



OptumCare Community Center activity calendar

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



Enjoy our newly remodeled
Community Center and fitness studio.

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

Deer Valley

October / November / December 2018

Featured events at OptumCare Community Center | Deer Valley

CIRCUIT TRAINING (NEW CLASS TIME ADDED)

Thursdays, 1–2 p.m.

Circuit Training will work all of your muscle groups. This 60-minute workout is taught by one of our certified personal trainers. An orientation is required prior to taking this class.

ART WORKSHOP

Tuesdays, 1:30–3:30 p.m.

An art educator will teach you different art mediums. Just bring your creativity and willingness to have fun. We provide supplies.

LIFEBIO, RSVP BY OCTOBER 8, 2018

Fridays: 2nd and 4th of each month, 10–11 a.m.

Write your own life story. Join a guided conversation to help bring up memories and life experiences.

ALZHEIMER'S SUPPORT GROUP

Fridays: 1st and 3rd of each month, 10–11 a.m.

This is a supportive setting for you to share your feelings and get information. If you are caring for someone with Alzheimer's, bring them with you. We'll always have someone available to accompany your loved one.

MEMORY SCREENING, BY APPT. ONLY

Monday, December 17, 2018, 9–11 a.m.

A medical assistant will give you two screenings to detect memory loss. You'll be able to share the results with your doctor.

BRAINSAVERS, RSVP BY SEPTEMBER 28, 2018

Mondays and Wednesdays, 10–11 a.m.

BrainSavers focuses on healthy brain activities. These include exercise, lowering stress, healthy eating, socializing and memory exercises.

HALLOWEEN SPOOKTACULAR, PLEASE RSVP ONLY

Monday, October 29, 2018

1st party: 10 a.m.–12 p.m.

2nd party: 1–3 p.m.

Halloween has arrived and you're invited to join the fun. No tricks, just treats, food, entertainment and music. Wear your favorite costume and try to win a prize.

BLACK & WHITE HOLIDAY BALL, PLEASE RSVP ONLY

Friday, December 14, 2018

1st party: 10 a.m.–12 p.m.

2nd party: 1–3 p.m.

Let's get together to celebrate this time of year. Join us at this year's Black & White Holiday Ball and enjoy great company, food and entertainment. (Formal black and white attire suggested.)

MONTHLY BIRTHDAY CELEBRATION

2nd Wednesday of each month, 11 a.m.–1 p.m.

Everyone is welcome to help celebrate all birthdays for the month. Join us for dessert, good conversation and entertainment monthly.

STAYING HEALTHY & ACTIVE AFTER 50, RSVP

Mondays: October 8, November 12, December 10, 1–2 p.m.

Health, safety and other professionals will discuss many important topics each month that are relative to the 50+ population. Please join us monthly for these educational presentations.

- **Monday, October 8:** Immunizations
- **Monday, November 12:** Osteoporosis
- **Monday, December 10:** What is Palliative Care?

HEALTHY MINDS, RSVP

4th Monday of each month: October 22, November 26, 1:30–2:30 p.m.

Learn skills to help improve mental health.

MEDICARE OPEN HOUSE, RSVP ONLY


Friday, November 2, 9–11 a.m and 11 a.m–1 p.m.

Have questions about Medicare? Join us for a Medicare open house at the OptumCare Community Center. Speak with an agent about Medicare options. Be sure to stay for a snack and take part in mini-classes like:

- Pilates
- Medical Qigong Chair Yoga
- Tai Chi

***To RSVP call 1-877-672-7660**

Programming geared toward the 55+ community.

