Classes and special events spotlight

Medicare 101

Please call for dates

Medicare 101 Spanish

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**.

Medicare Advantage Plan Seminar

Please call for dates

Medicare Advantage Plan Seminar Spanish

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**.

Cooking Demonstration

April 1, May 5, June 2 11:30 a.m.-1 p.m. Join us once a month for fast, easy, low cost,

one pot, one pan meals. RSVP required.

Grief Support

Tuesdays, 1-2:30 p.m.

AARP Public Benefits for Older Adults

May 7, 12-1 p.m.

Scam Awareness

April 2, 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 against fraud.

Self Defense

June 14, 12-1 p.m.

Optum

Optum Community Center - West

8670 W. Cheyenne Ave., Ste. 105 Las Vegas, NV 89129

Come and socialize with us in these classes

Beading

3rd and 4th Tuesday 10 a.m.-12 p.m.

May 14, June 11; 12-1 p.m.

Birthday Celebration

May 14, June 11; 12-1 p.m.

Bridge

Mondays and Thursdays 11 a.m.-3:30 p.m.

Community Support

Thursdays, 1-2 p.m.

Games

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

Intro: to Beading (RSVP)

2nd and 3rd Thursdays 10 a.m.-12 p.m.

Knitting

Mondays, Wednesdays and Fridays

Technology 1:1

April 1, May 6, June 3 12:30-1:30 p.m.

Technology Group

8670 W. Cheyenne Ave., Ste. 105 April 15, May 20, June 17 Las Vegas, NV 89129 2:30-3:30 p.m.

Hours:

Address:

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

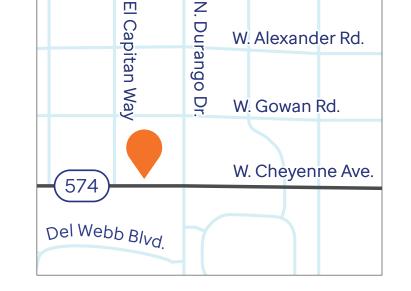
Optum Community Center

Contact:

1-702-677-3055, TTY 711 optumnv.com/community-centers

In case of a medical emergency, please dial 911.

Optum Community Center - West



Z

Any person depicted in the stock image is a model.

Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other trademarks are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer. © 2025 Optum, Inc. All rights reserved. 15748140 334813-012025

West

Optum Community Center activity calendar

April-June 2025

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





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

Call 1-702-750-3425, TTY 711, to make an appointment.

Like us on Facebook and Instagram.

