



Albuquerque

Optum Community Center activity calendar

July-September 2024

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
<p>1 Strength and balance 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Adult ballet class 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Painting workshop 1:30–3:30 p.m.</p>	<p>2 Active stretch 8:30–9:30 a.m.</p> <p>Medicare broker available* 9–11 a.m.</p> <p>Book club 9:45–10:45 a.m.</p> <p>Tai chi 11 a.m.–12 p.m.</p> <p>Technology 12:15–1:15 p.m.</p> <p>Conversational Spanish 1:30–3:30 p.m.</p>	<p>3 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Chair yoga 11 a.m.–12 p.m.</p> <p>Games 12:15–1:15 p.m.</p> <p>Movie afternoon 1:30–3:30 p.m.</p>	<p>4</p> <p><i>Closed for the holiday</i></p>	<p>5 Circuit training** 8:30–9:30 a.m.</p> <p>Mindfulness and meditation 8:30–9:30 a.m.</p> <p>Yoga 10–11 a.m.</p> <p>Latin dance 11:30 a.m.–12:30 p.m.</p> <p>Medicare 101* 1–3 p.m.</p>
<p>8 Strength and balance 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Adult ballet class 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Painting workshop 1:30–3:30 p.m.</p>	<p>9 Active stretch 8:30–9:30 a.m.</p> <p>Medicare broker available* 9–11 a.m.</p> <p>Healthy minds 9:45–10:45 a.m.</p> <p>Tai chi 11 a.m.–12 p.m.</p> <p>Technology 12:15–1:15 p.m.</p> <p>Conversational Spanish 1:30–3:30 p.m.</p>	<p>10 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Chair yoga 11 a.m.–12 p.m.</p> <p>Games 12:15–1:15 p.m.</p> <p>Movie afternoon 1:30–3:30 p.m.</p>	<p>11 Stand, sit & be fit 8:30–9:30 a.m.</p> <p>Yogalates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Jewelry class 1–3 p.m.</p>	<p>12 Circuit training** 8:30–9:30 a.m.</p> <p>Mindfulness and meditation 8:30–9:30 a.m.</p> <p>Yoga 10–11 a.m.</p> <p>Latin dance 11:30 a.m.–12:30 p.m.</p> <p>Arts & crafts projects 1–3 p.m.</p>
<p>15 Strength and balance 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Adult ballet class 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Painting workshop 1:30–3:30 p.m.</p>	<p>16 Active stretch 8:30–9:30 a.m.</p> <p>Medicare broker available* 9–11 a.m.</p> <p>Book club 9:45–10:45 a.m.</p> <p>Tai chi 11 a.m.–12 p.m.</p> <p>Technology 12:15–1:15 p.m.</p> <p>Conversational Spanish 1:30–3:30 p.m.</p>	<p>17 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Chair yoga 11 a.m.–12 p.m.</p> <p>Games 12:15–1:15 p.m.</p> <p>Movie afternoon 1:30–3:30 p.m.</p>	<p>18 Stand, sit & be fit 8:30–9:30 a.m.</p> <p>Yogalates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Jewelry class 1–3 p.m.</p>	<p>19 Circuit training** 8:30–9:30 a.m.</p> <p>Mindfulness and meditation 8:30–9:30 a.m.</p> <p>Yoga 10–11 a.m.</p> <p>Latin dance 11:30 a.m.–12:30 p.m.</p> <p>Grief and loss support group 1–2 p.m.</p>
<p>22 Strength and balance 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Adult ballet class 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Painting workshop 1:30–3:30 p.m.</p>	<p>23 Active stretch 8:30–9:30 a.m.</p> <p>Medicare broker available* 9–11 a.m.</p> <p>Healthy minds 9:45–10:45 a.m.</p> <p>Tai chi 11 a.m.–12 p.m.</p> <p>Technology 12:15–1:15 p.m.</p> <p>Conversational Spanish 1:30–3:30 p.m.</p>	<p>24 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Chair yoga 11 a.m.–12 p.m.</p> <p>Games 12:15–1:15 p.m.</p> <p>Movie afternoon 1:30–3:30 p.m.</p>	<p>25 Stand, sit & be fit 8:30–9:30 a.m.</p> <p>Yogalates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Jewelry class 1–3 p.m.</p>	<p>26 Circuit training** 8:30–9:30 a.m.</p> <p>Mindfulness and meditation 8:30–9:30 a.m.</p> <p>Yoga 10–11 a.m.</p> <p>Latin dance 11:30 a.m.–12:30 p.m.</p> <p>Happy hour 1–3 p.m.</p>