Like us on FACEBOOK 
facebook.com/optumcare/

October 2018 | Deer Valley

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates Plus 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Nutrition 101 11:30 a.m.–12:30 p.m.</p> <p>Open Arts & Crafts 12:30–3 p.m.</p>	<p>2 Medical Qigong Chair Yoga 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:30 a.m.</p> <p>Conversational Spanish 12–1 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>3 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba Fitness 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Quilting, Crocheting and Knitting Club 11:30 a.m.–1:30 p.m.</p> <p>North PHX Deaf Senior Citizens Monthly Social 11:30 a.m.–2:30 p.m.</p>	<p>4 Swing Exercise 8:30–9:30 a.m.</p> <p>Floor Pilates 9:30–10:15 a.m.</p> <p>Computer Class Bring laptop or tablet 10:30 a.m.–12 p.m.</p> <p>Circuit Training, 1–2 p.m.</p> <p>Movie & Popcorn Call for title, 1–3 p.m.</p>	<p>5 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi, 8:30–9:30 a.m.</p> <p>Alzheimer's Support Group, 10–11 a.m.</p> <p>Pilates Plus 11:15 a.m.–12:15 p.m.</p> <p>Line Dance, Beginner 1–2 p.m.</p> <p>Line Dance, Advanced 2–3 p.m.</p>
<p>8 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates Plus 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Nutrition 101 11:30 a.m.–12:30 p.m.</p> <p>Open Arts & Crafts 12:30–3 p.m.</p> <p>Staying Healthy After 50, RSVP, 1–2 p.m.</p>	<p>9 Medical Qigong Chair Yoga 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Book Club, 10 a.m.–12 p.m.</p> <p>Active Stretch 11–11:30 a.m.</p> <p>Conversational Spanish 12–1 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>10 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba Fitness 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Monthly Birthday Celebration, 11 a.m.–1 p.m.</p> <p>Quilting, Crocheting and Knitting Club 11:30 a.m.–1:30 p.m.</p> <p>Belly Dancing, 2–3 p.m.</p>	<p>11 Swing Exercise 8:30–9:30 a.m.</p> <p>Floor Pilates 9:30–10:15 a.m.</p> <p>Computer Class Bring laptop or tablet 10:30 a.m.–12 p.m.</p> <p>Circuit Training, 1–2 p.m.</p> <p>Movie & Popcorn Call for title, 1–3 p.m.</p>	<p>12 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi, 8:30–9:30 a.m.</p> <p>Meditation 101, 9:30–10 a.m.</p> <p>LifeBio, RSVP, 10–11 a.m.</p> <p>Pilates Plus 11:15 a.m.–12:15 p.m.</p> <p>Line Dance, Beginner 1–2 p.m.</p> <p>Line Dance, Advanced 2–3 p.m.</p>
<p>15 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates Plus 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Nutrition 101 11:30 a.m.–12:30 p.m.</p> <p>Open Arts & Crafts 12:30–3 p.m.</p> <p>Beading Class, RSVP 1–3 p.m.</p>	<p>16 Medical Qigong Chair Yoga 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:30 a.m.</p> <p>Conversational Spanish 12–1 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>17 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba Fitness 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Quilting, Crocheting and Knitting Club 11:30 a.m.–1:30 p.m.</p> <p>Origami 11:30 a.m.–1:30 p.m.</p> <p>Belly Dancing, 2–3 p.m.</p>	<p>18 Swing Exercise 8:30–9:30 a.m.</p> <p>Floor Pilates 9:30–10:15 a.m.</p> <p>Computer Class Bring laptop or tablet 10:30 a.m.–12 p.m.</p> <p>Circuit Training, 1–2 p.m.</p> <p>Movie & Popcorn Call for title, 1–3 p.m.</p>	<p>19 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi, 8:30–9:30 a.m.</p> <p>Alzheimer's Support Group, 10–11 a.m.</p> <p>Pilates Plus 11:15 a.m.–12:15 p.m.</p> <p>Line Dance, Beginner 1–2 p.m.</p> <p>Line Dance, Advanced 2–3 p.m.</p>
<p>22 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates Plus 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Nutrition 101 11:30 a.m.–12:30 p.m.</p> <p>Open Arts & Crafts 12:30–3 p.m.</p> <p>Healthy Minds, RSVP 1:30–2:30 p.m.</p>	<p>23 Medical Qigong Chair Yoga 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:30 a.m.</p> <p>Conversational Spanish 12–1 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>24 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba Fitness 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Quilting, Crocheting and Knitting Club 11:30 a.m.–1:30 p.m.</p> <p>Belly Dancing, 2–3 p.m.</p>	<p>25 Swing Exercise 8:30–9:30 a.m.</p> <p>Floor Pilates 9:30–10:15 a.m.</p> <p>Computer Class Bring laptop or tablet 10:30 a.m.–12 p.m.</p> <p>Circuit Training, 1–2 p.m.</p> <p>Movie & Popcorn Call for title, 1–3 p.m.</p> <p>Beading Class, RSVP 1–3 p.m.</p>	<p>26 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi, 8:30–9:30 a.m.</p> <p>Meditation 101, 9:30–10 a.m.</p> <p>LifeBio, RSVP, 10–11 a.m.</p> <p>Pilates Plus 11:15 a.m.–12:15 p.m.</p> <p>Line Dance, Beginner 1–2 p.m.</p> <p>Line Dance, Advanced 2–3 p.m.</p>
<p>29</p> <p>Halloween Spooktacular, RSVP Only 1st party: 10 a.m.–12 p.m. Or 2nd party: 1–3 p.m.</p> <p>ALL CLASSES CANCELLED FITNESS CENTER CLOSED</p>	<p>30 Medical Qigong Chair Yoga 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:30 a.m.</p> <p>Conversational Spanish 12–1 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>31 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba Fitness 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Quilting, Crocheting and Knitting Club 11:30 a.m.–1:30 p.m.</p> <p>Belly Dancing, 2–3 p.m.</p>		