facebook.com/ **SMAL**asVegas

southwestmedically

April 2025 West May 2025 June 2025 West

April 2025				west	_	May 2025			
Monday	Tuesday	Wednesday	Thursday	Friday		Monday	Tuesday	Wednesday	Thursday
	8:30-9:30 a.m.	Conditioning 8:30-9:30 a.m.	Zumba Toning 8:30–9:30 a.m.	Chair Yoga 8:30-9:30 a.m.		To see the full calen	ndar, visit		Zumba Toning 8:30-9:30 a.m.
	Stretch & Meditation 9:30-10:30 a.m.	Dance Fusion 9:30-10:30 a.m.	Arthritis Program 9:30-10:30 a.m.	Chair Aerobics 9:30-10:30 a.m.		optumnv.com/com	nmunity-centers		Arthritis Program 9:30-10:30 a.m.
	Strength & Balance 10:30-11:30 a.m. Sound Healing	Music & Movement 11 a.m12 p.m.	Strength & Endurance 10:30-11:30 a.m.	Core Strength 10:30-11:30 a.m.		To RSVP, call 1-702-	797-2376, TTY 711 .		Strength & Endura 10:30-11:30 a.m.
	11:30 a.m12:30 p.m.	Brain Trainers 1-2 p.m.	Canasta 12-3:30 p.m.	Beginner Line Dancing 12-1 p.m.		All classes at the Op	otum Community Cer	nter - West	Canasta 12-3:30 p
	Graceful Movers 12:30-1:30 p.m.	Art 1-3 p.m.	Bridge 12-3:30 p.m.	Dominoes 12–3:30 p.m.		are open to the gen	eral public at no cost	- 	Bridge 12-3:30 p.n
	Book Club 1:30-2:30 p.m. Mat Pilates 1:30-2:30 p.m.	Golden Line Dancing 2-3 p.m.	Community Support Group 1–2 p.m.	Intermediate Line Dancing 1-2 p.m.		Classes geared tow	ard the 55+ commur	nity.	Community Supp Group 1-2 p.m.
Chair Yoga 7 8:30–9:30 a.m.	8:30-9:30 a.m.	8:30-9:30 a.m.	Zumba Toning 8:30–9:30 a.m. 10	Chair Yoga 8:30-9:30 a.m.	L	Chair Yoga 8:30-9:30 a.m. 5	8:30-9:30 a.m.	Conditioning 8:30-9:30 a.m.	Zumba Toning 8:30-9:30 a.m.
Zumba Gold® 9:30-10:30 a.m.	Stretch & Meditation 9:30-10:30 a.m.	Dance Fusion 9:30-10:30 a.m.	Arthritis Program 9:30–10:30 a.m.	Chair Aerobics 9:30–10:30 a.m.		Zumba Gold ® 9:30-10:30 a.m.	Stretch & Meditation 9:30-10:30 a.m.	Dance Fusion 9:30-10:30 a.m.	Arthritis Program 9:30–10:30 a.m.
Seated Tai Chi	Strength & Balance 10:30-11:30 a.m.	Music & Movement 11 a.m12 p.m.	Strength & Endurance	Core Strength		Seated Tai Chi	Strength & Balance 10:30-11:30 a.m.	Music & Movement	Strength & Endura
10:30-11:30 a.m. Cooking	Yoga Barre	Bingo 12-2 p.m.	10:30-11:30 a.m.	10:30-11:30 a.m. Beginner Line Dancing		10:30-11:30 a.m. Cooking	Sound Healing 11:30 a.m12:30 p.m.	11 a.m12 p.m.	10:30-11:30 a.m.
11:30 a.m1 p.m.	11:30 a.m12:30 p.m. Graceful Movers	Spring Potluck 12-2 p.m. Brain Trainers 1-2 p.m.	Canasta 12–3:30 p.m.	12-1 p.m.		11:30 a.m1 p.m.	Graceful Movers	Brain Trainers 1-2 p.m.	Canasta 12-3:30 p
