

A group of people, including a woman in the foreground with short, curly blonde hair, are participating in a fitness class. They are using resistance bands in a studio setting with blue exercise balls and wooden floors.

Tucson

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 1-877-549-8813, 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 Tucson are open to the general public at no cost. Programming geared toward the 55+ community.</p>				<p>1 Yogalates <i>Bring your own mat</i> 8:30–9:30 a.m.</p> <p>The 3 M's 9:45–10:30 a.m.</p> <p>LifeBio 10:45–11:45 a.m.</p> <p>Game Day 12–1:30 p.m.</p> <p>Line Dancing, Beg. 1:45–2:45 p.m.</p> <p>Line Dancing, Int. 2:45–3:45 p.m.</p>
<p>4</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>5 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Yoga 8:30–9:30 a.m.</p> <p>Conversational Spanish 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Beading Class, RSVP 12:30–2 p.m.</p> <p>Yogalates <i>Bring your own mat</i> 2:30–3:30 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>Technology Class <i>Bring smart device</i> 11 a.m.–12:30 p.m.</p> <p>Healthy Minds, RSVP 1–2 p.m.</p> <p>Chair Drumming 2:30–3:30 p.m.</p>	<p>7 Circuit Training 8:30–9:30 a.m.</p> <p>Qigong Yoga 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Movie Afternoon 1:30–3:30 p.m.</p>	<p>8 Yogalates <i>Bring your own mat</i> 8:30–9:30 a.m.</p> <p>The 3 M's 9:45–10:30 a.m.</p> <p>LifeBio 10:45–11:45 a.m.</p> <p>Let's Dance 12–1:30 p.m.</p> <p>Line Dancing, Beg. 1:45–2:45 p.m.</p> <p>Line Dancing, Int. 2:45–3:45 p.m.</p>
<p>11 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:45 a.m.</p> <p>Art Workshop 12–2 p.m.</p> <p>Tai Chi 2:30–3:30 p.m.</p>	<p>12 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Yoga 8:30–9:30 a.m.</p> <p>Conversational Spanish 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Staying Healthy, RSVP 1–2 p.m.</p> <p>Yogalates <i>Bring your own mat</i> 2:30–3:30 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>Technology Class <i>Bring smart device</i> 11 a.m.–12:30 p.m.</p> <p>Medicare 101, RSVP 1–2 p.m.</p> <p>Chair Drumming 2:30–3:30 p.m.</p>	<p>14 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>15 Yogalates <i>Bring your own mat</i> 8:30–9:30 a.m.</p> <p>The 3 M's 9:45–10:30 a.m.</p> <p>LifeBio 10:45–11:45 a.m.</p> <p>Let's Dance 12–1:30 p.m.</p> <p>Line Dancing, Beg. 1:45–2:45 p.m.</p> <p>Line Dancing, Int. 2:45–3:45 p.m.</p>
<p>18 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:45 a.m.</p> <p>Art Workshop 12–2 p.m.</p> <p>Tai Chi 2:30–3:30 p.m.</p>	<p>19 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Yoga 8:30–9:30 a.m.</p> <p>Conversational Spanish 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Arts & Crafts, RSVP 12:30–2 p.m.</p> <p>Yogalates <i>Bring your own mat</i> 2:30–3:30 p.m.</p>	<p>20 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12:30 p.m.</p> <p>The 3 M's 1–2 p.m.</p> <p>Chair Drumming 2:30–3:30 p.m.</p>	<p>21 Circuit Training 8:30–9:30 a.m.</p> <p>Qigong Yoga 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Movie Afternoon 1:30–3:30 p.m.</p>	<p>22 Yogalates <i>Bring your own mat</i> 8:30–9:30 a.m.</p> <p>The 3 M's 9:45–10:30 a.m.</p> <p>LifeBio 10:45–11:45 a.m.</p> <p>Let's Dance 12–1:30 p.m.</p> <p>Line Dancing, Beg. 1:45–2:45 p.m.</p> <p>Line Dancing, Int. 2:45–3:45 p.m.</p>
<p>25 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:45 a.m.</p> <p>Art Workshop 12–2 p.m.</p> <p>Tai Chi 2:30–3:30 p.m.</p>	<p>26 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Yoga 8:30–9:30 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Beading Class, RSVP 12:30–2 p.m.</p> <p>Yogalates <i>Bring your own mat</i> 2:30–3:30 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>Technology Class <i>Bring smart device</i> 11 a.m.–12:30 p.m.</p> <p>Stress Management 1–2 p.m.</p> <p>Chair Drumming 2:30–3:30 p.m.</p>	<p>28 Circuit Training 8:30–9:30 a.m.</p> <p>Qigong Yoga 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Movie Afternoon 1:30–3:30 p.m.</p>	<p>29 Yogalates <i>Bring your own mat</i> 8:30–9:30 a.m.</p> <p>The 3 M's 9:45–10:30 a.m.</p> <p>LifeBio 10:45–11:45 a.m.</p> <p>Book Club 12–1:30 p.m.</p> <p>Line Dancing, Beg. 1:45–2:45 p.m.</p> <p>Line Dancing, Int. 2:45–3:45 p.m.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:45 a.m.