To RSVP call 1-877-672-7660

November 2018 | Deer Valley

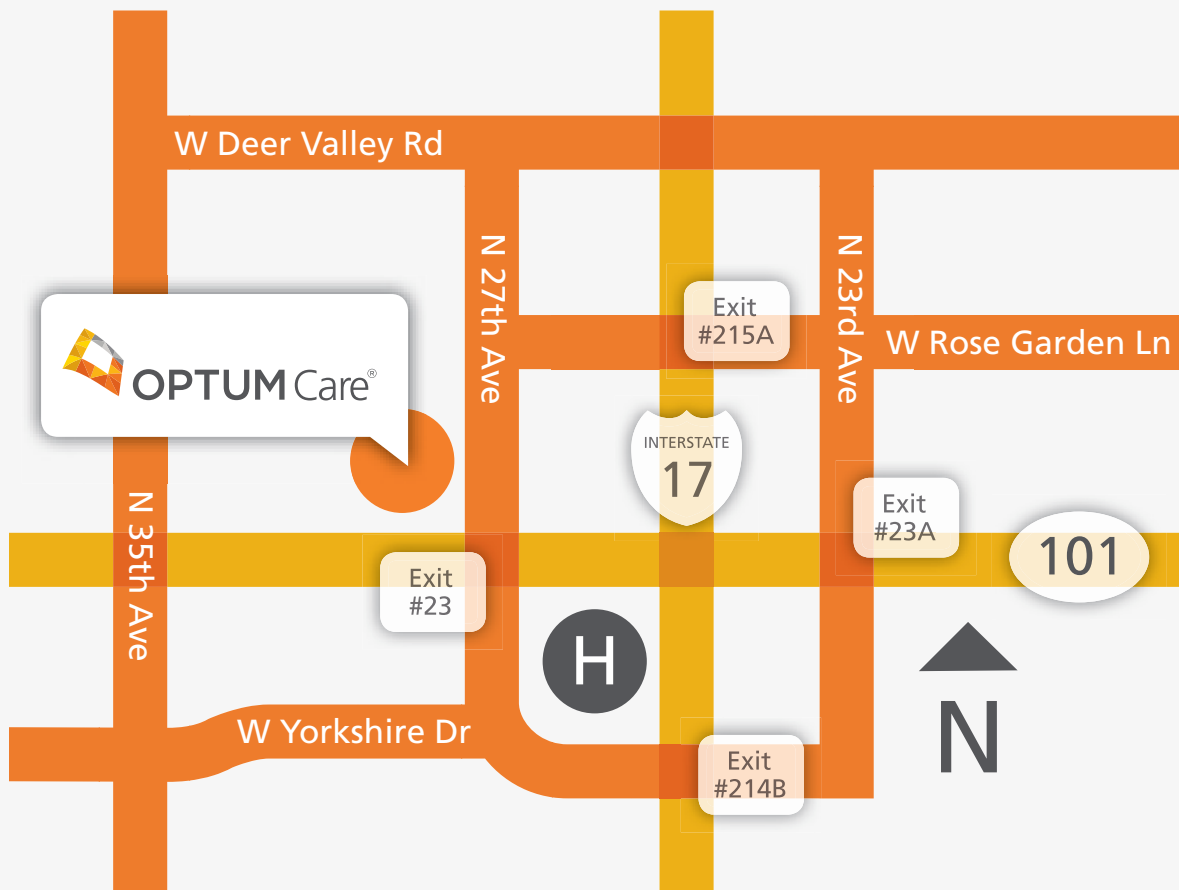
Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Swing Exercise 8:30–9:30 a.m.</p> <p>Floor Pilates 9:30–10:15 a.m.</p> <p>Computer Class Bring laptop or tablet 10:30 a.m.–12 p.m.</p> <p>Circuit Training, 1–2 p.m.</p> <p>Movie & Popcorn Call for title, 1–3 p.m.</p>	<p>2</p> <p>Medicare Open House *Sales event 9–11 a.m. and 11a.m–1p.m.</p> <p>ALL CLASSES CANCELLED FITNESS CENTER CLOSED</p>
<p>5 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates Plus 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Nutrition 101 11:30 a.m.–12:30 p.m.</p> <p>Open Arts & Crafts 12:30–3 p.m.</p>	<p>6 Medical Qigong Chair Yoga 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:30 a.m.</p> <p>Conversational Spanish 12–1 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>7 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba Fitness 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Quilting, Crocheting and Knitting Club 11:30 a.m.–1:30 p.m.</p> <p>North PHX Deaf Senior Citizens Monthly Social 11:30 a.m.–2:30 p.m.</p>	<p>8 Swing Exercise 8:30–9:30 a.m.</p> <p>Floor Pilates 9:30–10:15 a.m.</p> <p>Computer Class Bring laptop or tablet 10:30 a.m.–12 p.m.</p> <p>Circuit Training, 1–2 p.m.</p> <p>Movie & Popcorn Call for title, 1–3 p.m.</p>	<p>9 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi, 8:30–9:30 a.m.</p> <p>Meditation 101, 9:30–10 a.m.</p> <p>LifeBio, RSVP, 10–11 a.m.</p> <p>Pilates Plus 11:15 a.m.–12:15 p.m.</p> <p>Line Dance, Beginner 1–2 p.m.</p> <p>Line Dance, Advanced 2–3 p.m.</p>
<p>12 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates Plus 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Nutrition 101 11:30 a.m.–12:30 p.m.</p> <p>Open Arts & Crafts 12:30–3 p.m.</p> <p>Staying Healthy After 50, RSVP, 1–2 p.m.</p>	<p>13 Medical Qigong Chair Yoga 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Book Club, 10 a.m.–12 p.m.</p> <p>Active Stretch 11–11:30 a.m.</p> <p>Conversational Spanish 12–1 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>14 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba Fitness 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Monthly Birthday Celebration, 11 a.m.–1 p.m.</p> <p>Quilting, Crocheting and Knitting Club 11:30 a.m.–1:30 p.m.</p> <p>Belly Dancing, 2–3 p.m.