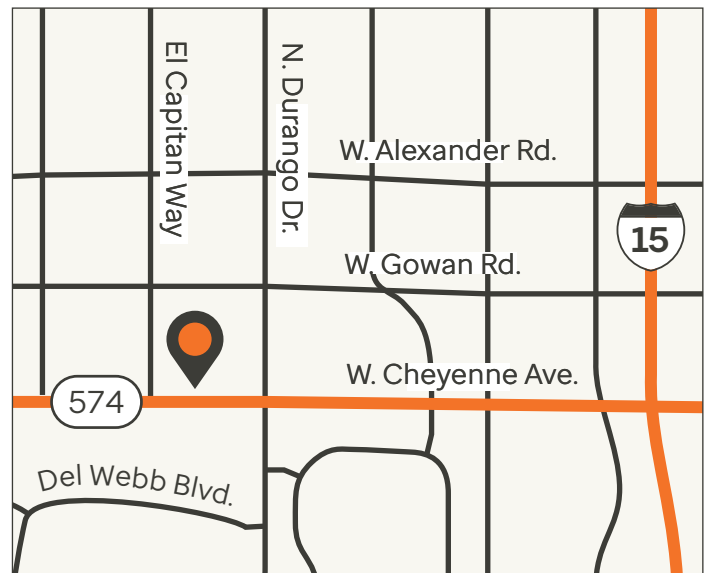
Hours:

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.

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