



Deer Valley

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 1-623-707-2895, 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 Deer Valley are open to the general public at no cost. Programming geared toward the 55+ community.</p>				<p>1 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>4</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>5 Chair Yoga 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:30 a.m.</p> <p>Chair Drumming 10:45–11:45 a.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>6 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Needlework Group 11:30 a.m.–1:30 p.m.</p> <p>North PHX Deaf Seniors 11:30 a.m.–2:30 p.m.</p>	<p>7 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Active Stretch 9:30–10:15 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>8 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>11 Pilates 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Nutrition 11:30 a.m.–12:30 p.m.</p> <p>Staying Healthy, RSVP 1–2 p.m.</p> <p>Medicare 101, RSVP 2:30–3:30 p.m.</p>	<p>12 Chair Yoga 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:30 a.m.</p> <p>Chair Drumming 10:45–11:45 a.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>13 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Needlework Group 11:30 a.m.–1:30 p.m.</p> <p>Let's Dance 2–3 p.m.</p>	<p>14 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Active Stretch 9:30–10:15 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>15 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>18 Pilates 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Book Club 10–11 a.m.</p> <p>Nutrition 11:30 a.m.–12:30 p.m.</p> <p>Beading, RSVP 1–3 p.m.</p>	<p>19 Chair Yoga 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:30 a.m.</p> <p>Chair Drumming 10:45–11:45 a.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>20 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Needlework Group 11:30 a.m.–1:30 p.m.</p> <p>Origami, RSVP 11:30 a.m.–1:30 p.m.</p>	<p>21 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Active Stretch 9:30–10:15 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>22 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>25 Pilates 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Nutrition 11:30 a.m.–12:30 p.m.</p> <p>Healthy Minds, RSVP 1–2 p.m.</p>	<p>26 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>27 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Needlework Group 11:30 a.m.–1:30 p.m.</p> <p>Let's Dance 2–3 p.m.</p>	<p>28 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Active Stretch 9:30–10:15 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p> <p>Beading, RSVP 1–3 p.m.</p>	<p>29 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Pilates 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Nutrition 11:30 a.m.–12:30 p.m.</p> <p>Arts & Crafts, RSVP 1–3 p.m.</p>	<p>2 Chair Yoga 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:30 a.m.</p> <p>Chair Drumming 10:45–11:45 a.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>3 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Needlework Group 11:30 a.m.–1:30 p.m.</p> <p>North PHX Deaf Seniors 11:30 a.m.–2:30 p.m.</p>	<p>4 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Active Stretch 9:30–10:15 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>5 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>8 Pilates 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Nutrition 11:30 a.m.–12:30 p.m.</p> <p>Staying Healthy, RSVP 1–2 p.m.</p> <p>Medicare 101, RSVP 2:30–3:30 p.m.</p>	<p>9 Chair Yoga 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:30 a.m.</p> <p>Chair Drumming 10:45–11:45 a.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>10 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Needlework Group 11:30 a.m.–1:30 p.m.</p> <p>Let's Dance 2–3 p.m.</p>	<p>11 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Active Stretch 9:30–10:15 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>12 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>15 Pilates 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Book Club 10–11 a.m.</p> <p>Nutrition 11:30 a.m.–12:30 p.m.</p> <p>Beading, RSVP 1–3 p.m.</p>	<p>16 Chair Yoga 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:30 a.m.</p> <p>Chair Drumming 10:45–11:45 a.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>17 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Needlework Group 11:30 a.m.–1:30 p.m.</p> <p>Origami, RSVP 11:30 a.m.–1:30 p.m.</p>	<p>18 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Active Stretch 9:30–10:15 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>19 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>22 Pilates 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Nutrition 11:30 a.m.–12:30 p.m.</p> <p>Healthy Minds, RSVP 1–2 p.m.</p>	<p>23 Chair Yoga 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:30 a.m.</p> <p>Chair Drumming 10:45–11:45 a.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>24 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Needlework Group 11:30 a.m.–1:30 p.m.</p> <p>Let's Dance 2–3 p.m.</p>	<p>25 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Active Stretch 9:30–10:15 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p> <p>Beading, RSVP 1–3 p.m.</p>	<p>26 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>29 Pilates 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Nutrition 11:30 a.m.–12:30 p.m.</p> <p>Let's Make a Wreath, RSVP 1–3 p.m.</p>	<p>30 Chair Yoga 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:30 a.m.</p> <p>Chair Drumming 10:45–11:45 a.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>31 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Needlework Group 11:30 a.m.–1:30 p.m.</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Active Stretch 9:30–10:15 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>2 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>5</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>6 Chair Yoga 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:30 a.m.</p> <p>Chair Drumming 10:45–11:45 a.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>7 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Needlework Group 11:30 a.m.–1:30 p.m.</p> <p>North PHX Deaf Seniors 11:30 a.m.–2:30 p.m.</p>	<p>8 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Active Stretch 9:30–10:15 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>9 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>12 Pilates 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Nutrition 11:30 a.m.–12:30 p.m.</p> <p>Staying Healthy, RSVP 1–2 p.m.</p> <p>Medicare 101, RSVP 2:30–3:30 p.m.</p>	<p>13 Chair Yoga 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:30 a.m.</p> <p>Chair Drumming 10:45–11:45 a.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>14 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Needlework Group 11:30 a.m.–1:30 p.m.</p> <p>Let's Dance 2–3 p.m.</p>	<p>15 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Active Stretch 9:30–10:15 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>16 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>19 Pilates 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Book Club 10–11 a.m.</p> <p>Nutrition 11:30 a.m.–12:30 p.m.</p> <p>Beading, RSVP 1–3 p.m.</p>	<p>20 Chair Yoga 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:30 a.m.</p> <p>Chair Drumming 10:45–11:45 a.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>21 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Needlework Group 11:30 a.m.–1:30 p.m.</p> <p>Origami, RSVP 11:30 a.m.–1:30 p.m.</p>	<p>22 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Active Stretch 9:30–10:15 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p> <p>Beading, RSVP 1–3 p.m.</p>	<p>23 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>26 Pilates 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Nutrition 11:30 a.m.–12:30 p.m.</p> <p>Healthy Minds, RSVP 1–2 p.m.</p>	<p>27 Chair Yoga 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:30 a.m.</p> <p>Chair Drumming 10:45–11:45 a.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>28 Circuit Training 8:30–9:30 a.m.</p> <p>Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Needlework Group 11:30 a.m.–1:30 p.m.</p> <p>Let's Dance 2–3 p.m.</p>	<p>29 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>Active Stretch 9:30–10:15 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>30 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Pilates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>

Featured events at Optum Community Center | Deer Valley

Staying Healthy & Active After 55, RSVP
Mondays: July 11, August 8 and September 12,
1–2 p.m.

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

- **July 11: 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 8: 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 12: Vaccinations**

Learn the current recommendations, guidelines and why vaccinations are important.

Summer Celebration, RSVP
Tuesday, July 26, 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

Mondays: July 25, August 22 and September 26, 1–2 p.m.

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

Medicare 101, RSVP

Mondays: July 11, August 8 and September 12, 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 1-623-707-2895, 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
20414 N. 27th Ave., Suite 100
Phoenix, AZ 85027

Optum Community Center | Deer Valley

Address:

Optum Community Center
20414 N. 27th Ave., Suite 100
Phoenix, AZ 85027

Hours:

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

Contact:

1-623-707-2895, TTY 711
[optumcare.com/azcommunitycenters](https://www.optumcare.com/azcommunitycenters)

In case of a medical emergency, please dial 911.

