

Chandler

July/August/September 2022



Optum Community Center activity calendar

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.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>To RSVP, call 1-888-547-7691, TTY 711. Only two RSVPs allowed per person, per event. RSVPs will be accepted on weekdays and only 24 hours before class. (For Monday classes, please call on Friday)</p> <p>All classes at the Optum Community Center in Chandler are open to the general public at no cost. Programming geared toward the 55+ community.</p>				<p>1 Pilates 8:30–9:30 a.m.</p> <p>Chair Yoga 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Movie Afternoon 1:45–3:45 p.m.</p>
<p>4</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>5 BrainSavers 8:30–9:30 a.m.</p> <p>Zumba 9:45–10:45 a.m.</p> <p>Active Stretch 11 a.m.–12 p.m.</p> <p>Stress Management 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p> <p>Medicare 101, RSVP 2:30–3:30 p.m.</p>	<p>6 Circuit Training 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Beading, RSVP 1:30–3:30 p.m.</p>	<p>7 BrainSavers 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>The 3 M's 12–1 p.m.</p> <p>Zumba 1:15–2:15 p.m.</p> <p>Nutrition 2:30–3:30 p.m.</p>	<p>8 Pilates 8:30–9:30 a.m.</p> <p>Chair Yoga 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Movie Afternoon 1:45–3:45 p.m.</p>
<p>11 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates 8:30–9:30 a.m.</p> <p>Art Workshop 10 a.m.–12 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Arts & Crafts, RSVP 2–3:30 p.m.</p>	<p>12 BrainSavers 8:30–9:30 a.m.</p> <p>Zumba 9:45–10:45 a.m.</p> <p>Active Stretch 11 a.m.–12 p.m.</p> <p>Stress Management 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p> <p>Staying Healthy, RSVP 2:30–3:30 p.m.</p>	<p>13 Circuit Training 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Healthy Minds, RSVP 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Origami, RSVP 1:30–3:30 p.m.</p>	<p>14 BrainSavers 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>The 3 M's 12–1 p.m.</p> <p>Zumba 1:15–2:15 p.m.</p> <p>Nutrition 2:30–3:30 p.m.</p>	<p>15 Pilates 8:30–9:30 a.m.</p> <p>Chair Yoga 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Movie Afternoon 1:45–3:45 p.m.</p>
<p>18 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates 8:30–9:30 a.m.</p> <p>Art Workshop 10 a.m.–12 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Arts & Crafts, RSVP 2–3:30 p.m.</p>	<p>19 Summer Celebration, RSVP ONLY</p> <p>1st Event: 9–11 a.m.</p> <p>2nd Event: 11:30 a.m.–1:30 p.m.</p> <p>3rd Event: 2–4 p.m.</p> <p>All classes cancelled.</p> <p>Fitness center closed.</p>	<p>20 Circuit Training 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Beading, RSVP 1:30–3:30 p.m.</p>	<p>21 BrainSavers 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>The 3 M's 12–1 p.m.</p> <p>Zumba 1:15–2:15 p.m.</p> <p>Nutrition 2:30–3:30 p.m.</p>	<p>22 Pilates 8:30–9:30 a.m.</p> <p>Chair Yoga 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Movie Afternoon 1:45–3:45 p.m.</p>
<p>25 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates 8:30–9:30 a.m.</p> <p>Art Workshop 10 a.m.–12 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Arts & Crafts, RSVP 2–3:30 p.m.</p>	<p>26 BrainSavers 8:30–9:30 a.m.</p> <p>Zumba 9:45–10:45 a.m.</p> <p>Active Stretch 11 a.m.–12 p.m.</p> <p>Stress Management 12:15–1:15 p.m.</p> <p>Book Club 1:30–2:30 p.m.</p>	<p>27 Circuit Training 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Origami, RSVP 1:30–3:30 p.m.</p>	<p>28 BrainSavers 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>The 3 M's 12–1 p.m.</p> <p>Zumba 1:15–2:15 p.m.</p> <p>Nutrition 2:30–3:30 p.m.</p>	<p>29 Pilates 8:30–9:30 a.m.</p> <p>Chair Yoga 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Movie Afternoon 1:45–3:45 p.m.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates 8:30–9:30 a.m.</p> <p>Art Workshop 10 a.m.–12 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Arts & Crafts, RSVP 2–3:30 p.m.</p>	<p>2 BrainSavers 8:30–9:30 a.m.</p> <p>Zumba 9:45–10:45 a.m.</p> <p>Active Stretch 11 a.m.–12 p.m.</p> <p>Stress Management 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p> <p>Staying Healthy, RSVP 2:30–3:30 p.m.</p>	<p>3 Circuit Training 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Beading, RSVP 1:30–3:30 p.m.</p>	<p>4 BrainSavers 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>The 3 M's 12–1 p.m.</p> <p>Zumba 1:15–2:15 p.m.</p> <p>Nutrition 2:30–3:30 p.m.</p>	<p>5 Pilates 8:30–9:30 a.m.</p> <p>Chair Yoga 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Movie Afternoon 1:45–3:45 p.m.</p>
<p>8 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates 8:30–9:30 a.m.</p> <p>Art Workshop 10 a.m.–12 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Arts & Crafts, RSVP 2–3:30 p.m.</p>	<p>9 BrainSavers 8:30–9:30 a.m.</p> <p>Zumba 9:45–10:45 a.m.</p> <p>Active Stretch 11 a.m.–12 p.m.</p> <p>Stress Management 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p> <p>Medicare 101, RSVP 2:30–3:30 p.m.</p>	<p>10 Circuit Training 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Healthy Minds, RSVP 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Origami, RSVP 1:30–3:30 p.m.</p>	<p>11 BrainSavers 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>The 3 M's 12–1 p.m.</p> <p>Zumba 1:15–2:15 p.m.</p> <p>Nutrition 2:30–3:30 p.m.</p>	<p>12 Pilates 8:30–9:30 a.m.</p> <p>Chair Yoga 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Movie Afternoon 1:45–3:45 p.m.</p>