<p>29 Strength and balance 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Adult ballet class 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Painting workshop 1:30–3:30 p.m.</p>	<p>30 Active stretch 8:30–9:30 a.m.</p> <p>Medicare broker available* 9–11 a.m.</p> <p>Book club 9:45–10:45 a.m.</p> <p>Tai chi 11 a.m.–12 p.m.</p> <p>Technology 12:15–1:15 p.m.</p> <p>Conversational Spanish 1:30–3:30 p.m.</p>	<p>31 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Chair yoga 11 a.m.–12 p.m.</p> <p>Games 12:15–1:15 p.m.</p> <p>Movie afternoon 1:30–3:30 p.m.</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Meet a Medicare broker. This event is for educational purposes only. A licensed insurance representative will be present with information only; there will be no sales activity. For accommodations of persons with special needs at meetings call 1-505-262-7000, TTY 711.</p> <p>**Gym will be closed from 8:30 to 9:30 a.m. during circuit training. Must complete fitness and gym orientation to participate in class or use gym equipment.</p> <p>All classes at the Optum Community Center in Albuquerque are open to the general public ages 55+ at no cost. Programming developed for people age 55+.</p>			<p>1 Stand, sit & be fit 8:30-9:30 a.m.</p> <p>Yogalates 10-11 a.m.</p> <p>LifeBio 11:30 a.m.-12:30 p.m.</p> <p>Jewelry class 1-3 p.m.</p>	<p>2 Circuit training** 8:30-9:30 a.m.</p> <p>Mindfulness and meditation 8:30-9:30 a.m.</p> <p>Yoga 10-11 a.m.</p> <p>Latin dance 11:30 a.m.-12:30 p.m.</p> <p>Medicare 101* 1-3 p.m.</p>
<p>5 Strength and balance 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Adult ballet class 11 a.m.-12 p.m.</p> <p>Nutrition 12:15-1:15 p.m.</p> <p>Painting workshop 1:30-3:30 p.m.</p>	<p>6 Active stretch 8:30-9:30 a.m.</p> <p>Medicare broker available* 9-11 a.m.</p> <p>Healthy minds 9:45-10:45 a.m.</p> <p>Tai chi 11 a.m.-12 p.m.</p> <p>Technology 12:15-1:15 p.m.</p> <p>Conversational Spanish 1:30-3:30 p.m.</p>	<p>7 Dance fitness 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Chair yoga 11 a.m.-12 p.m.</p> <p>Games 12:15-1:15 p.m.</p> <p>Movie afternoon 1:30-3:30 p.m.</p>	<p>8 Stand, sit & be fit 8:30-9:30 a.m.</p> <p>Yogalates 10-11 a.m.</p> <p>LifeBio 11:30 a.m.-12:30 p.m.</p> <p>Jewelry class 1-3 p.m.</p>	<p>9 Circuit training** 8:30-9:30 a.m.</p> <p>Mindfulness and meditation 8:30-9:30 a.m.</p> <p>Yoga 10-11 a.m.</p> <p>Latin dance 11:30 a.m.-12:30 p.m.</p> <p>Arts & crafts projects 1-3 p.m.</p>
<p>12 Strength and balance 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Adult ballet class 11 a.m.-12 p.m.</p> <p>Nutrition 12:15-1:15 p.m.</p> <p>Painting workshop 1:30-3:30 p.m.</p>	<p>13 Active stretch 8:30-9:30 a.m.</p> <p>Medicare broker available* 9-11 a.m.</p> <p>Book club 9:45-10:45 a.m.</p> <p>Tai chi 11 a.m.-12 p.m.</p> <p>Technology 12:15-1:15 p.m.</p> <p>Conversational Spanish 1:30-3:30 p.m.</p>	<p>14 Dance fitness 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Chair yoga 11 a.m.-12 p.m.</p> <p>Games 12:15-1:15 p.m.</p> <p>Movie afternoon 1:30-3:30 p.m.</p>	<p>15 Stand, sit & be fit 8:30-9:30 a.m.</p> <p>Yogalates 10-11 a.m.</p> <p>LifeBio 11:30 a.m.-12:30 p.m.</p> <p>Jewelry class 1-3 p.m.</p>	<p>16 Circuit training** 8:30-9:30 a.m.</p> <p>Mindfulness and meditation 8:30-9:30 a.m.</p> <p>Yoga 10-11 a.m.</p> <p>Latin dance 11:30 a.m.-12:30 p.m.</p> <p>Grief and loss support group 1-2 p.m.</p>