Meditate 12-1 p.m. Mahjong 12-3:30 p.m.	12:30-1:30 p.m. Mat Pilates	Art 1-3 p.m. Golden Line Dancing	Bridge 12-3:30 p.m. Community Support	Dominoes 12–3:30 p.m. Intermediate Line		Meditate 12-1 p.m. Mahjong 12-3:30 p.m.	12:30-1:30 p.m. Book Club 1:30-2:30 p.m.	Art 1-3 p.m. Golden Line Dancing	Bridge 12–3:30 p.n Community Supp
Brain Trainers 1-2 p.m.	1:30-2:30 p.m.	2-3 p.m.	Group 1–2 p.m.	Dancing 1-2 p.m.		Brain Trainers 1-2 p.m.	Mat Pilates 1:30-2:30 p.m.	2-3 p.m.	Group 1-2 p.m.
Chair Yoga 8:30-9:30 a.m.	8:30-9:30 a.m.	Conditioning 8:30-9:30 a.m.	Zumba Toning 8:30-9:30 a.m.	Chair Yoga 8:30-9:30 a.m.	3	Chair Yoga 8:30-9:30 a.m.	Chair Aerobics 8:30-9:30 a.m.	Celebration (all day).	Zumba Toning 8:30-9:30 a.m.
Zumba Gold®	Stretch & Meditation 9:30-10:30 a.m.	Dance Fusion 9:30-10:30 a.m.	Arthritis Program 9:30-10:30 a.m.	Chair Aerobics 9:30-10:30 a.m.		Zumba Gold ® 9:30-10:30 a.m.	Stretch & Meditation 9:30-10:30 a.m.	Conditioning 8:30-9:30 a.m.	Arthritis Program 9:30-10:30 a.m.
9:30-10:30 a.m. Seated Tai Chi	Strength & Balance 10:30-11:30 a.m.	Music & Movement	Strength & Endurance	Core Strength		9.50-10.50 a.m. Seated Tai Chi	Strength & Balance 10:30-11:30 a.m.	Dance Fusion 9:30-10:30 a.m.	Strength & Endura
10:30-11:30 a.m.	Sound Healing	11 a.m12 p.m.	10:30-11:30 a.m.	10:30-11:30 a.m. Beginner Line Dancing		10:30-11:30 a.m.	Yoga Barre	Music & Movement 11 a.m12 p.m.	10:30-11:30 a.m.
Meditate	11:30 a.m12:30 p.m. Graceful Movers	Brain Trainers 1-2 p.m.	Canasta 12-3:30 p.m.	12-1 p.m.		Meditate	11:30 a.m12:30 p.m. Graceful Movers	Bingo 12-1 p.m.	Canasta 12-3:30 p
12-1 p.m.	12:30-1:30 p.m.	Art 1-3 p.m.	Bridge 12–3:30 p.m.	Dominoes 12–3:30 p.m.		12-1 p.m. Brain Trainers	12:30-1:30 p.m.	Brain Trainers 1-2 p.m. Art 1-3 p.m.	Bridge 12–3:30 p.n
Brain Trainers 1-2 p.m.	Book Club 1:30-2:30 p.m. Mat Pilates 1:30-2:30 p.m.	Golden Line Dancing 2-3 p.m.	Community Support Group 1–2 p.m.	Intermediate Line Dancing 1-2 p.m.		1-2 p.m.	Mat Pilates 1:30-2:30 p.m.	Golden Line Dancing 2-3 p.m.	Community Supp Group 1–2 p.m.
Chair Yoga 21 8:30-9:30 a.m.	Chair Aerobics 8:30-9:30 a.m.	Conditioning 8:30-9:30 a.m.	Zumba Toning 8:30-9:30 a.m.	Chair Yoga 8:30-9:30 a.m.	5	Chair Yoga 19 8:30-9:30 a.m.	Chair Aerobics 8:30-9:30 a.m.	Conditioning 8:30-9:30 a.m.	Zumba Toning 8:30-9:30 a.m.
