



West

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
	Chair Aerobics 8:30-9:30 a.m. 1 Stretch & Meditation 9:30-10:30 a.m. Strength & Balance 10:30-11:30 a.m. Sound Healing 11:30 a.m.-12:30 p.m. Graceful Movers 12:30-1:30 p.m. Book Club 1:30-2:30 p.m. Mat Pilates 1:30-2:30 p.m.	Conditioning 8:30-9:30 a.m. 2 Dance Fusion 9:30-10:30 a.m. Music & Movement 11 a.m.-12 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. 3 Arthritis Program 9:30-10:30 a.m. Strength & Endurance 10:30-11:30 a.m. Canasta 12-3:30 p.m. Bridge 12-3:30 p.m. Community Support Group 1-2 p.m.	4 <i>Closed for the holiday</i>
Chair Yoga 8:30-9:30 a.m. 7 Zumba Gold® 9:30-10:30 a.m. Seated Tai Chi 10:30-11:30 a.m. Cooking 11:30 a.m.-1 p.m. Meditate 12-1 p.m. Mahjong 12-3:30 p.m. Brain Trainers 1-2 p.m.	Chair Aerobics 8:30-9:30 a.m. 8 Stretch & Meditation 9:30-10:30 a.m. Strength & Balance 10:30-11:30 a.m. Yoga Barre 11:30 a.m.-12:30 p.m. Graceful Movers 12:30-1:30 p.m. Mat Pilates 1:30-2:30 p.m.	Conditioning 8:30-9:30 a.m. 9 Dance Fusion 9:30-10:30 a.m. Music & Movement 11 a.m.-12 p.m. Bingo 12-2 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. 10 Arthritis Program 9:30-10:30 a.m. Strength & Endurance 10:30-11:30 a.m. Canasta 12-3:30 p.m. Bridge 12-3:30 p.m. Community Support Group 1-2 p.m.	Chair Yoga 8:30-9:30 a.m. 11 Chair Aerobics 9:30-10:30 a.m. Core Strength 10:30-11:30 a.m. Beginner Line Dancing 12-1 p.m. Dominoes 12-3:30 p.m. Intermediate Line Dancing 1-2 p.m.
Chair Yoga 8:30-9:30 a.m. 14 Zumba Gold® 9:30-10:30 a.m. Seated Tai Chi 10:30-11:30 a.m. Meditate 12-1 p.m. Brain Trainers 1-2 p.m.	Chair Aerobics 8:30-9:30 a.m. 15 Stretch & Meditation 9:30-10:30 a.m. Strength & Balance 10:30-11:30 a.m. Sound Healing 11:30 a.m.-12:30 p.m. Graceful Movers 12:30-1:30 p.m. Book Club 1:30-2:30 p.m. Mat Pilates 1:30-2:30 p.m.	Conditioning 8:30-9:30 a.m. 16 Dance Fusion 9:30-10:30 a.m. Music & Movement 11 a.m.-12 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. 17 Arthritis Program 9:30-10:30 a.m. Strength & Endurance 10:30-11:30 a.m. Canasta 12-3:30 p.m. Bridge 12-3:30 p.m. Community Support Group 1-2 p.m.	Chair Yoga 8:30-9:30 a.m. 18 Chair Aerobics 9:30-10:30 a.m. Core Strength 10:30-11:30 a.m. Beginner Line Dancing 12-1 p.m. Dominoes 12-3:30 p.m. Intermediate Line Dancing 1-2 p.m.
Chair Yoga 8:30-9:30 a.m. 21 Zumba Gold® 9:30-10:30 a.m. Seated Tai Chi 10:30-11:30 a.m. Meditate 12-1 p.m. Brain Trainers 1-2 p.m.	Chair Aerobics 8:30-9:30 a.m. 22 Stretch & Meditation 9:30-10:30 a.m. Strength & Balance 10:30-11:30 a.m. Yoga Barre 11:30 a.m.-12:30 p.m. Graceful Movers 12:30-1:30 p.m. Mat Pilates 1:30-2:30 p.m.	Conditioning 8:30-9:30 a.m. 23 Dance Fusion 9:30-10:30 a.m. Music & Movement 11 a.m.-12 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. 24 Arthritis Program 9:30-10:30 a.m. Strength & Endurance 10:30-11:30 a.m. Canasta 12-3:30 p.m. Bridge 12-3:30 p.m. Community Support Group 1-2 p.m.	Chair Yoga 8:30-9:30 a.m. 25 Chair Aerobics 9:30-10:30 a.m. Core Strength 10:30-11:30 a.m. Beginner Line Dancing 12-1 p.m. Dominoes 12-3:30 p.m. Intermediate Line Dancing 1-2 p.m.
Chair Yoga 8:30-9:30 a.m. 28 Zumba Gold® 9:30-10:30 a.m. Seated Tai Chi 10:30-11:30 a.m. Meditate 12-1 p.m. Brain Trainers 1-2 p.m.	Chair Aerobics 8:30-9:30 a.m. 29 Stretch & Meditation 9:30-10:30 a.m. Strength & Balance 10:30-11:30 a.m. Graceful Movers 12:30-1:30 p.m. Book Club 1:30-2:30 p.m. Mat Pilates 1:30-2:30 p.m.	Conditioning 8:30-9:30 a.m. 30 Dance Fusion 9:30-10:30 a.m. Music & Movement 11 a.m.-12 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. 31 Arthritis Program 9:30-10:30 a.m. Advance Directives 10-11 a.m. Strength & Endurance 10:30-11:30 a.m. Canasta 12-3:30 p.m. Bridge 12-3:30 p.m. Community Support Group 1-2 p.m.	