</p> <p>Art Workshop 12–2 p.m.</p> <p>Tai Chi 2:30–3:30 p.m.</p>	<p>2 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Yoga 8:30–9:30 a.m.</p> <p>Conversational Spanish 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Beading Class, RSVP 12:30–2 p.m.</p> <p>Yogalates <i>Bring your own mat</i> 2:30–3:30 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>Technology Class <i>Bring smart device</i> 11 a.m.–12:30 p.m.</p> <p>Healthy Minds, RSVP 1–2 p.m.</p> <p>Chair Drumming 2:30–3:30 p.m.</p>	<p>4 Circuit Training 8:30–9:30 a.m.</p> <p>Qigong Yoga 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Movie Afternoon 1:30–3:30 p.m.</p>	<p>5 Yogalates <i>Bring your own mat</i> 8:30–9:30 a.m.</p> <p>The 3 M's 9:45–10:30 a.m.</p> <p>LifeBio 10:45–11:45 a.m.</p> <p>Game Day 12–1:30 p.m.</p> <p>Line Dancing, Beg. 1:45–2:45 p.m.</p> <p>Line Dancing, Int. 2:45–3:45 p.m.</p>
<p>8 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:45 a.m.</p> <p>Art Workshop 12–2 p.m.</p> <p>Tai Chi 2:30–3:30 p.m.</p>	<p>9 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Yoga 8:30–9:30 a.m.</p> <p>Conversational Spanish 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Staying Healthy, RSVP 1–2 p.m.</p> <p>Yogalates <i>Bring your own mat</i> 2:30–3:30 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>Technology Class <i>Bring smart device</i> 11 a.m.–12:30 p.m.</p> <p>Medicare 101, RSVP 1–2 p.m.</p> <p>Chair Drumming 2:30–3:30 p.m.</p>	<p>11 Circuit Training 8:30–9:30 a.m.</p> <p>Qigong Yoga 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Movie Afternoon 1:30–3:30 p.m.</p>	<p>12 Yogalates <i>Bring your own mat</i> 8:30–9:30 a.m.</p> <p>The 3 M's 9:45–10:30 a.m.</p> <p>LifeBio 10:45–11:45 a.m.</p> <p>Let's Dance 12–1:30 p.m.</p> <p>Line Dancing, Beg. 1:45–2:45 p.m.</p> <p>Line Dancing, Int. 2:45–3:45 p.m.</p>
<p>15 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:45 a.m.</p> <p>Art Workshop 12–2 p.m.</p> <p>Tai Chi 2:30–3:30 p.m.</p>	<p>16 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Yoga 8:30–9:30 a.m.</p> <p>Conversational Spanish 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Arts & Crafts, RSVP 12:30–2 p.m.</p> <p>Yogalates <i>Bring your own mat</i> 2:30–3:30 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>Technology Class <i>Bring smart device</i> 11 a.m.–12:30 p.m.</p> <p>The 3 M's 1–2 p.m.</p> <p>Chair Drumming 2:30–3:30 p.m.</p>	<p>18 Circuit Training 8:30–9:30 a.m.</p> <p>Qigong Yoga 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Movie Afternoon 1:30–3:30 p.m.</p>	<p>19 Yogalates <i>Bring your own mat</i> 8:30–9:30 a.m.</p> <p>The 3 M's 9:45–10:30 a.m.</p> <p>LifeBio 10:45–11:45 a.m.</p> <p>Let's Dance 12–1:30 p.m.</p> <p>Line Dancing, Beg. 1:45–2:45 p.m.</p> <p>Line Dancing, Int. 2:45–3:45 p.m.</p>
<p>22 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:45 a.m.</p> <p>Art Workshop 12–2 p.m.</p> <p>Tai Chi 2:30–3:30 p.m.</p>	<p>23 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Yoga 8:30–9:30 a.m.</p> <p>Conversational Spanish 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Beading Class, RSVP 12:30–2 p.m.</p> <p>Yogalates <i>Bring your own mat</i> 2:30–3:30 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>Technology Class <i>Bring smart device</i> 11 a.m.–12:30 p.m.</p> <p>Stress Management 1–2 p.m.</p> <p>Chair Drumming 2:30–3:30 p.m.</p>	<p>25 Circuit Training 8:30–9:30 a.m.</p> <p>Qigong Yoga 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Movie Afternoon 1:30–3:30 p.m.</p>	<p>26 Yogalates <i>Bring your own mat</i> 8:30–9:30 a.m.</p> <p>The 3 M's 9:45–10:30 a.m.</p> <p>LifeBio 10:45–11:45 a.m.</p> <p>Book Club 12–1:30 p.m.</p> <p>Line Dancing, Beg. 1:45–2:45 p.m.</p> <p>Line Dancing, Int. 2:45–3:45 p.m.</p>
<p>29 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:45 a.m.</p> <p>Art Workshop 12–2 p.m.</p> <p>Tai Chi 2:30–3:30 p.m.</p>	<p>30 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Yoga 8:30–9:30 a.m.</p> <p>Conversational Spanish 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Arts & Crafts, RSVP 12:30–2 p.m.</p> <p>Yogalates <i>Bring your own mat</i> 2:30–3:30 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>Technology Class <i>Bring smart device</i> 11 a.m.–12:30 p.m.</p> <p>Chair Drumming 2:30–3:30 p.m.</p>		