<p>15 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates 8:30–9:30 a.m.</p> <p>Art Workshop 10 a.m.–12 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Arts & Crafts, RSVP 2–3:30 p.m.</p>	<p>16 BrainSavers 8:30–9:30 a.m.</p> <p>Zumba 9:45–10:45 a.m.</p> <p>Active Stretch 11 a.m.–12 p.m.</p> <p>Stress Management 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p>	<p>17 Circuit Training 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Beading, RSVP 1:30–3:30 p.m.</p>	<p>18 BrainSavers 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>The 3 M's 12–1 p.m.</p> <p>Zumba 1:15–2:15 p.m.</p> <p>Nutrition 2:30–3:30 p.m.</p>	<p>19 Pilates 8:30–9:30 a.m.</p> <p>Chair Yoga 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Movie Afternoon 1:45–3:45 p.m.</p>
<p>22 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates 8:30–9:30 a.m.</p> <p>Art Workshop 10 a.m.–12 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Arts & Crafts, RSVP 2–3:30 p.m.</p>	<p>23 BrainSavers 8:30–9:30 a.m.</p> <p>Zumba 9:45–10:45 a.m.</p> <p>Active Stretch 11 a.m.–12 p.m.</p> <p>Stress Management 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p>	<p>24 Circuit Training 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Origami, RSVP 1:30–3:30 p.m.</p>	<p>25 BrainSavers 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>The 3 M's 12–1 p.m.</p> <p>Zumba 1:15–2:15 p.m.</p> <p>Nutrition 2:30–3:30 p.m.</p>	<p>26 Pilates 8:30–9:30 a.m.</p> <p>Chair Yoga 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Movie Afternoon 1:45–3:45 p.m.</p>
<p>29 Circuit Training 8:30–9:30 a.m.</p> <p>Pilates 8:30–9:30 a.m.</p> <p>Art Workshop 10 a.m.–12 p.m.</p> <p>Line Dancing 12:30–1:30 p.m.</p> <p>Arts & Crafts, RSVP 2–3:30 p.m.</p>	<p>30 BrainSavers 8:30–9:30 a.m.</p> <p>Zumba 9:45–10:45 a.m.</p> <p>Active Stretch 11 a.m.–12 p.m.</p> <p>Stress Management 12:15–1:15 p.m.</p> <p>Book Club 1:30–2:30 p.m.</p>	<p>31 Circuit Training 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Tai Chi 10–11 a.m.</p> <p>Stretch & Balance 11:15 a.m.–12:15 p.m.</p> <p>Beading, RSVP 1:30–3:30 p.m.</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BrainSavers 8:30–9:30 a.m. Tai Chi 10–11 a.m. The 3 M's 12–1 p.m. Zumba 1:15–2:15 p.m. Nutrition 2:30–3:30 p.m.	2 Pilates 8:30–9:30 a.m. Chair Yoga 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Line Dancing 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.
5 CLOSED FOR THE HOLIDAY	6 BrainSavers 8:30–9:30 a.m. Zumba 9:45–10:45 a.m. Active Stretch 11 a.m.–12 p.m. Stress Management 12:15–1:15 p.m. LifeBio 1:30–2:30 p.m. Medicare 101, RSVP 2:30–3:30 p.m.	7 Circuit Training 8:30–9:30 a.m. Stand, Sit & Be Fit 8:30–9:30 a.m. Tai Chi 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Origami, RSVP 1:30–3:30 p.m.	8 BrainSavers 8:30–9:30 a.m. Tai Chi 10–11 a.m. The 3 M's 12–1 p.m. Zumba 1:15–2:15 p.m. Nutrition 2:30–3:30 p.m.	9 Pilates 8:30–9:30 a.m. Chair Yoga 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Line Dancing 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.
12 Circuit Training 8:30–9:30 a.m. Pilates 8:30–9:30 a.m. Art Workshop 10 a.m.–12 p.m. Line Dancing 12:30–1:30 p.m. Arts & Crafts, RSVP 2–3:30 p.m.	13 BrainSavers 8:30–9:30 a.m. Zumba 9:45–10:45 a.m. Active Stretch 11 a.m.–12 p.m. Stress Management 12:15–1:15 p.m. LifeBio 1:30–2:30 p.m. Staying Healthy, RSVP 2:30–3:30 p.m.	14 Circuit Training 8:30–9:30 a.m. Stand, Sit & Be Fit 8:30–9:30 a.m. Healthy Minds, RSVP 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Beading, RSVP 1:30–3:30 p.m.	15 BrainSavers 8:30–9:30 a.m. Tai Chi 10–11 a.m. The 3 M's 12–1 p.m. Zumba 1:15–2:15 p.m. Nutrition 2:30–3:30 p.m.	16 Pilates 8:30–9:30 a.m. Chair Yoga 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Line Dancing 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.
19 Circuit Training 8:30–9:30 a.m. Pilates 8:30–9:30 a.m. Art Workshop 10 a.m.–12 p.m. Line Dancing 12:30–1:30 p.m. Arts & Crafts, RSVP 2–3:30 p.m.	20 BrainSavers 8:30–9:30 a.m. Zumba 9:45–10:45 a.m. Active Stretch 11 a.m.–12 p.m. Stress Management 12:15–1:15 p.m. LifeBio 1:30–2:30 p.m.	21 Circuit Training 8:30–9:30 a.m. Stand, Sit & Be Fit 8:30–9:30 a.m. Tai Chi 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Origami, RSVP 1:30–3:30 p.m.	22 BrainSavers 8:30–9:30 a.m. Tai Chi 10–11 a.m. The 3 M's 12–1 p.m. Zumba 1:15–2:15 p.m. Nutrition 2:30–3:30 p.m.	23 Pilates 8:30–9:30 a.m. Chair Yoga 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Line Dancing 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.
26 Circuit Training 8:30–9:30 a.m. Pilates 8:30–9:30 a.m. Art Workshop 10 a.m.–12 p.m. Line Dancing 12:30–1:30 p.m. Arts & Crafts, RSVP 2–3:30 p.m.	27 BrainSavers 8:30–9:30 a.m. Zumba 9:45–10:45 a.m. Active Stretch 11 a.m.–12 p.m. Stress Management 12:15–1:15 p.m. Book Club 1:30–2:30 p.m.	28 Circuit Training 8:30–9:30 a.m. Stand, Sit & Be Fit 8:30–9:30 a.m. Tai Chi 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Beading, RSVP 1:30–3:30 p.m.	29 BrainSavers 8:30–9:30 a.m. Tai Chi 10–11 a.m. The 3 M's 12–1 p.m. Zumba 1:15–2:15 p.m. Nutrition 2:30–3:30 p.m.	30 Pilates 8:30–9:30 a.m. Chair Yoga 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Line Dancing 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.

