



Goodyear

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 1-888-203-8310, 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 Goodyear are open to the general public at no cost. Programming geared toward the 55+ community.</p>				<p>1 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12–1 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 BrainSavers 8:30–9:30 a.m.</p> <p>Belly Dancing 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Healthy Minds, RSVP 1:30–2:30 p.m.</p>	<p>6 Circuit Training 8:30–9:30 a.m.</p> <p>3 M's 8:30–9:30 a.m.</p> <p>Yogalates, Bring your own mat, 9:45–10:45 a.m.</p> <p>Chair Drumming 11 a.m.–12 p.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>7 BrainSavers 8:30–9:30 a.m.</p> <p>Chair Yoga 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Zumba 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>8 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12–1 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>11 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:45 a.m.</p> <p>Zumba 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>12 BrainSavers 8:30–9:30 a.m.</p> <p>Belly Dancing 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Beading, RSVP 1:30–3:30 p.m.</p>	<p>13 Circuit Training 8:30–9:30 a.m.</p> <p>3 M's 8:30–9:30 a.m.</p> <p>Yogalates, Bring your own mat, 9:45–10:45 a.m.</p> <p>Chair Drumming 11 a.m.–12 p.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>14 BrainSavers 8:30–9:30 a.m.</p> <p>Chair Yoga 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Zumba 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p>	<p>15 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12–1 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>18 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:45 a.m.</p> <p>Zumba 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>19 BrainSavers 8:30–9:30 a.m.</p> <p>Belly Dancing 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Staying Healthy, RSVP 1:30–2:30 p.m.</p>	<p>20 Circuit Training 8:30–9:30 a.m.</p> <p>3 M's 8:30–9:30 a.m.</p> <p>Yogalates, Bring your own mat, 9:45–10:45 a.m.</p> <p>Chair Drumming 11 a.m.–12 p.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>21 BrainSavers 8:30–9:30 a.m.</p> <p>Chair Yoga 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Zumba 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p>	<p>22 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12–1 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 p.m.</p>
<p>25 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:45 a.m.</p> <p>Zumba 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>26 BrainSavers 8:30–9:30 a.m.</p> <p>Belly Dancing 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Sound Healing 1:30–2:30 p.m.</p>	<p>27 Circuit Training 8:30–9:30 a.m.</p> <p>3 M's 8:30–9:30 a.m.</p> <p>Yogalates, Bring your own mat, 9:45–10:45 a.m.</p> <p>Chair Drumming 11 a.m.–12 p.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30–3:30 p.m.</p>	<p>28 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>29 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12–1 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 Circuit Training 8:30–9:30 a.m.</p> <p>Tai Chi 8:30–9:30 a.m.</p> <p>Stress Management 9:45–10:45 a.m.</p> <p>Zumba 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>2 BrainSavers 8:30–9:30 a.m.</p> <p>Belly Dancing 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Healthy Minds, RSVP 1:30-2:30 p.m.</p>	<p>3 Circuit Training 8:30–9:30 a.m.</p> <p>3 M's 8:30–9:30 a.m.</p> <p>Yogalates, Bring your own mat, 9:45–10:45 a.m.</p> <p>Chair Drumming 11 a.m.–12 p.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30-3:30 p.m.</p>	<p>4 BrainSavers 8:30–9:30 a.m.</p> <p>Chair Yoga 9:45-10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Zumba 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p>	<p>5 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45-10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12-1 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 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>Stress Management 9:45–10:45 a.m.</p> <p>Zumba 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>9 BrainSavers 8:30–9:30 a.m.</p> <p>Belly Dancing 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Beading, RSVP 1:30-3:30 p.m.</p>	<p>10 Circuit Training 8:30–9:30 a.m.</p> <p>3 M's 8:30–9:30 a.m.</p> <p>Yogalates, Bring your own mat, 9:45–10:45 a.m.</p> <p>Chair Drumming 11 a.m.–12 p.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30-3:30 p.m.</p>	<p>11 BrainSavers 8:30–9:30 a.m.</p> <p>Chair Yoga 9:45-10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Zumba 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>12 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45-10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12-1 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 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>Stress Management 9:45–10:45 a.m.</p> <p>Zumba 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>16 BrainSavers 8:30–9:30 a.m.</p> <p>Belly Dancing 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Staying Healthy, RSVP 1:30-2:30 p.m.</p>	<p>17 Circuit Training 8:30–9:30 a.m.</p> <p>3 M's 8:30–9:30 a.m.</p> <p>Yogalates, Bring your own mat, 9:45–10:45 a.m.</p> <p>Chair Drumming 11 a.m.–12 p.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30-3:30 p.m.</p>	<p>18 BrainSavers 8:30–9:30 a.m.</p> <p>Chair Yoga 9:45-10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Zumba 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p>	<p>19 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45-10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12-1 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 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>Stress Management 9:45–10:45 a.m.