



Albuquerque

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

January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><i>Closed for the holiday</i></p>	<p>3 Active stretch 8:30–9:30 a.m.</p> <p>Tai chi 10–11 a.m.</p> <p>Jewelry class 11:30 a.m.–12:30 p.m.</p> <p>Conversational Spanish 1–3 p.m.</p>	<p>4 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Mindfulness and meditation 11:30 a.m.–12:30 p.m.</p> <p>Movie afternoon 1–3 p.m.</p>	<p>5 Stand, sit & be fit 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>Technology class 1–2:30 p.m.</p>	<p>6 Circuit training 8:30–9:30 a.m.</p> <p>Yoga 10–11 a.m.</p> <p>Latin dance 11:30 a.m.–12:30 p.m.</p> <p>Educational Class 1–3 p.m.</p>
<p>9 Strength and balance 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Nutrition 11:45 a.m.–12:45 p.m.</p> <p>Painting workshop 1:30–3:30 p.m.</p>	<p>10 Active stretch 8:30–9:30 a.m.</p> <p>Tai chi 10–11 a.m.</p> <p>Jewelry class 11:30 a.m.–12:30 p.m.</p> <p>Conversational Spanish 1–3 p.m.</p>	<p>11 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Mindfulness and meditation 11:30 a.m.–12:30 p.m.</p> <p>Movie afternoon 1–3 p.m.</p>	<p>12 Stand, sit & be fit 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>Technology class 1–2:30 p.m.</p>	<p>13 Circuit training 8:30–9:30 a.m.</p> <p>Yoga 10–11 a.m.</p> <p>Latin dance 11:30 a.m.–12:30 p.m.</p> <p>Arts & crafts project 1–3 p.m.</p>
<p>16</p> <p><i>Closed for the holiday</i></p>	<p>17 Active stretch 8:30–9:30 a.m.</p> <p>Tai chi 10–11 a.m.</p> <p>Jewelry class 11:30 a.m.–12:30 p.m.</p> <p>Conversational Spanish 1–3 p.m.</p>	<p>18 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Mindfulness and meditation 11:30 a.m.–12:30 p.m.</p> <p>Movie afternoon 1–3 p.m.</p>	<p>19 Stand, sit & be fit 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>Technology class 1–2:30 p.m.</p>	<p>20 Circuit training 8:30–9:30 a.m.</p> <p>Yoga 10–11 a.m.</p> <p>Latin dance 11:30 a.m.–12:30 p.m.</p> <p>Medicare 101* 1–3 p.m.</p>
<p>23 Strength and balance 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Nutrition 11:45 a.m.–12:45 p.m.</p> <p>Painting workshop 1:30–3:30 p.m.</p>	<p>24 Active stretch 8:30–9:30 a.m.</p> <p>Tai chi 10–11 a.m.</p> <p>Jewelry class 11:30 a.m.–12:30 p.m.</p> <p>Conversational Spanish 1–3 p.m.</p>	<p>25 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Mindfulness and meditation 11:30 a.m.–12:30 p.m.</p> <p>Movie afternoon 1–3 p.m.</p>	<p>26 Stand, sit & be fit 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>Technology class 1–2:30 p.m.</p> <p>Birthday celebration 3–4 p.m.</p>	<p>27 Circuit training 8:30–9:30 a.m.</p> <p>Yoga 10–11 a.m.</p> <p>Latin dance 11:30 a.m.–12:30 p.m.</p> <p>Arts & crafts project 1–3 p.m.</p>
<p>30 Strength and balance 8:30–9:30 a.m.</p> <p>BrainSavers 10–11 a.m.</p> <p>Nutrition 11:45 a.m.–12:45 p.m.</p> <p>Painting workshop 1:30–3:30 p.m.</p>	<p>31 Active stretch 8:30–9:30 a.m.</p> <p>Tai chi 10–11 a.m.</p> <p>Jewelry class 11:30 a.m.–12:30 p.m.</p> <p>Conversational Spanish 1–3 p.m.</p>	<p>*Meet a Medicare broker. This event is for educational purposes only. For accommodations of persons with special needs at meetings call 1-505-262-7000, TTY 711.</p> <p>All classes at the Optum Community Center in Albuquerque are open to the general public ages 55+ at no cost. Programing developed for people age 55+.</p>		