</p>	<p>15 Swing Exercise 8:30–9:30 a.m.</p> <p>Floor Pilates 9:30–10:15 a.m.</p> <p>Computer Class Bring laptop or tablet 10:30 a.m.–12 p.m.</p> <p>Circuit Training, 1–2 p.m.</p> <p>Movie & Popcorn Call for title, 1–3 p.m.</p>	<p>16 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi, 8:30–9:30 a.m.</p> <p>Alzheimer's Support Group, 10–11 a.m.</p> <p>Pilates Plus 11:15 a.m.–12:15 p.m.</p> <p>Line Dance, Beginner 1–2 p.m.</p> <p>Line Dance, Advanced 2–3 p.m.</p>
<p>19 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates Plus, 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Nutrition 101 11:30 a.m.–12:30 p.m.</p> <p>Open Arts & Crafts 12:30–3 p.m.</p> <p>Beading Class, RSVP 1–3 p.m.</p>	<p>20 Medical Qigong Chair Yoga 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:30 a.m.</p> <p>Conversational Spanish 12–1 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>21 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba Fitness 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Quilting, Crocheting and Knitting Club 11:30 a.m.–1:30 p.m.</p> <p>Origami 11:30 a.m.–1:30 p.m.</p> <p>Belly Dancing, 2–3 p.m.</p>	<p>22</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>23</p> <p>CLOSED FOR THE HOLIDAY</p>
<p>26 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates Plus, 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Nutrition 101 11:30 a.m.–12:30 p.m.</p> <p>Open Arts & Crafts 12:30–3 p.m.</p> <p>Healthy Minds, RSVP 1:30–2:30 p.m.</p>	<p>27 Medical Qigong Chair Yoga 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:30 a.m.</p> <p>Conversational Spanish 12–1 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>28 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba Fitness 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Quilting, Crocheting and Knitting Club 11:30 a.m.–1:30 p.m.</p> <p>Belly Dancing, 2–3 p.m.</p>	<p>29 Swing Exercise 8:30–9:30 a.m.</p> <p>Floor Pilates 9:30–10:15 a.m.</p> <p>Computer Class Bring laptop or tablet 10:30 a.m.–12 p.m.</p> <p>Circuit Training, 1–2 p.m.</p> <p>Movie & Popcorn Call for title, 1–3 p.m.</p> <p>Beading Class, RSVP 1–3 p.m.</p>	<p>30 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi, 8:30–9:30 a.m.</p> <p>Pilates Plus 11:15 a.m.–12:15 p.m.</p> <p>Line Dance, Beginner 1–2 p.m.</p> <p>Line Dance, Advanced 2–3 p.m.</p>