Zumba Gold®	Stretch & Meditation 9:30-10:30 a.m.	Dance Fusion	Arthritis Program 9:30–10:30 a.m.	Chair Aerobics		Zumba Gold®	Stretch & Meditation 9:30-10:30 a.m.	Dance Fusion	Arthritis Program
9:30-10:30 a.m. Seated Tai Chi	Strength & Balance 10:30-11:30 a.m.	9:30-10:30 a.m. Music & Movement	Advance Directives 10-11 a.m.	9:30-10:30 a.m. Core Strength		9:30-10:30 a.m. Seated Tai Chi	Strength & Balance 10:30-11:30 a.m.	9:30-10:30 a.m. Music & Movement	9:30-10:30 a.m. Strength & Endura
10:30-11:30 a.m.	Yoga Barre	11 a.m12 p.m.	Strength & Endurance	10:30-11:30 a.m.		10:30-11:30 a.m.	Sound Healing	11 a.m12 p.m.	10:30-11:30 a.m.
Meditate	11:30 a.m12:30 p.m. Graceful Movers	Brain Trainers 1-2 p.m.	10:30-11:30 a.m. Canasta 12-3:30 p.m.	Beginner Line Dancing 12-1 p.m.		Meditate	11:30 a.m12:30 p.m. Graceful Movers	Brain Trainers 1-2 p.m.	Canasta 12-3:30 p
12-1 p.m.	12:30-1:30 p.m.	Art 1-3 p.m.	Bridge 12-3:30 p.m.	Dominoes 12-3:30 p.m.		12-1 p.m.	12:30-1:30 p.m.	Art 1–3 p.m.	Bridge 12–3:30 p.n
Brain Trainers 1-2 p.m.	Mat Pilates 1:30–2:30 p.m.	Golden Line Dancing 2-3 p.m.	Community Support Group 1–2 p.m.	Intermediate Line Dancing 1-2 p.m.		Brain Trainers 1–2 p.m.	Book Club 1:30–2:30 p.m. Mat Pilates 1:30–2:30 p.m.	Golden Line Dancing 2-3 p.m.	Community Supp Group 1–2 p.m.
Chair Yoga 28 8:30-9:30 a.m.	Chair Aerobics 8:30-9:30 a.m. 29	Conditioning 8:30-9:30 a.m.)			26	8:30-9:30 a.m.	Conditioning 8:30-9:30 a.m.	Zumba Toning 8:30-9:30 a.m.
Zumba Gold® 9:30-10:30 a.m.	Stretch & Meditation 9:30–10:30 a.m.	Dance Fusion 9:30-10:30 a.m.				Closed for	Stretch & Meditation 9:30-10:30 a.m.	Dance Fusion 9:30-10:30 a.m.	Arthritis Program 9:30-10:30 a.m.
Seated Tai Chi	Strength & Balance 10:30-11:30 a.m.	Music & Movement 11 a.m12 p.m.				Closed for the holiday	Strength & Balance 10:30-11:30 a.m.	Music & Movement 11 a.m12 p.m.	Strength & Endura 10:30-11:30 a.m.
10:30-11:30 a.m. Meditate	Graceful Movers 12:30-1:30 p.m.	Brain Trainers 1-2 p.m.					Yoga Barre 11:30 a.m12:30 p.m.	Brain Trainers 1-2 p.m.	Canasta 12–3:30 p
12-1 p.m.	Book Club	Art 1-3 p.m.					Graceful Movers 12:30-1:30 p.m.	Art 1-3 p.m.	Bridge 12–3:30 p.m
Brain Trainers	1:30-2:30 p.m. Mat Pilates	Golden Line Dancing					Mat Pilates	Golden Line Dancing	Community Supp
1-2 p.m.	1:30-2:30 p.m.	2-3 p.m.					1:30-2:30 p.m.	2-3 p.m.	Group 1-2 p.m.