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To see the full calendar, visit optumnv.com/community-centers</p> <p>To RSVP, call 1-702-677-3055, TTY 711.</p> <p>All classes at the Optum Community Center – West are open to the general public at no cost. Classes geared toward the 55+ community.</p>				Chair Yoga 1 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. Dominoes 12–3:30 p.m. Intermediate Line Dancing 1–2 p.m.

Chair Yoga 4 8:30–9:30 a.m. Zumba Gold® 9:30–10:30 a.m. Seated Tai Chi 10:30–11:30 a.m. Cooking 11:30 a.m.–1 p.m. Meditate 12–1 p.m. Mahjong 12–3:30 p.m. Brain Trainers 1–2 p.m.	Chair Aerobics 5 8:30–9:30 a.m. Stretch & Meditation 9:30–10:30 a.m. Strength & Balance 10:30–11:30 a.m. Sound Healing 11:30 a.m.–12:30 p.m. Graceful Movers 12:30–1:30 p.m. Book Club 1:30–2:30 p.m. Mat Pilates 1:30–2:30 p.m.	Conditioning 6 8:30–9:30 a.m. Dance Fusion 9:30–10:30 a.m. Music & Movement 11 a.m.–12 p.m. Brain Trainers 1–2 p.m. Art 1–3 p.m. Golden Line Dancing 2–3 p.m.	Zumba Toning 7 8:30–9:30 a.m. Arthritis Program 9:30–10:30 a.m. Strength & Endurance 10:30–11:30 a.m. Canasta 12–3:30 p.m. Bridge 12–3:30 p.m. Community Support Group 1–2 p.m.	Chair Yoga 8 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. Dominoes 12–3:30 p.m. Intermediate Line Dancing 1–2 p.m.
Chair Yoga 11 8:30–9:30 a.m. Zumba Gold® 9:30–10:30 a.m. Seated Tai Chi 10:30–11:30 a.m. Meditate 12–1 p.m. Brain Trainers 1–2 p.m.	Chair Aerobics 12 8:30–9:30 a.m. Stretch & Meditation 9:30–10:30 a.m. Strength & Balance 10:30–11:30 a.m. Yoga Barre 11:30 a.m.–12:30 p.m. Graceful Movers 12:30–1:30 p.m. Mat Pilates 1:30–2:30 p.m.	Conditioning 13 8:30–9:30 a.m. Dance Fusion 9:30–10:30 a.m. Music & Movement 11 a.m.–12 p.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 14 8:30–9:30 a.m. Arthritis Program 9:30–10:30 a.m. Strength & Endurance 10:30–11:30 a.m. Canasta 12–3:30 p.m. Bridge 12–3:30 p.m. Community Support Group 1–2 p.m.	Chair Yoga 15 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. Dominoes 12–3:30 p.m. Intermediate Line Dancing 1–2 p.m.
Chair Yoga 18 8:30–9:30 a.m. Zumba Gold® 9:30–10:30 a.m. Seated Tai Chi 10:30–11:30 a.m. Meditate 12–1 p.m. Brain Trainers 1–2 p.m.	Chair Aerobics 19 8:30–9:30 a.m. Stretch & Meditation 9:30–10:30 a.m. Strength & Balance 10:30–11:30 a.m. Sound Healing 11:30 a.m.–12:30 p.m. Graceful Movers 12:30–1:30 p.m. Book Club 1:30–2:30 p.m. Mat Pilates 1:30–2:30 p.m.	Conditioning 20 8:30–9:30 a.m. Dance Fusion 9:30–10:30 a.m. Music & Movement 11 a.m.–12 p.m. Brain Trainers 1–2 p.m. Art 1–3 p.m. Golden Line Dancing 2–3 p.m.	Zumba Toning 21 8:30–9:30 a.m. Arthritis Program 9:30–10:30 a.m. Strength & Endurance 10:30–11:30 a.m. Canasta 12–3:30 p.m. Bridge 12–3:30 p.m. Community Support Group 1–2 p.m.	Chair Yoga 22 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. Dominoes 12–3:30 p.m. Intermediate Line Dancing 1–2 p.m.
Chair Yoga 25 8:30–9:30 a.m. Zumba Gold® 9:30–10:30 a.m. Seated Tai Chi 10:30–11:30 a.m. Meditate 12–1 p.m. Brain Trainers 1–2 p.m.	Chair Aerobics 26 8:30–9:30 a.m. Stretch & Meditation 9:30–10:30 a.m. Strength & Balance 10:30–11:30 a.m. Yoga Barre 11:30 a.m.–12:30 p.m. Graceful Movers 12:30–1:30 p.m. Mat Pilates 1:30–2:30 p.m.	Conditioning 27 8:30–9:30 a.m. Dance Fusion 9:30–10:30 a.m. Music & Movement 11 a.m.–12 p.m. Brain Trainers 1–2 p.m. Art 1–3 p.m. Golden Line Dancing 2–3 p.m.	Zumba Toning 28 8:30–9:30 a.m. Arthritis Program 9:30–10:30 a.m. Strength & Endurance 10:30–11:30 a.m. Canasta 12–3:30 p.m. Bridge 12–3:30 p.m. Community Support Group 1–2 p.m.	Chair Yoga 29 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. Dominoes 12–3:30 p.m. Intermediate Line Dancing 1–2 p.m.