* A licensed insurance agent will be present with information about Medicare Advantage and Part D plans. For accommodations of persons with special needs at meetings call 1-800-579-1634, TTY 711.

December 2018 | Deer Valley

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates Plus 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Nutrition 101 11:30 a.m.–12:30 p.m.</p> <p>Open Arts & Crafts 12:30–3 p.m.</p>	<p>4 Medical Qigong Chair Yoga 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:30 a.m.</p> <p>Conversational Spanish 12–1 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>5 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba Fitness 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Quilting, Crocheting and Knitting Club 11:30 a.m.–1:30 p.m.</p> <p>North PHX Deaf Senior Citizens Monthly Social 11:30 a.m.–2:30 p.m.</p>	<p>6 Swing Exercise 8:30–9:30 a.m.</p> <p>Floor Pilates 9:30–10:15 a.m.</p> <p>Computer Class Bring laptop or tablet 10:30 a.m.–12 p.m.</p> <p>Circuit Training, 1–2 p.m.</p> <p>Movie & Popcorn Call for title, 1–3 p.m.</p>	<p>7 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi, 8:30–9:30 a.m.</p> <p>Alzheimer's Support Group, 10–11 a.m.</p> <p>Pilates Plus 11:15 a.m.–12:15 p.m.</p> <p>Line Dance, Beginner 1–2 p.m.</p> <p>Line Dance, Advanced 2–3 p.m.</p>
<p>10 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates Plus 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Nutrition 101 11:30 a.m.–12:30 p.m.</p> <p>Open Arts & Crafts 12:30–3 p.m.</p> <p>Staying Healthy After 50, RSVP, 1–2 p.m.</p>	<p>11 Medical Qigong Chair Yoga 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Book Club, 10 a.m.–12 p.m.</p> <p>Active Stretch 11–11:30 a.m.</p> <p>Conversational Spanish 12–1 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>12 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba Fitness 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Monthly Birthday Celebration, 11 a.m.–1 p.m.</p> <p>Quilting, Crocheting and Knitting Club 11:30 a.m.–1:30 p.m.</p> <p>Belly Dancing, 2–3 p.m.</p>	<p>13 Community Center Hours 8–10:15 a.m.</p> <p>Swing Exercise 8:30–9:30 a.m.</p> <p>Floor Pilates 9:30–10:15 a.m.</p> <p>No classes for Computer, Circuit Training, fitness center closed and NO Movie will be shown due to employee event.</p>	<p>14</p> <p>Black & White Holiday Ball, RSVP Only 1st Party 10 a.m.–12 p.m. Or 2nd Party at 1–3 p.m.</p> <p>ALL CLASSES CANCELLED FITNESS CENTER CLOSED</p>
