



East

Optum Community Center activity calendar

July-September 2025

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

Optum

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. Graceful Movers 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	4 <i>Closed for the holiday</i>
Brain Trainers 7 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 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. Graceful Movers 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.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. Aerobics 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Bingo 11:30 a.m.–12:30 p.m. Stay Fit Gold 12–1 p.m. Yoga on Mat 1–2 p.m. How to Meditate 2–3 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. Graceful Movers 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.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. Aerobics 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Stay Fit Gold 12–1 p.m. Yoga on Mat 1–2 p.m. How to Meditate 2–3 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. Graceful Movers 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.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. Aerobics 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Stay Fit Gold 12–1 p.m. Yoga on Mat 1–2 p.m. How to Meditate 2–3 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. Advance Directives 1:30–2:30 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.	Chair Yoga 31 8:30–9:30 a.m. Graceful Movers 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To see the full calendar, visit optumnv.com/community-centers</p> <p>To RSVP, call 1-702-797-2376, TTY 711.</p> <p>All classes at the Optum Community Center – East are open to the general public at no cost. Classes geared toward the 55+ community.</p>				Music & Movement 1 8:30–9:30 a.m. Aerobics 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Stay Fit Gold 12–1 p.m. Yoga on Mat 1–2 p.m. How to Meditate 2–3 p.m.

