

Classes and special events spotlight

Medicare 101

Please call for dates

Are you eligible for Medicare or will be soon?

Join us for an overview of your Medicare choices.

RSVP to **1-702-677-3055**, TTY **711**.

RSVP

This class is also offered in Spanish on the same days at 3:30-4:30 p.m.

Medicare Advantage Plan Seminar

Please call for dates

Still have Medicare questions? A licensed sales agent will give more information. They'll also help with applications. RSVP to **1-702-677-3055**, TTY **711**.

RSVP

This class is also offered in Spanish on the same days at 3:30-4:30 p.m.

Cooking Demonstration

April 1, May 6, June 3, 11:30 a.m.-1 p.m.

Join us once a month for fast, easy, low cost, one pot, one pan meals. **RSVP required.**

RSVP

Golden Line Dancing

Thursdays, 10:30-11:30 a.m.

Get moving with fun and easy line dances. These help with gaining range of motion with a flair of cardio.

Kung Fu Fitness

Mondays, 11:30 a.m.-12:30 p.m.

Exercises influenced by martial arts. These help with balance and lower the risk of falls with a zest of cardio.

Scam Awareness

April 8, 12-1 p.m.

Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud.

RSVP

AARP Home Fit

May 6, 12-1 p.m.

Smart ways to make a home or apartment comfortable, safe, and a great fit for anyone.

Advance Directive

April 28, 1:30-2:30 p.m.

Self Defense

June 4, 12-1 p.m.

Come and socialize with us in these classes

Bingo/Birthday

May 9, June 13; 11:30 a.m.-1 p.m.

Book Club

Thursdays, 9:30-10:30 a.m.

Community Support

Tuesdays, 1-2 p.m.

Color Expression Art

Thursdays, 10:30 a.m.-12:30 p.m.

Games

Daily, 8 a.m.-3:30 p.m.

Intro to Beading (RSVP)

2nd and 3rd Thursdays

10:30 a.m.-12:30 p.m.

Technology 1:1

April 10, May 8, June 12

10:30-11:30 a.m.

Technology Group

April 17, May 15, June 19

10:30-11:30 a.m.



It's the new year. Schedule your annual wellness visit. You could get a \$50 gift card for completing this important screening.

Call **1-702-797-2353**, TTY **711**, to make an appointment.

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[instagram.com/southwestmedically](https://www.instagram.com/southwestmedically)

Optum

Optum Community Center – East

5820 S. Eastern Ave., Ste. 100

Las Vegas, NV 89119

Optum Community Center – East

Address:

Optum Community Center

5820 S. Eastern Ave., Ste. 100

Las Vegas, NV 89119

Hours:

Monday–Friday: 8 a.m.–4 p.m.

Saturday and Sunday: closed

Contact:

1-702-797-2376, TTY 711

optumnv.com/community-centers

In case of a medical emergency, please dial 911.



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East

Optum Community Center activity calendar

April–June 2025

Stay active, be healthy and build relationships in a place where you belong.

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