<p>17 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates Plus, 8:30–9:30 a.m.</p> <p>Memory Screening By Appt Only, 9–11 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Nutrition 101, 11:30 a.m.–12:30 p.m.</p> <p>Open Arts & Crafts 12:30–3 p.m.</p> <p>Beading Class, RSVP 1–3 p.m.</p>	<p>18 Medical Qigong Chair Yoga 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:30 a.m.</p> <p>Conversational Spanish 12–1 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>19 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba Fitness 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Quilting, Crocheting and Knitting Club 11:30 a.m.–1:30 p.m.</p> <p>Origami 11:30 a.m.–1:30 p.m.</p> <p>Belly Dancing, 2–3 p.m.</p>	<p>20 Swing Exercise 8:30–9:30 a.m.</p> <p>Floor Pilates 9:30–10:15 a.m.</p> <p>Computer Class Bring laptop or tablet 10:30 a.m.–12 p.m.</p> <p>Circuit Training, 1–2 p.m.</p> <p>Movie & Popcorn Call for title, 1–3 p.m.</p>	<p>21 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi, 8:30–9:30 a.m.</p> <p>Alzheimer's Support Group, 10–11 a.m.</p> <p>Pilates Plus 11:15 a.m.–12:15 p.m.</p> <p>Line Dance, Beginner 1–2 p.m.</p> <p>Line Dance, Advanced 2–3 p.m.</p>
<p>24 Holiday Hours 8 a.m. - 12 p.m.</p> <p>Circuit Training 8:30 a.m. - 9:30 a.m.</p> <p>Holiday Movie 9:00 a.m.</p> <p>No classes for Pilates Plus, BrainSavers, Nutrition, Open Arts & Crafts and Healthy Minds.</p>	<p>25</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>26 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba Fitness 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Quilting, Crocheting and Knitting Club 11:30 a.m.–1:30 p.m.</p> <p>Belly Dancing, 2–3 p.m.</p>	<p>27 Swing Exercise 8:30–9:30 a.m.</p> <p>Floor Pilates 9:30–10:15 a.m.</p> <p>Computer Class Bring laptop or tablet 10:30 a.m.–12 p.m.</p> <p>Circuit Training, 1–2 p.m.</p> <p>Movie & Popcorn Call for title, 1–3 p.m.</p> <p>Beading Class, RSVP 1–3 p.m.</p>	<p>28 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi, 8:30–9:30 a.m.</p> <p>Meditation 101, 9:30–10 a.m.</p> <p>LifeBio, RSVP, 10–11 a.m.</p> <p>Pilates Plus 11:15 a.m.–12:15 p.m.</p> <p>Line Dance, Beginner 1–2 p.m.</p> <p>Line Dance, Advanced 2–3 p.m.</p>
<p>31 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates Plus 8:30–9:30 a.m.</p> <p>BrainSavers, RSVP 10–11 a.m.</p> <p>Nutrition 101 11:30 a.m.–12:30 p.m.</p> <p>Open Arts & Crafts 12:30–3 p.m.</p>				

To RSVP call 1-877-672-7660. All classes and events at the OptumCare Community Center in Phoenix are open to the general public at no cost. This excludes the AARP Safe Driver Course, which has a fee for all attendees. Programming geared toward the 55+ community.



ADDRESS:

OptumCare Community Center
20414 N. 27th Ave., Suite 100
Phoenix, AZ 85027

To RSVP call 1-877-672-7660

HOURS:

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

CONTACT:

1-877-672-7660

optumcare.com

In case of a medical emergency,
please dial 911.



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