y 2025				West	
Monday	Tuesday	Wednesday	Thursday	Friday	
see the full calen	dar. visit		Zumba Toning 8:30-9:30 a.m.	Chair Yoga 2 8:30–9:30 a.m.	
	munity-centers	Arthritis Program 9:30–10:30 a.m.	Chair Aerobics 9:30-10:30 a.m.		
RSVP, call 1-702- 7	797-2376, TTY 711.	Strength & Endurance 10:30-11:30 a.m.	Core Strength 10:30-11:30 a.m.		
classes at the Op	tum Community Cer	nter - West	Canasta 12-3:30 p.m.	Beginner Line Dancing 12-1 p.m.	
open to the gen	eral public at no cost.	Bridge 12-3:30 p.m.	Dominoes 12–3:30 p.m.		
sses geared tow	ard the 55+ commun	Community Support Group 1–2 p.m. Intermediate Line Dancing 1–2 p.m.			
ir Yoga -9:30 a.m.	Chair Aerobics 6 8:30–9:30 a.m.	Conditioning 8:30-9:30 a.m.	Zumba Toning 8:30-9:30 a.m.	Chair Yoga 9 8:30–9:30 a.m.	
nba Gold® 0-10:30 a.m.	9:30-10:30 a.m. Strength & Balance	Dance Fusion 9:30-10:30 a.m.	Arthritis Program 9:30–10:30 a.m.	Chair Aerobics 9:30-10:30 a.m.	
ted Tai Chi 0-11:30 a.m. king	10:30-11:30 a.m. Sound Healing	Music & Movement 11 a.m12 p.m.	Strength & Endurance 10:30-11:30 a.m.	Core Strength 10:30-11:30 a.m. Beginner Line Dancing	
0 a.m1 p.m.	11:30 a.m12:30 p.m. Graceful Movers	Brain Trainers 1-2 p.m.	Canasta 12–3:30 p.m.	12-1 p.m. Dominoes 12-3:30 p.m. Intermediate Line	
litate 12-1 p.m. njong 12-3:30 p.m.	12:30-1:30 p.m.	Art 1-3 p.m.	Bridge 12-3:30 p.m. Community Support		
n Trainers 1-2 p.m.	Book Club 1:30-2:30 p.m. Mat Pilates 1:30-2:30 p.m.	Golden Line Dancing 2-3 p.m.	Group 1-2 p.m.	Dancing 1-2 p.m.	
ir Yoga 12 -9:30 a.m.	Chair Aerobics 8:30-9:30 a.m. Stretch & Meditation	Birthday Celebration (all day). Conditioning	8:30-9:30 a.m.	Chair Yoga 16 8:30–9:30 a.m.	
n ba Gold ® 1-10:30 a.m.	9:30-10:30 a.m.	8:30-9:30 a.m. Dance Fusion	Arthritis Program 9:30-10:30 a.m.	Chair Aerobics 9:30–10:30 a.m.	
ted Tai Chi	Strength & Balance 10:30-11:30 a.m.	9:30-10:30 a.m. Music & Movement	Strength & Endurance	Core Strength 10:30-11:30 a.m.	
0-11:30 a.m.	Yoga Barre 11:30 a.m12:30 p.m.	11 a.m12 p.m.	10:30-11:30 a.m. Canasta 12-3:30 p.m.	Beginner Line Dancing	
litate .p.m.	Graceful Movers	Bingo 12-1 p.m. Brain Trainers 1-2 p.m.	Bridge 12–3:30 p.m.	12-1 p.m. Dominoes 12-3:30 p.m.	
n Trainers o.m.	12:30-1:30 p.m. Mat Pilates 1:30-2:30 p.m.	Art 1-3 p.m. Golden Line Dancing 2-3 p.m.	Community Support Group 1-2 p.m.	Intermediate Line Dancing 1-2 p.m.	
ir Yoga 19 1-9:30 a.m.	·			Chair Yoga 23 8:30-9:30 a.m.	
n ba Gold ® 0-10:30 a.m.	Stretch & Meditation 9:30-10:30 a.m.	Dance Fusion 9:30-10:30 a.m.	Arthritis Program 9:30-10:30 a.m.	Chair Aerobics 9:30-10:30 a.m.	
ted Tai Chi 0-11:30 a.m.	Strength & Balance 10:30-11:30 a.m. Sound Healing	Music & Movement 11 a.m12 p.m.	Strength & Endurance 10:30-11:30 a.m.	Core Strength 10:30-11:30 a.m.	
litate	11:30 a.m12:30 p.m.	Brain Trainers 1-2 p.m.	Canasta 12–3:30 p.m.	Beginner Line Dancing 12-1 p.m. Dominoes 12-3:30 p.m. Intermediate Line Dancing 1-2 p.m.	
p.m.	Graceful Movers 12:30-1:30 p.m.	Art 1-3 p.m.	Bridge 12-3:30 p.m.		
n Trainers o.m.	Book Club 1:30-2:30 p.m. Mat Pilates 1:30-2:30 p.m.	Golden Line Dancing 2–3 p.m.	Community Support Group 1–2 p.m.		
26	8:30-9:30 a.m.	Conditioning 8:30-9:30 a.m.	Zumba Toning 8:30-9:30 a.m. 29	Chair Yoga 8:30-9:30 a.m.	
Closed for	Stretch & Meditation 9:30-10:30 a.m. Strength & Balance 10:30-11:30 a.m. Yoga Barre 11:30 a.m12:30 p.m. Graceful Movers 12:30-1:30 p.m.	Dance Fusion 9:30-10:30 a.m.	Arthritis Program 9:30-10:30 a.m.	Chair Aerobics 9:30-10:30 a.m.	
the holiday		Music & Movement 11 a.m12 p.m.	Strength & Endurance 10:30-11:30 a.m.	Core Strength 10:30-11:30 a.m.	
		Brain Trainers 1–2 p.m.	Canasta 12-3:30 p.m.	Beginner Line Dancing 12-1 p.m.	
		Art 1-3 p.m.	Bridge 12-3:30 p.m. Community Support	Dominoes 12-3:30 p.m. Intermediate Line Dancing 1-2 p.m.	
	Mat Pilates 1:30–2:30 p.m.	Golden Line Dancing 2-3 p.m.	Group 1-2 p.m.		