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<div>1</div> <div>Closed for the holiday</div>	<div>2</div> <div>Chair Aerobics 8:30–9:30 a.m. Stretch & Meditation 9:30–10:30 a.m. Strength & Balance 10:30–11:30 a.m. Sound Healing 11:30 a.m.–12:30 p.m. Graceful Movers 12:30–1:30 p.m. Book Club 1:30–2:30 p.m. Mat Pilates 1:30–2:30 p.m.</div>	<div>3</div> <div>Conditioning 8:30–9:30 a.m. Dance Fusion 9:30–10:30 a.m. Music & Movement 11 a.m.–12 p.m. Brain Trainers 1–2 p.m. Art 1–3 p.m. Golden Line Dancing 2–3 p.m.</div>	<div>4</div> <div>Zumba Toning 8:30–9:30 a.m. Arthritis Program 9:30–10:30 a.m. Strength & Endurance 10:30–11:30 a.m. Canasta 12–3:30 p.m. Bridge 12–3:30 p.m. Community Support Group 1–2 p.m.</div>	<div>5</div> <div>Chair Yoga 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. Dominoes 12–3:30 p.m. Intermediate Line Dancing 1–2 p.m.</div>
<div>8</div> <div>Chair Yoga 8:30–9:30 a.m. Zumba Gold® 9:30–10:30 a.m. Seated Tai Chi 10:30–11:30 a.m. Meditate 12–1 p.m. Brain Trainers 1–2 p.m.</div>	<div>9</div> <div>Chair Aerobics 8:30–9:30 a.m. Stretch & Meditation 9:30–10:30 a.m. Strength & Balance 10:30–11:30 a.m. Yoga Barre 11:30 a.m.–12:30 p.m. Graceful Movers 12:30–1:30 p.m. Mat Pilates 1:30–2:30 p.m.</div>	<div>10</div> <div>Conditioning 8:30–9:30 a.m. Dance Fusion 9:30–10:30 a.m. Music & Movement 11 a.m.–12 p.m. Bingo 12–1 p.m. Brain Trainers 1–2 p.m. Art 1–3 p.m. Golden Line Dancing 2–3 p.m.</div>	<div>11</div> <div>Zumba Toning 8:30–9:30 a.m. Arthritis Program 9:30–10:30 a.m. Strength & Endurance 10:30–11:30 a.m. Canasta 12–3:30 p.m. Bridge 12–3:30 p.m. Community Support Group 1–2 p.m.</div>	<div>12</div> <div>Chair Yoga 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. Dominoes 12–3:30 p.m. Intermediate Line Dancing 1–2 p.m.</div>
<div>15</div> <div>Chair Yoga 8:30–9:30 a.m. Zumba Gold® 9:30–10:30 a.m. Seated Tai Chi 10:30–11:30 a.m. Meditate 12–1 p.m. Brain Trainers 1–2 p.m.</div>	<div>16</div> <div>Chair Aerobics 8:30–9:30 a.m. Stretch & Meditation 9:30–10:30 a.m. Strength & Balance 10:30–11:30 a.m. Sound Healing 11:30 a.m.–12:30 p.m. Graceful Movers 12:30–1:30 p.m. Book Club 1:30–2:30 p.m. Mat Pilates 1:30–2:30 p.m.</div>	<div>17</div> <div>Conditioning 8:30–9:30 a.m. Dance Fusion 9:30–10:30 a.m. Music & Movement 11 a.m.–12 p.m. Brain Trainers 1–2 p.m. Art 1–3 p.m. Golden Line Dancing 2–3 p.m.</div>	<div>18</div> <div>Zumba Toning 8:30–9:30 a.m. Arthritis Program 9:30–10:30 a.m. Strength & Endurance 10:30–11:30 a.m. Canasta 12–3:30 p.m. Bridge 12–3:30 p.m. Community Support Group 1–2 p.m.</div>	<div>19</div> <div>Chair Yoga 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. Dominoes 12–3:30 p.m. Intermediate Line Dancing 1–2 p.m.</div>
