



South

Optum Community Center activity calendar

October-December 2025

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

Optum

Monday	Tuesday	Wednesday	Thursday	Friday
		Brain Trainers 8:30–9:30 a.m. 1 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. 2 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 8:30–9:30 a.m. 3 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 8:30–9:30 a.m. 6 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. 7 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. 8 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. 9 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 8:30–9:30 a.m. 10 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 8:30–9:30 a.m. 13 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. 14 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 8:30–9:30 a.m. 15 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. 16 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 8:30–9:30 a.m. 17 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 8:30–9:30 a.m. 20 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. 21 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 8:30–9:30 a.m. 22 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. 23 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 8:30–9:30 a.m. 24 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 8:30–9:30 a.m. 27 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. 28 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 8:30–9:30 a.m. 29 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. 30 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 8:30–9:30 a.m. 31 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
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To see the full calendar, visit optumnv.com/community-centers

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.

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.	3	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.	4	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.	5	Chair Yoga 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.	6	Music & Movement 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.	7	
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.	10	Zumba® Toning 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.	11	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.	12	Chair Yoga 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.	13	Music & Movement 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.	14	
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. Advance Directives 1:30–2:30 p.m. Mat Pilates 2–3 p.m.	17	Zumba® Toning 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.	18	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.	19	Chair Yoga 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.	20	Music & Movement 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.	21	
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.	24	Zumba® Toning 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.	25	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.	26	<i>Closed for the holiday</i>		27	<i>Closed for the holiday</i>	28

Monday	Tuesday	Wednesday	Thursday	Friday
Brain Trainers 1 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 2 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 3 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 4 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 5 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 8 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 9 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 10 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 11 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 12 8:30–9:30 a.m. Aerobics 9:30–10:30 a.m. Tai Chi 10:30–11:30 a.m. Holiday Potluck 1–2:30 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 15 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 16 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 17 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 18 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 19 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 22 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 23 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 24 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.	25 <i>Closed for the holiday</i>	Music & Movement 26 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 29 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 30 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 31 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 be soon?
Join us for an overview of your Medicare choices.

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

RSVP

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.

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

Advance Directive

November 17 1:30-2:30 p.m.

Optum Palliative Care Presentation

December 10 12:45-1:45 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

Cooking Demonstration

October 7, November 4

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

Holiday Member Appreciation Potluck Party

December 12 1-2:30 p.m.

Bring a special dish to share and dress up in your ugliest holiday sweater or your most fancy holiday outfit. **RSVP with your site coordinator to attend.**

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.

Come and socialize with us in these classes

Bingo/Birthday

October 10, November 14

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

Community Support

Tuesdays

1-2 p.m.

Intro to Beading (RSVP)

3rd and 4th Thursdays

10:30 a.m.-12:30 p.m.

Book Club

Thursdays

9:30-10:30 a.m.

Games

Daily

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

Technology 1:1

October 16, November 13,
November 20, December 11,
December 18
10-11 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 – South

1655 E. Cactus Ave.
Henderson, NV 89183

Optum Community Center – South

Address:

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

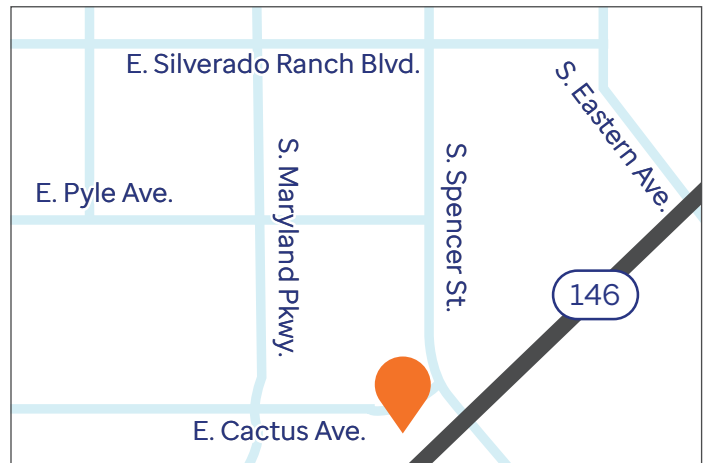
Hours:

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

Contact:

1-702-797-2376, TTY 711
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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