

## Featured events at Optum Community Center – Converge

### Staying Healthy & Active After 55 July 9, August 13, September 10 11–12 p.m.

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

- **July 9: Stroke**  
Learn from one of our providers about stroke prevention and spotting the signs of stroke.
- **August 13: Fall Prevention**  
One of our providers will discuss ways to help improve your balance to help prevent falls.
- **September 10: Vaccines**  
We will discuss recommended vaccines and answer questions you have about immunizations.

### Arthritis Foundation Exercise Program Tuesdays and Thursdays: 8:30–9:30 a.m.

The AFEP is open to participants of all ability levels with or without arthritis. This class is a low-impact exercise to help reduce pain, fatigue, and stiffness.

### Iced Coffee July 24, August 28, September 25 12–1 p.m.

Join Health & Wellness Advisors for an iced coffee.

### Autumn Party & Health Fair Friday, September 13 1st: 9–11 a.m. 2nd: 1–3 p.m.

All classes canceled. Fitness Center closed. Please join us for one session. Refreshments and activities will be provided.

### NEW! Grief & Loss Support Group July 23, August 27, September 24 11–12 p.m.

This support group is led by the team of professionals who teach Healthy Minds. All are welcome to this safe space.

### Health & Wellness Advisors July 10: What's Next: Assisted Living August 14: What's Next: Hospice September 11: Veteran Benefits 12–1 p.m.

Learn more about wellness resources from a licensed insurance agent.

### Tai Chi Mondays and Wednesdays 12:15–1:15 p.m.

This class consists of slow, gentle flowing movements aimed at reducing stress. Meet others and be active in a health-focused environment.



### Optum Community Center | Converge

3650 Broadway Blvd.  
Kansas City, MO 64111



## Optum Community Center | Converge

### Address:

Optum Community Center | Converge  
3650 Broadway Blvd.  
Kansas City, MO 64111

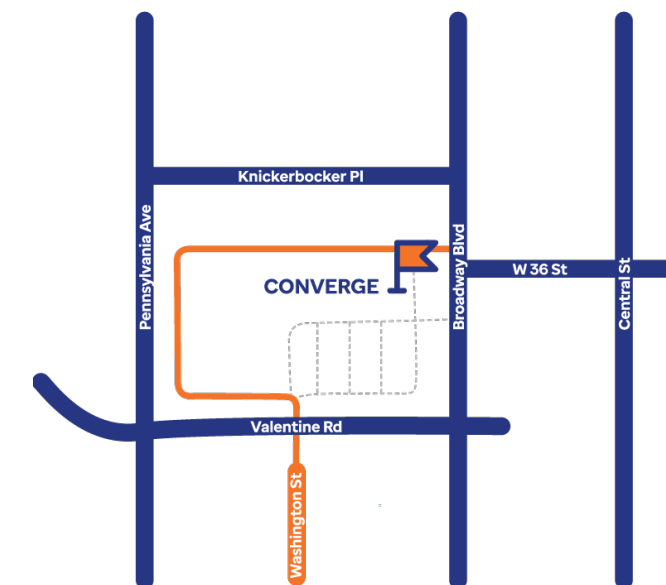
### Hours:

Monday–Thursday: 8 a.m.–6 p.m.  
Friday: 8 a.m.–4 p.m.  
Saturday and Sunday: closed

### Contact:

1-816-240-6045, TTY 711  
[OptumKC.com](https://www.optumkc.com)

**In case of a medical emergency, please dial 911.**



[optum.com](https://www.optum.com)

Optum is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names 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.

© 2024 Optum, Inc. All rights reserved.

# Converge

## Optum Community Center activity calendar

July – September 2024

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

### Enjoy our fitness center

Monday – Thursday, 8 a.m. – 6 p.m.  
Friday, 8 a.m. – 4 p.m.

**R.S.V.P.** To RSVP call 1-816-240-6045.

Like us on Facebook [Facebook.com/myOptum](https://www.facebook.com/myOptum)



### All RSVPs will be accepted weekdays from 8 a.m.–4 p.m.

We will accept RSVPs only on weekdays. Only 2 RSVPs allowed per person, per event when you call.



Check out our virtual community center, [optum.com/virtualcommunitycenter](https://www.optum.com/virtualcommunitycenter).



Have you scheduled your Annual Wellness Visit for 2024? You could get a \$75 gift card for completing this important screening. Call 1-816-240-6045, TTY 711.