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			<p>1 Circuit Training 8:30–9:30 a.m.</p> <p>Qigong Yoga 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Movie Afternoon 1:30–3:30 p.m.</p>	<p>2 Yogalates <i>Bring your own mat</i> 8:30–9:30 a.m.</p> <p>The 3 M's 9:45–10:30 a.m.</p> <p>LifeBio 10:45–11:45 a.m.</p> <p>Game Day 12–1:30 p.m.</p> <p>Line Dancing, Beg. 1:45–2:45 p.m.</p> <p>Line Dancing, Int. 2:45–3:45 p.m.</p>
<p>5</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>6 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Yoga 8:30–9:30 a.m.</p> <p>Conversational Spanish 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Beading Class, RSVP 12:30–2 p.m.</p> <p>Yogalates <i>Bring your own mat</i> 2:30–3:30 p.m.</p>	<p>7 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12:30 p.m.</p> <p>Healthy Minds, RSVP 1–2 p.m.</p> <p>Chair Drumming 2:30–3:30 p.m.</p>	<p>8 Circuit Training 8:30–9:30 a.m.</p> <p>Qigong Yoga 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Movie Afternoon 1:30–3:30 p.m.</p>	<p>9 Yogalates <i>Bring your own mat</i> 8:30–9:30 a.m.</p> <p>The 3 M's 9:45–10:30 a.m.</p> <p>LifeBio 10:45–11:45 a.m.</p> <p>Let's Dance 12–1:30 p.m.</p> <p>Line Dancing, Beg. 1:45–2:45 p.m.</p> <p>Line Dancing, Int. 2:45–3:45 p.m.</p>
<p>12 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Active Stretch 11–11:45 a.m.</p> <p>Art Workshop 12–2 p.m.</p> <p>Tai Chi 2:30–3:30 p.m.</p>	<p>13 Circuit Training 8:30–9:30 a.m.</p> <p>Chair Yoga 8:30–9:30 a.m.</p> <p>Conversational Spanish 9:45–10:45 a.m.</p> <p>Pilates 11 a.m.–12 p.m.</p> <p>Staying Healthy, RSVP 1–2 p.m.</p> <p>Yogalates <i>Bring your own mat</i> 2:30–3:30 p.m.</p>	<p>14 Stand, Sit & Be Fit 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Technology Class <i>Bring smart device</i> 11 a.m.–12:30 p.m.</p> <p>Medicare 101, RSVP 1–2 p.m.</p> <p>Chair Drumming 2:30–3:30 p.m.</p>	<p>15 Circuit Training 8:30–9:30 a.m.</p> <p>Qigong Yoga 8:30–9:30 a.m.</p> <p>Tai Chi 9:45–10:45 a.m.</p> <p>Stretch & Balance 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Movie Afternoon 1:30–3:30 p.m.</p>	<p>16 Yogalates <i>Bring your own mat</i> 8:30–9:30 a.m.</p> <p>The 3 M's 9:45–10:30 a.m.</p> <p>LifeBio 10:45–11:45 a.m.</p> <p>Let's Dance 12–1:30 p.m.</p> <p>Line Dancing, Beg. 1:45–2:45 p.m.</p> <p>Line Dancing, Int. 2:45–3:45 p.m.</p>
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Featured events at Optum Community Center | Tucson

Staying Healthy & Active After 55, RSVP
Tuesdays: July 12, August 9 and September 13,
1–2 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 9: 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
Thursday, July 14, 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 6, August 3, September 7,
1–2 p.m.

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

Medicare 101, RSVP
Wednesdays: July 13, August 10, September 14,
1–2 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 1-877-549-8813, 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
4780 E. Grant Rd.
Tucson, AZ 85712

Optum Community Center | Tucson

Address:

Optum Community Center
4780 E. Grant Rd.
Tucson, AZ 85712

Hours:

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

Contact:

1-877-549-8813, TTY 711
optumcare.com/azcommunitycenters

In case of a medical emergency, please dial 911.