8:30-9:30 a.m. 8:30	June 2025					West
8:30-9:30 a.m. 8:30	Monday		Tuesday	Wednesday	Thursday	Friday
8:30-9:30 a.m. 8:30-9:30 a.m. Celebration (all day) conditioning 8:30-9:30 a.m. Chair Aerobics 9:30-10:30 a.m. 8:30-9:30 a.m. 8:30-9:30 a.m. Chair Aerobics 9:30-10:30 a.m. 8:30-9:30 a.m. Core Strength 10:30-11:30 a.m. Dominoes 12-3:30 p.m. Core Strength 10:30-11:30 a.m. Core Strength 10:30-11:30 a.m. Dominoes 12-3:30 p.m. Core Strength 10:30-11:30 a.m. Core Strength 10:30-11:30 a.m. Strength & Endurance 10:30-11:30 a.m. Core Strength 10:30-11:30 a.m. Sain Trainers 1-2 p.m. Endurance 10:30-10:30 a.m. Sain Trainers 1-2 p.m. Endurance 10:30-10:30 a.m. Chair Aerobics 9:30-10:30 a.m. Sain Trainers 1-2 p.m. Chair Aerobics 9:30-10:30 a.m. Sain Trainers 1-2 p.m. Chair Aerobics 9:30-10:	Chair Yoga 8:30-9:30 a.m. Zumba Gold® 9:30-10:30 a.m. Seated Tai Chi 10:30-11:30 a.m. Cooking 11:30 a.m1 p.m. Meditate 12-1 p.m. Mahjong 12-3:30 p.i	m.	Chair Aerobics 8:30-9:30 a.m. Stretch & Meditation 9:30-10:30 a.m. Strength & Balance 10:30-11:30 a.m. Sound Healing 11:30 a.m12:30 p.m. Graceful Movers 12:30-1:30 p.m. Book Club 1:30-2:30 p.m.	Conditioning 8:30-9:30 a.m. Dance Fusion 9:30-10:30 a.m. Music & Movement 11 a.m12 p.m. Brain Trainers 1-2 p.m. Art 1-3 p.m. Golden Line Dancing	Zumba Toning 8:30-9:30 a.m. Arthritis Program 9:30-10:30 a.m. Strength & Endurance 10:30-11:30 a.m. Canasta 12-3:30 p.m. Bridge 12-3:30 p.m. Community Support	Chair Yoga 8:30-9:30 a.m. Chair Aerobics 9:30-10:30 a.m. Core Strength 10:30-11:30 a.m. Beginner Line Dancing 12-1 p.m. Dominoes 12-3:30 p.m. Intermediate Line
Chair Yoga 16 Chair Aerobics 17 Conditioning 18 Zumba Toning 19 Chair Yoga 2 8:30-9:30 a.m. Chair Aerobics 9:30-10:30 a.m. 9:30-10:30 a.m. 9:30-10:30 a.m. Chair Aerobics 9:30-10:30 a.m. 9:30-10:30 a.m. 9:30-10:30 a.m. Core Strength 10:30-11:30 a.m. Core Strength 10:30-11:30 a.m. Beginner Line Dancing 12-1 p.m. Dominoes 12-3:30 p.m. Beginner Line Dancing 12-1 p.m. Dominoes 12-3:30 p.m. Brain Trainers 1-2 p.m. Strength & Endurance 10:30-11:30 a.m. 8:30-9:30 a.m. Strength & Endurance 10:30-11:30 a.m. Strength & Endurance 10	8:30-9:30 a.m. Zumba Gold® 9:30-10:30 a.m. Seated Tai Chi 10:30-11:30 a.m. Meditate 12-1 p.m. Brain Trainers	9	8:30-9:30 a.m. Stretch & Meditation 9:30-10:30 a.m. Strength & Balance 10:30-11:30 a.m. Yoga Barre 11:30 a.m12:30 p.m. Graceful Movers 12:30-1:30 p.m. Mat Pilates	Celebration (all day) Conditioning 8:30-9:30 a.m. Dance Fusion 9:30-10:30 a.m. Music & Movement 11 a.m12 p.m. Bingo 12-1 p.m. Brain Trainers 1-2 p.m. Art 1-3 p.m. Golden Line Dancing	8:30-9:30 a.m. Arthritis Program 9:30-10:30 a.m. Strength & Endurance 10:30-11:30 a.m. Canasta 12-3:30 p.m. Bridge 12-3:30 p.m. Community Support	8:30-9:30 a.m. Chair Aerobics 9:30-10:30 a.m. Core Strength 10:30-11:30 a.m. Beginner Line Dancing 12-1 p.m. Dominoes 12-3:30 p.m. Intermediate Line