</p> <p>Zumba 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>23 BrainSavers 8:30–9:30 a.m.</p> <p>Belly Dancing 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Let's Make a Wreath, RSVP 1:30-3:30 p.m.</p>	<p>24 Circuit Training 8:30–9:30 a.m.</p> <p>3 M's 8:30–9:30 a.m.</p> <p>Yogalates, Bring your own mat, 9:45–10:45 a.m.</p> <p>Chair Drumming 11 a.m.–12 p.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30-3:30 p.m.</p>	<p>25 BrainSavers 8:30–9:30 a.m.</p> <p>Chair Yoga 9:45-10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Zumba 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p>	<p>26 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45-10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12-1 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 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>Stress Management 9:45–10:45 a.m.</p> <p>Zumba 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>30 BrainSavers 8:30–9:30 a.m.</p> <p>Belly Dancing 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p>	<p>31 Circuit Training 8:30–9:30 a.m.</p> <p>3 M's 8:30–9:30 a.m.</p> <p>Yogalates, Bring your own mat, 9:45–10:45 a.m.</p> <p>Chair Drumming 11 a.m.–12 p.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30-3:30 p.m.</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 BrainSavers 8:30–9:30 a.m.</p> <p>Chair Yoga 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Zumba 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p>	<p>2 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12-1 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 BrainSavers 8:30–9:30 a.m.</p> <p>Belly Dancing 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Healthy Minds, RSVP 1:30-2:30 p.m.</p>	<p>7 Circuit Training 8:30–9:30 a.m.</p> <p>3 M's 8:30–9:30 a.m.</p> <p>Yogalates, Bring your own mat, 9:45–10:45 a.m.</p> <p>Chair Drumming 11 a.m.–12 p.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30-3:30 p.m.</p>	<p>8 BrainSavers 8:30–9:30 a.m.</p> <p>Chair Yoga 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Zumba 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>9 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12-1 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 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>Stress Management 9:45–10:45 a.m.</p> <p>Zumba 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>13 BrainSavers 8:30–9:30 a.m.</p> <p>Belly Dancing 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Beading, RSVP 1:30-3:30 p.m.</p>	<p>14 Circuit Training 8:30–9:30 a.m.</p> <p>3 M's 8:30–9:30 a.m.</p> <p>Yogalates, Bring your own mat, 9:45–10:45 a.m.</p> <p>Chair Drumming 11 a.m.–12 p.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30-3:30 p.m.</p>	<p>15 BrainSavers 8:30–9:30 a.m.</p> <p>Chair Yoga 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Zumba 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p>	<p>16 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12-1 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 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>Stress Management 9:45–10:45 a.m.</p> <p>Zumba 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>20 BrainSavers 8:30–9:30 a.m.</p> <p>Belly Dancing 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Staying Healthy, RSVP 1:30-2:30 p.m.</p>	<p>21 Circuit Training 8:30–9:30 a.m.</p> <p>3 M's 8:30–9:30 a.m.</p> <p>Yogalates, Bring your own mat, 9:45–10:45 a.m.</p> <p>Chair Drumming 11 a.m.–12 p.m.</p> <p>Conversational Spanish 12:15–1:15 p.m.</p> <p>Art Workshop 1:30-3:30 p.m.</p>	<p>22 BrainSavers 8:30–9:30 a.m.</p> <p>Chair Yoga 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Zumba 12:15–1:15 p.m.</p> <p>LifeBio 1:30–2:30 p.m.</p>	<p>23 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12-1 p.m.</p> <p>Line Dancing, Beg. 1–2 p.m.</p> <p>Line Dancing, Adv. 2–3 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>Stress Management 9:45–10:45 a.m.</p> <p>Zumba 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>27 BrainSavers 8:30–9:30 a.m.</p> <p>Belly Dancing 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Drumming Circle, RSVP 1:30-2:30 p.m.</p>	<p>28 Circuit Training 8:30–9:30 a.m.</p> <p>3 M's 8:30–9:30 a.m.</p> <p>Yogalates <i>Bring your own mat,</i> 9:45–10:45 a.m.</p> <p>Chair Drumming 11 a.m.–12 p.m.</p> <p>Art Workshop 1:30-3:30 p.m.</p>	<p>29 BrainSavers 8:30–9:30 a.m.</p> <p>Chair Yoga 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Zumba 12:15–1:15 p.m.</p>	<p>30 Active Stretch 8:30–9:30 a.m.</p> <p>Stand, Sit & Be Fit 9:45–10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12 p.m.</p> <p>Book Club 12-1 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 | Goodyear

Staying Healthy & Active After 55, **RSVP**

Tuesdays: July 19, August 16 and September 20, 1:30-2:30 p.m.

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

- **July 19: 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 16: 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 20: Vaccinations**

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

Summer Celebration, **RSVP**

Thursday, July 28, 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**

Tuesdays: July 5, August 2 and September 6, 1:30-2:30 p.m.

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

Medicare 101, **RSVP**

Thursdays: July 7, August 11 and September 8, 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 1-888-203-8310, 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
1981 N. Pebble Creek Pkwy., Ste. 8
Goodyear, AZ 85395

Optum Community Center | Goodyear

Address:

Optum Community Center
1981 N. Pebble Creek Pkwy., Ste. 8
Goodyear, AZ 85395

Hours:

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

Contact:

1-888-203-8310, TTY 711
optumcare.com/azcommunitycenters

In case of a medical emergency, please dial 911.