February 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Dance fitness 8:30–9:30 a.m. BrainSavers 10–11 a.m. Mindfulness and meditation 11:30 a.m.–12:30 p.m. Movie afternoon 1–3 p.m.	2 Stand, sit & be fit 8:30–9:30 a.m. Pilates 10–11 a.m. LifeBio 11:30 a.m.–12:30 p.m. Technology class 1–2:30 p.m.	3 Circuit training 8:30–9:30 a.m. Yoga 10–11 a.m. Latin dance 11:30 a.m.–12:30 p.m. Educational Class 1–3 p.m.
6 Strength and balance 8:30–9:30 a.m. BrainSavers 10–11 a.m. Nutrition 11:45 a.m.–12:45 p.m. Painting workshop 1:30–3:30 p.m.	7 Active stretch 8:30–9:30 a.m. Tai chi 10–11 a.m. Jewelry class 11:30 a.m.–12:30 p.m. Conversational Spanish 1–3 p.m.	8 Dance fitness 8:30–9:30 a.m. BrainSavers 10–11 a.m. Mindfulness and meditation 11:30 a.m.–12:30 p.m. Movie afternoon 1–3 p.m.	9 Stand, sit & be fit 8:30–9:30 a.m. Pilates 10–11 a.m. LifeBio 11:30 a.m.–12:30 p.m. Technology class 1–2:30 p.m.	10 Circuit training 8:30–9:30 a.m. Yoga 10–11 a.m. Latin dance 11:30 a.m.–12:30 p.m. Arts & crafts project 1–3 p.m.
13 Strength and balance 8:30–9:30 a.m. BrainSavers 10–11 a.m. Nutrition 11:45 a.m.–12:45 p.m. Painting workshop 1:30–3:30 p.m.	14 Active stretch 8:30–9:30 a.m. Tai chi 10–11 a.m. Jewelry class 11:30 a.m.–12:30 p.m. Conversational Spanish 1–3 p.m.	15 Dance fitness 8:30–9:30 a.m. BrainSavers 10–11 a.m. Mindfulness and meditation 11:30 a.m.–12:30 p.m. Movie afternoon 1–3 p.m.	16 Stand, sit & be fit 8:30–9:30 a.m. Pilates 10–11 a.m. LifeBio 11:30 a.m.–12:30 p.m. Technology class 1–2:30 p.m.	17 Circuit training 8:30–9:30 a.m. Yoga 10–11 a.m. Latin dance 11:30 a.m.–12:30 p.m. Medicare 101* 1–3 p.m.
20 Strength and balance 8:30–9:30 a.m. BrainSavers 10–11 a.m. Nutrition 11:45 a.m.–12:45 p.m. Painting workshop 1:30–3:30 p.m.	21 Active stretch 8:30–9:30 a.m. Tai chi 10–11 a.m. Jewelry class 11:30 a.m.–12:30 p.m. Conversational Spanish 1–3 p.m.	22 Dance fitness 8:30–9:30 a.m. BrainSavers 10–11 a.m. Mindfulness and meditation 11:30 a.m.–12:30 p.m. Movie afternoon 1–3 p.m.	23 Stand, sit & be fit 8:30–9:30 a.m. Pilates 10–11 a.m. LifeBio 11:30 a.m.–12:30 p.m. Technology class 1–2:30 p.m. Birthday celebration 3–4 p.m.	24 Circuit training 8:30–9:30 a.m. Yoga 10–11 a.m. Latin dance 11:30 a.m.–12:30 p.m. Arts & crafts project 1–3 p.m.
27 Strength and balance 8:30–9:30 a.m. BrainSavers 10–11 a.m. Nutrition 11:45 a.m.–12:45 p.m. Painting workshop 1:30–3:30 p.m.	28 Active stretch 8:30–9:30 a.m. Tai chi 10–11 a.m. Jewelry class 11:30 a.m.–12:30 p.m. Conversational Spanish 1–3 p.m.			

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Dance fitness 8:30–9:30 a.m. BrainSavers 10–11 a.m. Mindfulness and meditation 11:30 a.m.–12:30 p.m. Movie afternoon 1–3 p.m.	2 Stand, sit & be fit 8:30–9:30 a.m. Pilates 10–11 a.m. LifeBio 11:30 a.m.–12:30 p.m. Technology class 1–2:30 p.m.	3 Circuit training 8:30–9:30 a.m. Yoga 10–11 a.m. Latin dance 11:30 a.m.–12:30 p.m. Educational class 1–3 p.m.
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Optum Community Center | Albuquerque

We offer no-cost classes and events to help improve physical, mental and emotional health.

We offer dozens of ways to get you going and keep you connected with others who are age 55+ in your community, such as:

- Fitness classes like yoga and Latin dancing
- Presentations on diabetes, hearing loss, healthy minds, Medicare and more
- Fun activities like art classes, movie afternoons and parties

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



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.



For questions

Call **1-505-254-6500**, TTY **711**.



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Optum Community Center

4010 Montgomery Blvd. NE
Albuquerque, NM 87109

Optum Community Center | Albuquerque

Address:

Optum Community Center
4010 Montgomery Blvd. NE
Albuquerque, NM 87109

Hours:

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

Contact:

1-505-254-6500, TTY 711
nm.optum.com

In case of a medical emergency, please dial 911.



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