Chair Yoga 23 Chair Aerobics 24 Conditioning 25 Zumba Toning 26 Chair Yoga 28:30-9:30 a.m. Zumba Gold® 8:30-9:30 a.m. Chair Yoga 8:30-9:30 a.m. 8:30-9:30 a.m. 8:30-9:30 a.m. Chair Aerobics 9:30-10:30 a.m. 9:30-10:30 a.m. 9:30-10:30 a.m. Core Strength 10:30-11:30 a.m. Core Strength 10:30-11:30 a.m. Beginner Line Dancing 12-1 p.m. Bridge 12-3:30 p.m. Rridge 12-3:30 p.m. Rridge 12-3:30 p.m. 12-1 p.m. Rridge 12-3:30 p.m. 12-1 p.m.	8:30-9:30 a.m. Zumba Gold® 9:30-10:30 a.m. Seated Tai Chi 10:30-11:30 a.m. Meditate 12-1 p.m. Brain Trainers	16	8:30-9:30 a.m. Stretch & Meditation 9:30-10:30 a.m. Strength & Balance 10:30-11:30 a.m. Sound Healing 11:30 a.m12:30 p.m. Graceful Movers 12:30-1:30 p.m. Book Club 1:30-2:30 p.m.	8:30-9:30 a.m. Dance Fusion 9:30-10:30 a.m. Music & Movement 11 a.m12 p.m. Brain Trainers 1-2 p.m. Art 1-3 p.m. Golden Line Dancing	8:30-9:30 a.m. Arthritis Program 9:30-10:30 a.m. Strength & Endurance 10:30-11:30 a.m. Canasta 12-3:30 p.m. Bridge 12-3:30 p.m. Community Support	8:30-9:30 a.m. Chair Aerobics 9:30-10:30 a.m. Core Strength 10:30-11:30 a.m. Beginner Line Dancing 12-1 p.m. Dominoes 12-3:30 p.m. Intermediate Line
Brain Trainers 1-2 p.m. Mat Pilates 1:30-2:30 p.m. Golden Line Dancing 2-3 p.m. Chair Yoga Golden Line Dancing 2-3 p.m. Group 1-2 p.m. Domindes 12 3.30 p.m. Intermediate Line Dancing 1-2 p.m.	8:30-9:30 a.m. Zumba Gold® 9:30-10:30 a.m. Seated Tai Chi 10:30-11:30 a.m. Meditate 12-1 p.m. Brain Trainers 1-2 p.m.		8:30-9:30 a.m. Stretch & Meditation 9:30-10:30 a.m. Strength & Balance 10:30-11:30 a.m. Yoga Barre 11:30 a.m12:30 p.m. Graceful Movers 12:30-1:30 p.m. Mat Pilates	8:30-9:30 a.m. Dance Fusion 9:30-10:30 a.m. Music & Movement 11 a.m12 p.m. Brain Trainers 1-2 p.m. Art 1-3 p.m. Golden Line Dancing	8:30-9:30 a.m. Arthritis Program 9:30-10:30 a.m. Strength & Endurance 10:30-11:30 a.m. Canasta 12-3:30 p.m. Bridge 12-3:30 p.m. Community Support	8:30-9:30 a.m. Chair Aerobics 9:30-10:30 a.m. Core Strength 10:30-11:30 a.m. Beginner Line Dancing 12-1 p.m. Dominoes 12-3:30 p.m. Intermediate Line

Zumba Gold® 9:30-10:30 a.m. Seated Tai Chi 10:30-11:30 a.m.

Meditate 12-1 p.m.

1-2 p.m.

Brain Trainers