<div>22</div> <div>Chair Yoga 8:30–9:30 a.m. Zumba Gold® 9:30–10:30 a.m. Seated Tai Chi 10:30–11:30 a.m. Meditate 12–1 p.m. Brain Trainers 1–2 p.m.</div>	<div>23</div> <div>Chair Aerobics 8:30–9:30 a.m. Stretch & Meditation 9:30–10:30 a.m. Strength & Balance 10:30–11:30 a.m. Yoga Barre 11:30 a.m.–12:30 p.m. Graceful Movers 12:30–1:30 p.m. Mat Pilates 1:30–2:30 p.m.</div>	<div>24</div> <div>Conditioning 8:30–9:30 a.m. Dance Fusion 9:30–10:30 a.m. Music & Movement 11 a.m.–12 p.m. Brain Trainers 1–2 p.m. Art 1–3 p.m. Golden Line Dancing 2–3 p.m.</div>	<div>25</div> <div>Zumba Toning 8:30–9:30 a.m. Arthritis Program 9:30–10:30 a.m. Strength & Endurance 10:30–11:30 a.m. Canasta 12–3:30 p.m. Bridge 12–3:30 p.m. Community Support Group 1–2 p.m.</div>	<div>26</div> <div>Chair Yoga 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. Dominoes 12–3:30 p.m. Intermediate Line Dancing 1–2 p.m.</div>
<div>29</div> <div>Chair Yoga 8:30–9:30 a.m. Zumba Gold® 9:30–10:30 a.m. Seated Tai Chi 10:30–11:30 a.m. Meditate 12–1 p.m. Brain Trainers 1–2 p.m.</div>	<div>30</div> <div>Chair Aerobics 8:30–9:30 a.m. Stretch & Meditation 9:30–10:30 a.m. Strength & Balance 10:30–11:30 a.m. Yoga Barre 11:30 a.m.–12:30 p.m. Graceful Movers 12:30–1:30 p.m. Mat Pilates 1:30–2:30 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 **1-702-677-3055**, TTY **711**.

RSVP

AARP Home Fit Class

August 20

12-1 p.m.

Join the AARP team to learn how to make your home safer and more accessible for daily living.

Discover tips to prevent falls and ensure that items don't fall out of spaces where they could cause injuries.

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

Grief Support

Tuesdays: 1-2:30 p.m.

Cooking Demonstration

July 7, August 4, September 8

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

Come and socialize with us in these classes

Beading

3rd and 4th Tuesday

10 a.m.-12 p.m.

Bridge

Mondays and Thursdays

11 a.m.-3:30 p.m.

Knitting

Mondays, Wednesdays

and Fridays

Bingo

July 9, September 10

12-1 p.m.

Community Support

Thursdays, 1-2 p.m.

Technology 1:1

July 1, July 15, August 5,
August 19, September 2,

September 16

12:30-1:30 p.m.

Birthday Celebration

July 9, September 10

12-1 p.m.

Games

Daily, 8 a.m.-3:30 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.

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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
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
optumnv.com/community-centers

In case of a medical emergency, please dial 911.



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