<p>19 Strength and balance 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Adult ballet class 11 a.m.-12 p.m.</p> <p>Nutrition 12:15-1:15 p.m.</p> <p>Painting workshop 1:30-3:30 p.m.</p>	<p>20 Active stretch 8:30-9:30 a.m.</p> <p>Medicare broker available* 9-11 a.m.</p> <p>Healthy minds 9:45-10:45 a.m.</p> <p>Tai chi 11 a.m.-12 p.m.</p> <p>Technology 12:15-1:15 p.m.</p> <p>Conversational Spanish 1:30-3:30 p.m.</p>	<p>21 Dance fitness 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Chair yoga 11 a.m.-12 p.m.</p> <p>Games 12:15-1:15 p.m.</p> <p>Movie afternoon 1:30-3:30 p.m.</p>	<p>22 Stand, sit & be fit 8:30-9:30 a.m.</p> <p>Yogalates 10-11 a.m.</p> <p>LifeBio 11:30 a.m.-12:30 p.m.</p> <p>Jewelry class 1-3 p.m.</p>	<p>23 Circuit training** 8:30-9:30 a.m.</p> <p>Mindfulness and meditation 8:30-9:30 a.m.</p> <p>Yoga 10-11 a.m.</p> <p>Latin dance 11:30 a.m.-12:30 p.m.</p> <p>Education class 1-3 p.m.</p>
<p>26 Strength and balance 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Adult Ballet 11 a.m.-12 p.m.</p> <p>Nutrition 12:15-1:15 p.m.</p> <p>Painting workshop 1:30-3:30 p.m.</p>	<p>27 Active stretch 8:30-9:30 a.m.</p> <p>Medicare broker available* 9-11 a.m.</p> <p>Book club 9:45-10:45 a.m.</p> <p>Tai chi 11 a.m.-12 p.m.</p> <p>Technology 12:15-1:15 p.m.</p> <p>Conversational Spanish 1:30-3:30 p.m.</p>	<p>28 Dance fitness 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Chair yoga 11 a.m.-12 p.m.</p> <p>Games 12:15-1:15 p.m.</p> <p>Movie afternoon 1:30-3:30 p.m.</p>	<p>29 Stand, sit & be fit 8:30-9:30 a.m.</p> <p>Yogalates 10-11 a.m.</p> <p>LifeBio 11:30 a.m.-12:30 p.m.</p> <p>Jewelry class 1-3 p.m.</p>	<p>30 Circuit training** 8:30-9:30 a.m.</p> <p>Mindfulness and meditation 8:30-9:30 a.m.</p> <p>Yoga 10-11 a.m.</p> <p>Latin dance 11:30 a.m.-12:30 p.m.</p> <p>Happy hour 1-3 p.m.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><i>Closed for the holiday</i></p>	<p>3 Active stretch 8:30-9:30 a.m.</p> <p>Medicare broker available* 9-11 a.m.</p> <p>Healthy minds 9:45-10:45 a.m.</p> <p>Tai chi 11 a.m.-12 p.m.</p> <p>Technology 12:15-1:15 p.m.</p> <p>Conversational Spanish 1:30-3:30 p.m.</p>	<p>4 Dance fitness 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Chair yoga 11 a.m.-12 p.m.</p> <p>Games 12:15-1:15 p.m.</p> <p>Movie afternoon 1:30-3:30 p.m.</p>	<p>5 Stand, sit & be fit 8:30-9:30 a.m.</p> <p>Yogalates 10-11 a.m.</p> <p>LifeBio 11:30 a.m.-12:30 p.m.</p> <p>Jewelry class 1-3 p.m.</p>	<p>6 Circuit training** 8:30-9:30 a.m.</p> <p>Mindfulness and meditation 8:30-9:30 a.m.</p> <p>Yoga 10-11 a.m.</p> <p>Latin dance 11:30 a.m.-12:30 p.m.</p> <p>Medicare 101* 1-3 p.m.</p>
<p>9 Strength and balance 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Adult ballet class 11 a.m.-12 p.m.</p> <p>Nutrition 12:15-1:15 p.m.</p> <p>Painting workshop 1:30-3:30 p.m.</p>	<p>10 Active stretch 8:30-9:30 a.m.</p> <p>Medicare broker available* 9-11 a.m.</p> <p>Book club 9:45-10:45 a.m.</p> <p>Tai chi 11 a.m.-12 p.m.</p> <p>Technology 12:15-1:15 p.m.</p> <p>Conversational Spanish 1:30-3:30 p.m.</p>	<p>11 Dance fitness 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Chair yoga 11 a.m.-12 p.m.</p> <p>Games 12:15-1:15 p.m.</p> <p>Movie afternoon 1:30-3:30 p.m.</p>	<p>12 Stand, sit & be fit 8:30-9:30 a.m.</p> <p>Yogalates 10-11 a.m.</p> <p>LifeBio 11:30 a.m.-12:30 p.m.</p> <p>Jewelry class 1-3 p.m.</p>	<p>13 Circuit training** 8:30-9:30 a.m.</p> <p>Mindfulness and meditation 8:30-9:30 a.m.</p> <p>Yoga 10-11 a.m.</p> <p>Latin dance 11:30 a.m.-12:30 p.m.</p> <p>Arts & crafts projects 1-3 p.m.</p>
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<p>30 Strength and balance 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Adult ballet class 11 a.m.-12 p.m.</p> <p>Nutrition 12:15-1:15 p.m.</p> <p>Painting workshop 1:30-3:30 p.m.</p>				

