



Chandler

Optum Community Center activity calendar

January–March 2023

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.

Optum

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<i>Closed for the holiday</i>	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.	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.	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.	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, Adv. 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.
9	10	11	12	13
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, Beg. 12:30–1:30 p.m. Arts & Crafts RSVP 2–3:30 p.m.	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 2:30–3:30 p.m.	Circuit Training 8:30–9:30 a.m. Stand, Sit & Be Fit 8:30–9:30 a.m. Healthy Minds 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Origami RSVP 1:30–3:30 p.m.	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.	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, Adv. 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.
16	17	18	19	20
<i>Closed for the holiday</i>	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.	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.	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.	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, Adv. 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.
23	24	25	26	27
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, Beg. 12:30–1:30 p.m. Arts & Crafts RSVP 2–3:30 p.m.	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.	Circuit Training 8:30–9:30 a.m. Stand, Sit & Be Fit 8:30–9:30 a.m. Healthy Minds 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Origami RSVP 1:30–3:30 p.m.	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.	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, Adv. 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.
30	31			
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, Beg. 12:30–1:30 p.m. Arts & Crafts RSVP 2–3:30 p.m.	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.	<p style="text-align: center;">To RSVP, call 1-888-547-7691, TTY 711.</p> <p style="text-align: center;">Only two RSVPs allowed per person, per event. 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>		

Monday	Tuesday	Wednesday	Thursday	Friday
		Circuit Training 1 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.	BrainSavers 2 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.	Pilates 3 8:30–9:30 a.m. Chair Yoga 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Line Dancing, Adv. 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.
Circuit Training 6 8:30–9:30 a.m. Pilates 8:30–9:30 a.m. Art Workshop 10 a.m.–12 p.m. Line Dancing, Beg. 12:30–1:30 p.m. Arts & Crafts RSVP 2–3:30 p.m.	BrainSavers 7 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.	Circuit Training 8 8:30–9:30 a.m. Stand, Sit & Be Fit 8:30–9:30 a.m. Healthy Minds 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Origami RSVP 1:30–3:30 p.m.	BrainSavers 9 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.	Pilates 10 8:30–9:30 a.m. Chair Yoga 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Line Dancing, Adv. 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.
Circuit Training 13 8:30–9:30 a.m. Pilates 8:30–9:30 a.m. Art Workshop 10 a.m.–12 p.m. Line Dancing, Beg. 12:30–1:30 p.m. Arts & Crafts RSVP 2–3:30 p.m.	BrainSavers 14 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 2:30–3:30 p.m.	Circuit Training 15 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.	BrainSavers 16 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.	Pilates 17 8:30–9:30 a.m. Chair Yoga 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Line Dancing, Adv. 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.
Circuit Training 20 8:30–9:30 a.m. Pilates 8:30–9:30 a.m. Art Workshop 10 a.m.–12 p.m. Line Dancing, Beg. 12:30–1:30 p.m. Arts & Crafts RSVP 2–3:30 p.m.	BrainSavers 21 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.	Circuit Training 22 8:30–9:30 a.m. Stand, Sit & Be Fit 8:30–9:30 a.m. Healthy Minds 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Origami RSVP 1:30–3:30 p.m.	BrainSavers 23 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.	Pilates 24 8:30–9:30 a.m. Chair Yoga 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Line Dancing, Adv. 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.
Circuit Training 27 8:30–9:30 a.m. Pilates 8:30–9:30 a.m. Art Workshop 10 a.m.–12 p.m. Line Dancing, Beg. 12:30–1:30 p.m. Let’s Make a RSVP Wreath, 1:45–3:45 p.m.	BrainSavers 28 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.			