Featured events at Optum Community Center | Chandler

Staying Healthy & Active After 55, RSVP
Tuesdays: July 12, August 2 and September 13,
2:30-3:30 p.m.

Please join us monthly for the following educational presentations intended for those age 55 or older.

- **July 12: Skin Cancer**
Learn the importance of sunscreen and how to protect your skin, along with information on skin exams, different forms of skin cancer and their treatments.
- **August 2: ER & When To Go**
Join us to discuss what types of medical problems require a visit to the ER, urgent care, or a call to the nurse line.
- **September 13: Vaccinations**
Learn the current recommendations, guidelines and why vaccinations are important.

Summer Celebration, RSVP
Tuesday, July 19, 1st: 9–11 a.m.,
2nd: 11:30 a.m.–1:30 p.m., 3rd: 2–4 p.m.

Our community centers are back. Come take a tour and see what's new. Choose one event to attend.

Healthy Minds, RSVP
Wednesdays: July 13, August 10 and
September 14, 10–11 a.m.

Learn skills to help reduce emotional stress and improve overall health.

Medicare 101, RSVP
Tuesdays: July 5, August 9 and September 6,
2:30–3:30 p.m.

Do you have family or friends preparing to sign up for Medicare? This is a no-cost event for the general public to learn more. For educational purposes only. *No health plan specific benefits or details will be shared.*

To RSVP, call 1-888-547-7691, TTY 711.

The following protocols will be followed while visiting the community center and are subject to change without notice.

Like us on **FACEBOOK** 
facebook.com/optumcare/



RSVPs are needed for specified classes. We will accept RSVPs only on weekdays and only 24 hours before class. (For Monday classes, please call on Friday.) Only two RSVPs allowed per person, per event.



You will need to wear a surgical mask that covers your nose and mouth when you visit our centers. (The community center will provide one upon arrival.)



Please practice social distancing while visiting our centers.



Enhanced cleaning efforts will be in effect.



Not ready to return for in-person visits? Check out our virtual community center, optum.com/VirtualCommunityCenter.



Have you scheduled your Annual Wellness Visit for 2022? You could get a \$50 gift card for completing this important screening. **Call 1-877-488-5582, TTY 711.**



Optum Community Center
985 W. Chandler Heights Road, Ste. 12
Chandler, AZ 85248

Optum Community Center | Chandler

Address:

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Chandler, AZ 85248

Hours:

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

Contact:

1-888-547-7691, TTY 711
optumcare.com/azcommunitycenters

In case of a medical emergency, please dial 911.