Brain Trainers 4 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 5 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 6 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 7 8:30–9:30 a.m. Graceful Movers 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Music & Movement 8 8:30–9:30 a.m. Aerobics 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Bingo 11:30 a.m.–12:30 p.m. Potluck 11:30 a.m.–2:30 p.m. Stay Fit Gold 12–1 p.m. Yoga on Mat 1–2 p.m. How to Meditate 2–3 p.m.
Brain Trainers 11 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 12 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 13 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 14 8:30–9:30 a.m. Graceful Movers 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Music & Movement 15 8:30–9:30 a.m. Aerobics 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Stay Fit Gold 12–1 p.m. Yoga on Mat 1–2 p.m. How to Meditate 2–3 p.m.
Brain Trainers 18 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 19 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 20 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 21 8:30–9:30 a.m. Graceful Movers 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Music & Movement 22 8:30–9:30 a.m. Aerobics 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Stay Fit Gold 12–1 p.m. Yoga on Mat 1–2 p.m. How to Meditate 2–3 p.m.
Brain Trainers 25 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 26 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 27 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 28 8:30–9:30 a.m. Graceful Movers 9:30–10:30 a.m. Golden Line Dancing 10:30–11:30 a.m. Strength & Endurance 1–2 p.m. Grief Support 1–2:30 p.m. Music & Movement 2–3 p.m.	Music & Movement 29 8:30–9:30 a.m. Aerobics 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Stay Fit Gold 12–1 p.m. Yoga on Mat 1–2 p.m. How to Meditate 2–3 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	
Closed for the holiday	<div>1</div> <div>Zumba® Toning 8:30–9:30 a.m.</div> <div>Body Blast 9:30–10:30 a.m.</div> <div>Arthritis Program 10:30–11:30 a.m.</div> <div>Cooking Demonstration 11:30 a.m.–1 p.m.</div> <div>Core Strength 1–2 p.m.</div> <div>Seated Tai Chi 2–3 p.m.</div>	<div>2</div> <div>Brain Trainers 8:30–9:30 a.m.</div> <div>Stay Fit 9:30–10:30 a.m.</div> <div>Arthritis Gold 10:30–11:30 a.m.</div> <div>Chair Yoga 11:30 a.m.–12:30 p.m.</div> <div>Line Dancing 1–2 p.m. and 2–3 p.m.</div>	<div>3</div> <div>Chair Yoga 8:30–9:30 a.m.</div> <div>Graceful Movers 9:30–10:30 a.m.</div> <div>Golden Line Dancing 10:30–11:30 a.m.</div> <div>Strength & Endurance 1–2 p.m.</div> <div>Grief Support 1–2:30 p.m.</div> <div>Music & Movement 2–3 p.m.</div>	<div>4</div> <div>Music & Movement 8:30–9:30 a.m.</div> <div>Aerobics 9:30–10:30 a.m.</div> <div>Tai Chi 10:30–11:30 a.m.</div> <div>Stay Fit Gold 12–1 p.m.</div> <div>Yoga on Mat 1–2 p.m.</div> <div>How to Meditate 2–3 p.m.</div>	
	<div>8</div> <div>Brain Trainers 8:30–9:30 a.m.</div> <div>Chair Yoga 9:30–10:30 a.m.</div> <div>Yin Yoga 10:30–11:30 a.m.</div> <div>Kung Fu Fitness 11:30 a.m.–12:30 p.m.</div> <div>Dance Fusion 1–2 p.m.</div> <div>Mat Pilates 2–3 p.m.</div>	<div>9</div> <div>Zumba® Toning 8:30–9:30 a.m.</div> <div>Body Blast 9:30–10:30 a.m.</div> <div>Arthritis Program 10:30–11:30 a.m.</div> <div>Sound Healing 11:45 a.m.–12:45 p.m.</div> <div>Core Strength 1–2 p.m.</div> <div>Seated Tai Chi 2–3 p.m.</div>	<div>10</div> <div>Brain Trainers 8:30–9:30 a.m.</div> <div>Stay Fit 9:30–10:30 a.m.</div> <div>Arthritis Gold 10:30–11:30 a.m.</div> <div>Chair Yoga 11:30 a.m.–12:30 p.m.</div> <div>Line Dancing 1–2 p.m. and 2–3 p.m.</div>	<div>11</div> <div>Chair Yoga 8:30–9:30 a.m.</div> <div>Graceful Movers 9:30–10:30 a.m.</div> <div>Golden Line Dancing 10:30–11:30 a.m.</div> <div>Strength & Endurance 1–2 p.m.</div> <div>Grief Support 1–2:30 p.m.</div> <div>Music & Movement 2–3 p.m.</div>	<div>12</div> <div>Music & Movement 8:30–9:30 a.m.</div> <div>Aerobics 9:30–10:30 a.m.</div> <div>Tai Chi 10:30–11:30 a.m.</div> <div>Bingo 11:30 a.m.–12:30 p.m.</div> <div>Stay Fit Gold 12–1 p.m.</div> <div>Yoga on Mat 1–2 p.m.</div> <div>How to Meditate 2–3 p.m.</div>
	<div>15</div> <div>Brain Trainers 8:30–9:30 a.m.</div> <div>Chair Yoga 9:30–10:30 a.m.</div> <div>Yin Yoga 10:30–11:30 a.m.</div> <div>Kung Fu Fitness 11:30 a.m.–12:30 p.m.</div> <div>Dance Fusion 1–2 p.m.</div> <div>Mat Pilates 2–3 p.m.</div>	<div>16</div> <div>Zumba® Toning 8:30–9:30 a.m.</div> <div>Body Blast 9:30–10:30 a.m.</div> <div>Arthritis Program 10:30–11:30 a.m.</div> <div>Sound Healing 11:45 a.m.–12:45 p.m.</div> <div>Core Strength 1–2 p.m.</div> <div>Seated Tai Chi 2–3 p.m.</div>	<div>17</div> <div>Brain Trainers 8:30–9:30 a.m.</div> <div>Stay Fit 9:30–10:30 a.m.</div> <div>Arthritis Gold 10:30–11:30 a.m.</div> <div>Chair Yoga 11:30 a.m.–12:30 p.m.</div> <div>Line Dancing 1–2 p.m. and 2–3 p.m.</div>	<div>18</div> <div>Chair Yoga 8:30–9:30 a.m.</div> <div>Graceful Movers 9:30–10:30 a.m.</div> <div>Golden Line Dancing 10:30–11:30 a.m.</div> <div>Strength & Endurance 1–2 p.m.</div> <div>Grief Support 1–2:30 p.m.</div> <div>Music & Movement 2–3 p.m.</div>	<div>19</div> <div>Music & Movement 8:30–9:30 a.m.</div> <div>Aerobics 9:30–10:30 a.m.</div> <div>Tai Chi 10:30–11:30 a.m.</div> <div>Stay Fit Gold 12–1 p.m.</div> <div>Yoga on Mat 1–2 p.m.</div> <div>How to Meditate 2–3 p.m.</div>
	<div>22</div> <div>Brain Trainers 8:30–9:30 a.m.</div> <div>Chair Yoga 9:30–10:30 a.m.</div> <div>Yin Yoga 10:30–11:30 a.m.</div> <div>Kung Fu Fitness 11:30 a.m.–12:30 p.m.</div> <div>Dance Fusion 1–2 p.m.</div> <div>Mat Pilates 2–3 p.m.</div>	<div>23</div> <div>Zumba® Toning 8:30–9:30 a.m.</div> <div>Body Blast 9:30–10:30 a.m.</div> <div>Arthritis Program 10:30–11:30 a.m.</div> <div>Sound Healing 11:45 a.m.–12:45 p.m.</div> <div>Core Strength 1–2 p.m.</div> <div>Seated Tai Chi 2–3 p.m.</div>	<div>24</div> <div>Brain Trainers 8:30–9:30 a.m.</div> <div>Stay Fit 9:30–10:30 a.m.</div> <div>Arthritis Gold 10:30–11:30 a.m.</div> <div>Chair Yoga 11:30 a.m.–12:30 p.m.</div> <div>Line Dancing 1–2 p.m. and 2–3 p.m.</div>	<div>25</div> <div>Chair Yoga 8:30–9:30 a.m.</div> <div>Graceful Movers 9:30–10:30 a.m.</div> <div>Golden Line Dancing 10:30–11:30 a.m.</div> <div>Strength & Endurance 1–2 p.m.</div> <div>Grief Support 1–2:30 p.m.</div> <div>Music & Movement 2–3 p.m.</div>	<div>26</div> <div>Music & Movement 8:30–9:30 a.m.</div> <div>Aerobics 9:30–10:30 a.m.</div> <div>Tai Chi 10:30–11:30 a.m.</div> <div>Stay Fit Gold 12–1 p.m.</div> <div>Yoga on Mat 1–2 p.m.</div> <div>How to Meditate 2–3 p.m.</div>
	<div>29</div> <div>Brain Trainers 8:30–9:30 a.m.</div> <div>Chair Yoga 9:30–10:30 a.m.</div> <div>Yin Yoga 10:30–11:30 a.m.</div> <div>Kung Fu Fitness 11:30 a.m.–12:30 p.m.</div> <div>Dance Fusion 1–2 p.m.</div> <div>Mat Pilates 2–3 p.m.</div>	<div>30</div> <div>Zumba® Toning 8:30–9:30 a.m.</div> <div>Body Blast 9:30–10:30 a.m.</div> <div>Arthritis Program 10:30–11:30 a.m.</div> <div>Sound Healing 11:45 a.m.–12:45 p.m.</div> <div>Core Strength 1–2 p.m.</div> <div>Seated Tai Chi 2–3 p.m.</div>			