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Circuit Training 20 8:30–9:30 a.m. Pilates 8:30–9:30 a.m. Art Workshop 10 a.m.–12 p.m. Line Dancing, Beg. 12:30–1:30 p.m. Arts & Crafts RSVP 2–3:30 p.m.	BrainSavers 21 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.	Circuit Training 22 8:30–9:30 a.m. Stand, Sit & Be Fit 8:30–9:30 a.m. Healthy Minds 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Origami RSVP 1:30–3:30 p.m.	BrainSavers 23 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.	Pilates 24 8:30–9:30 a.m. Chair Yoga 10–11 a.m. Stretch & Balance 11:15 a.m.–12:15 p.m. Line Dancing, Adv. 12:30–1:30 p.m. Movie Afternoon 1:45–3:45 p.m.
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Featured events at Optum Community Center | Chandler

Staying Healthy & Active After 55

Tuesdays: January 10, February 14 and March 14, 2:30–3:30 p.m.

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

- **January 10: Fall Prevention**
Learn the risk factors for falls and the impact they may cause. Prevention and intervention for falls will also be covered.
- **February 14: Medication Safety**
Learn why medications should be taken as prescribed, how to store safely and dispose of and why not to save old medications.
- **March 14: Vitamins & Minerals**
Over the counter vitamins and minerals will be covered. When and why we should use them, recommended daily allowance and alternative sources from food.

St. Patrick's Day Party, RSVP

Friday, March 17,
1st: 10 a.m.–12 p.m.
2nd: 1–3 p.m.

ALL CLASSES CANCELLED
FITNESS CENTER CLOSED

Healthy Minds

2nd and 4th Wednesday of the month,
January 11 and 25, February 8 and 22,
March 8 and 22, 10–11 a.m.

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

Medicare 101, RSVP

Tuesdays: January 3, February 7 and March 7, 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**.

Like us on Facebook



Facebook.com/myOptum



Have you scheduled your Annual Wellness Visit for 2023? You could get a \$50 gift card for completing this important screening. Call **1-877-502-6037**, TTY **711**.



Check out our virtual community center, **Optum.com/virtualcommunitycenter**.

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



RSVPs are needed for specified classes. We will accept RSVPs only on weekdays. 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.)



Enhanced cleaning efforts will be in effect.



Optum Community Center

985 W. Chandler Heights Road, Ste. 12
Chandler, AZ 85248

Optum Community Center | Chandler

Address:

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

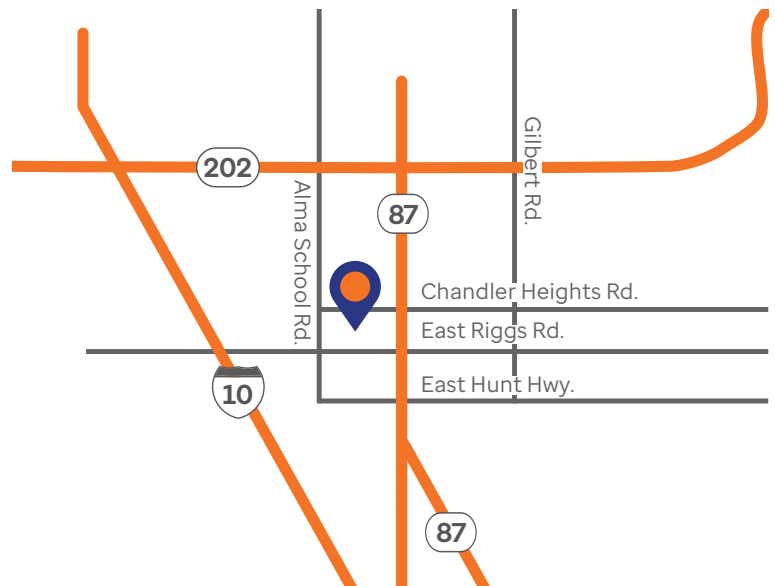
Hours:

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

Contact:

1-888-547-7691, TTY 711
[Optum.com/azcommunitycenters](https://www.optum.com/azcommunitycenters)

In case of a medical emergency, please dial 911.



Any person depicted in the stock image is a model.

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