Featured events at Optum Community Center – Albuquerque

Nutrition

Every Monday: 12:15–1:15 p.m.

Join us and an Optum registered dietitian to learn about ways to shop and eat for a healthier life.

Tai chi

Every Tuesday: 11 a.m.–12 p.m.

Tai Chi is a Chinese martial art taught in a welcoming social space. This class consists of slow, gentle, flowing movements aimed at reducing stress and improving balance.

BrainSavers®

Every Monday and Wednesday: 9:45–10:45 a.m.

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

Technology

Every Tuesday: 12:15–1:15 p.m.

Using technology doesn't have to be frustrating. This class teaches the basics of smart phones and tablets. Learn to use the internet, email, text, social media and other applications. Open to all levels.

Conversational Spanish

Every Tuesday: 1:30–3:30 p.m.

Join us each week to learn the basics of conversational Spanish in a fun and comfortable environment.

Games

Every Wednesday: 12:15–1:15 p.m.

Join us and bring your friends to play games. Keep your brain sharp and socialize.

Movie afternoon

Every Wednesday: 1:30–3:30 p.m.

Join us and watch a movie. We supply the popcorn. Check your local center for monthly movie selections.

LifeBio

Every Thursday: 11:30 a.m.–12:30 p.m.

Write your own life story. We'll talk about your past. This will help you remember memories and life experiences.

Mindfulness and meditation

Every Friday: 8:30–9:30 a.m.

This class offers powerful guided meditation and sound healing techniques to develop the ability to focus, relax and bring you better peace of mind. Beginners to experienced practitioners are welcome.

Book club

Every other Tuesday: 9:45–10:45 a.m.

Do you love to read? Connect with others who share your interest. Relax with friends and share your opinions on a favorite or new book. New members always welcome.

For more information, call **1-505-254-6100**, TTY **711** or go to **optum.com/nmcommunitycenters**.

Like us on Facebook 
Facebook.com/myOptum



Check out our virtual community center, **optum.com/virtualcommunitycenter**.



Have you scheduled your Annual Wellness Visit for 2024? Call **1-505-254-6100**, TTY **711**.



Optum Community Center

4010 Montgomery Blvd. NE
Albuquerque, NM 87109

Optum Community Center – Albuquerque

Address

Optum Community Center
4010 Montgomery Blvd. NE
Albuquerque, NM 87109

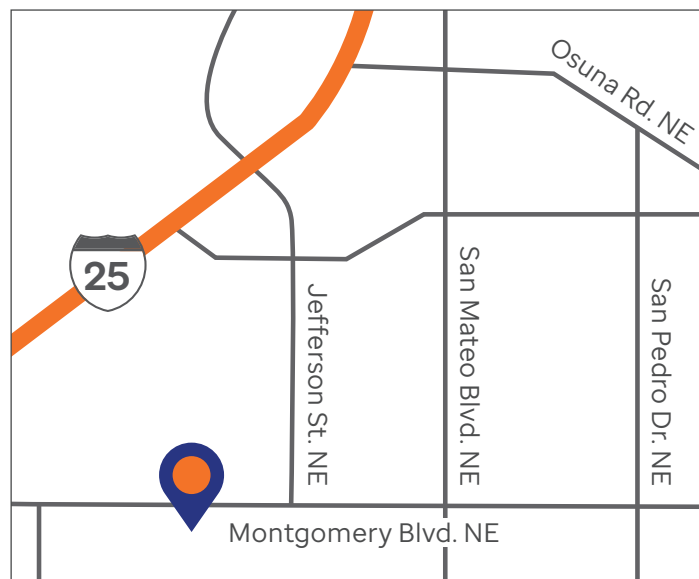
Hours

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

How to reach us

1-505-254-6100, TTY 711
optum.com/nmcommunitycenters

In case of an emergency, dial 911 or go to the nearest ER.



Any person depicted in the stock image is a model.

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