Classes and special events spotlight

Medicare 101

Please call for dates

Are you eligible for Medicare or will be soon?

Join us for an overview of your Medicare choices.

RSVP to 1-702-797-2376, TTY 711.

RSVP

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.

RSVP

Cooking Demonstration

July 1, August 5, September 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.**

RSVP

Golden Line Dancing

Thursdays: 10:30-11:30 a.m.

Get moving with fun and easy line dances. These help with gaining range of motion with a flair of cardio.

Kung Fu Fitness

Mondays: 11:30 a.m.-12:30 p.m.

Exercises influenced by martial arts. These help with balance and lower the risk of falls with a zest of cardio.

Advance Directive

July 28: 1:30-2:30 p.m.

Optum Palliative Care Presentation

September 11: 2-3 p.m.

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

RSVP

AARP Presents Downsize and Declutter

July 8: 12-1 p.m.

Learn tips and tricks on getting yourself organized by decluttering and donating items.

Come and socialize with us in these classes

Bingo/Birthday

September 12

11:30 a.m.-1 p.m.

Book Club

Thursdays

9:30-10:30 a.m.

Community Support

Tuesdays

1-2 p.m.

Color Expression Art

Thursdays

10:30 a.m.-12:30 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

July 10, July 17, August 14,

August 21, September 11,

September 18

10:30-11:30 a.m.



It's the new year. Schedule your annual wellness visit. You could get a \$50 gift card for completing this important screening.

Call **1-702-797-2353, TTY 711**, to make an appointment.

Like us on Facebook and Instagram.



**facebook.com/
SMALasVegas**



**instagram.com/
southwestmedicallv**



Optum Community Center – East

5820 S. Eastern Ave., Ste. 100
Las Vegas, NV 89119

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Address:

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5820 S. Eastern Ave., Ste. 100
Las Vegas, NV 89119

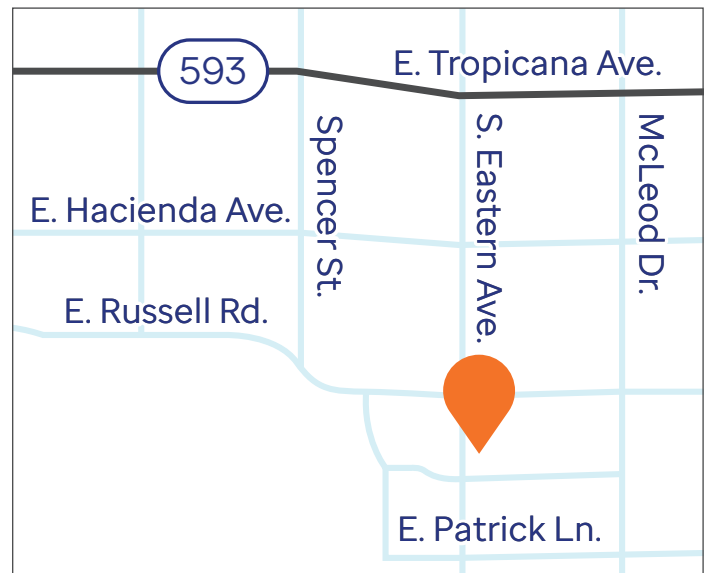
Hours:

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

Contact:

1-702-797-2376, TTY 711
optumnv.com/community-centers

In case of a medical emergency, please dial 911.



Any person depicted in the stock image is a model.

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