

An elderly man with a grey beard and a woman with brown hair are focused on their craft in a pottery studio. The man, wearing a blue button-down shirt over a striped t-shirt, is using a wooden tool to shape a piece of clay on a pottery wheel. The woman, wearing a light-colored button-down shirt, is assisting him. The background shows other people and pottery-related equipment, suggesting a community activity.

Central Phoenix

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 1-888-618-9996, 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 Central Phoenix are open to the general public at no cost. Programming geared toward the 55+ community.</p>				<p>1 Zumba 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>Arts & Crafts, RSVP 1–3 p.m.</p>
<p>4</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>5 Chair Dance 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Circuit Training 9:45–10:45 a.m.</p> <p>Chair Yoga 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>6 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 1–2 p.m.</p> <p>Medicare 101, RSVP 2:30–3:30 p.m.</p>	<p>7 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Drumming 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>LifeBio 11 a.m.–12 p.m.</p> <p>Art Workshop 1–3 p.m.</p>	<p>8 Zumba 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>Origami, RSVP 1–3 p.m.</p>
<p>11 Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Conversational Spanish 1–2 p.m.</p> <p>Line Dancing 2:30–3:30 p.m.</p>	<p>12 Chair Dance 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Circuit Training 9:45–10:45 a.m.</p> <p>Chair Yoga 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>13 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 1–2 p.m.</p>	<p>14 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Drumming 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>LifeBio 11 a.m.–12 p.m.</p> <p>Art Workshop 1–3 p.m.</p>	<p>15 Zumba 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>Beading, RSVP 1–3 p.m.</p> <p>Book Club 1–2 p.m.</p>
<p>18 Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Conversational Spanish 1–2 p.m.</p> <p>Line Dancing 2:30–3:30 p.m.</p>	<p>19 Chair Dance 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Circuit Training 9:45–10:45 a.m.</p> <p>Chair Yoga 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>20 Stand, Sit & Be Fit 8:30–9:15 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Pilates 11:15 a.m.–12 p.m.</p> <p>Nutrition 1–2 p.m.</p> <p>Staying Healthy, RSVP 2:30–3:30 p.m.</p>	<p>21 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>22 Zumba 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>Arts & Crafts, RSVP 1–3 p.m.</p>
<p>25 Zumba 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Conversational Spanish 1–2 p.m.</p> <p>Line Dancing 2:30–3:30 p.m.</p>	<p>26 Chair Dance 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Circuit Training 9:45–10:45 a.m.</p> <p>Chair Yoga 11 a.m.–12 p.m.</p> <p>Movie Afternoon 1–3 p.m.</p>	<p>27 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Nutrition 1–2 p.m.</p> <p>Healthy Minds, RSVP 2:30–3:30 p.m.</p>	<p>28 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Drumming 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>LifeBio 11 a.m.–12 p.m.</p> <p>Art Workshop 1–3 p.m.</p>	<p>29 Zumba 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>Let's Make a Wreath, RSVP 1–3 p.m.</p>

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

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

Featured events at Optum Community Center | Central Phoenix

Staying Healthy & Active After 55, RSVP
Wednesdays: July 20, August 17 and September 21, 2:30–3:30 p.m.

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

- **July 20 : 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 17: 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 21: Vaccinations**
Learn the current recommendations, guidelines and why vaccinations are important.

Summer Celebration, RSVP
Thursday, July 21, 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 27, August 24 and September 28, 2:30–3:30 p.m.

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

Medicare 101, RSVP
Wednesdays: July 6 and August 10
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 1-888-618-9996, 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
1125 E. Glendale Avenue
Phoenix, AZ 85020

Optum Community Center | Central Phoenix

Address:

Optum Community Center
1125 E. Glendale Avenue
Phoenix, AZ 85020

Hours:

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

Contact:

1-888-618-9996, TTY 711
optumcare.com/azcommunitycenters

In case of a medical emergency, please dial 911.