July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Yoga: All Levels</b> 1 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Dance</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Barre</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 2 8:30-9:30 a.m. <b>Active Stretch</b> 9:45-10:45 a.m. <b>Healthy Minds</b> 11-12 p.m. <b>R.S.V.P.</b> <b>BrainSavers</b> 12:15-1:15 p.m. <b>Arts &amp; Crafts</b> 1:30-3:30 p.m.	<b>Circuit Training</b> 3 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Drumming</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Lifebio</b> 1:30-2:30 p.m. <b>Sound Healing</b> 2:45-3:45 p.m.	Closed for holiday	<b>Functional Strength</b> 5 8:30-9:30 a.m. <b>Chair Yoga</b> 9:45-10:45 a.m. <b>Nutrition</b> 11-12 p.m. <b>Zumba</b> 12:15-1:15 p.m. <b>Art Workshop</b> 1:30-3:30 p.m.
<b>Yoga: All Levels</b> 8 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Dance</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Barre</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 9 8:30-9:30 a.m. <b>Active Stretch</b> 9:45-10:45 a.m. <b>Staying Healthy</b> 11-12 p.m. <b>R.S.V.P.</b> <b>BrainSavers</b> 12:15-1:15 p.m. <b>Arts &amp; Crafts</b> 1:30-3:30 p.m. <b>Technology</b> 2:30-3:30 p.m.	<b>Circuit Training</b> 10 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Drumming</b> 11-12 p.m. <b>What's Next: Assisted Living</b> 12-1 p.m. <b>R.S.V.P.</b> <b>Tai Chi</b> 12:15-1:15 p.m. <b>Lifebio</b> 1:30-2:30 p.m. <b>Book Club</b> 2:45-3:45 p.m.	<b>Arthritis Exercise</b> 11 8:30-9:30 a.m. <b>Meditative Yoga</b> 9:45-10:45 a.m. <b>Stretch &amp; Balance</b> 11-12 p.m. <b>Line Dance</b> 12:15-1:15 p.m. <b>Movie Afternoon</b> 1:30-3:30 p.m.	<b>Functional Strength</b> 12 8:30-9:30 a.m. <b>Chair Yoga</b> 9:45-10:45 a.m. <b>Nutrition</b> 11-12 p.m. <b>Zumba</b> 12:15-1:15 p.m. <b>Art Workshop</b> 1:30-3:30 p.m.
<b>Yoga: All Levels</b> 15 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Dance</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Barre</b> 1:30-2:30 p.m. <b>Blood Drive</b> 2-6 p.m.	<b>Arthritis Exercise</b> 16 8:30-9:30 a.m. <b>Active Stretch</b> 9:45-10:45 a.m. <b>Healthy Minds</b> 11-12 p.m. <b>R.S.V.P.</b> <b>BrainSavers</b> 12:15-1:15 p.m. <b>Arts &amp; Crafts</b> 1:30-3:30 p.m.	<b>Circuit Training</b> 17 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Drumming</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Lifebio</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 18 8:30-9:30 a.m. <b>Meditative Yoga</b> 9:45-10:45 a.m. <b>Stretch &amp; Balance</b> 11-12 p.m. <b>Line Dance</b> 12:15-1:15 p.m. <b>Movie Afternoon</b> 1:30-3:30 p.m.	<b>Functional Strength</b> 19 8:30-9:30 a.m. <b>Chair Yoga</b> 9:45-10:45 a.m. <b>Nutrition</b> 11-12 p.m. <b>1st Anniversary Party</b> 12-1 p.m. <b>R.S.V.P.</b> <b>Zumba</b> 12:15-1:15 p.m. <b>Art Workshop</b> 1:30-3:30 p.m.
<b>Yoga: All Levels</b> 22 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Dance</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Barre</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 23 8:30-9:30 a.m. <b>Active Stretch</b> 9:45-10:45 a.m. <b>Grief &amp; Loss Support Group</b> 11-12 p.m. <b>R.S.V.P.</b> <b>BrainSavers</b> 12:15-1:15 p.m. <b>Arts &amp; Crafts</b> 1:30-3:30 p.m. <b>Technology</b> 2:30-3:30 p.m.	<b>Circuit Training</b> 24 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Drumming</b> 11-12 p.m. <b>Iced Coffee</b> 12-1 p.m. <b>R.S.V.P.</b> <b>Tai Chi</b> 12:15-1:15 p.m. <b>Lifebio</b> 1:30-2:30 p.m. <b>Party Like It's 1959</b> 4-6 p.m. <b>R.S.V.P.</b>	<b>Arthritis Exercise</b> 25 8:30-9:30 a.m. <b>Meditative Yoga</b> 9:45-10:45 a.m. <b>Stretch &amp; Balance</b> 11-12 p.m. <b>Line Dance</b> 12:15-1:15 p.m. <b>Movie Afternoon</b> 1:30-3:30 p.m.	<b>Functional Strength</b> 26 8:30-9:30 a.m. <b>Chair Yoga</b> 9:45-10:45 a.m. <b>Nutrition</b> 11-12 p.m. <b>Zumba</b> 12:15-1:15 p.m. <b>Art Workshop</b> 1:30-3:30 p.m.
<b>Yoga: All Levels</b> 29 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Dance</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Barre</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 30 8:30-9:30 a.m. <b>Active Stretch</b> 9:45-10:45 a.m. <b>Birthday Celebration</b> 11-12 p.m. <b>BrainSavers</b> 12:15-1:15 p.m. <b>Arts &amp; Crafts</b> 1:30-3:30 p.m.	<b>Circuit Training</b> 31 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Drumming</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Lifebio</b> 1:30-2:30 p.m.		

Converge

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>Arthritis Exercise</b> 1 8:30-9:30 a.m. <b>Meditative Yoga</b> 9:45-10:45 a.m. <b>Stretch &amp; Balance</b> 11-12 p.m. <b>Line Dance</b> 12:15-1:15 p.m. <b>Movie Afternoon</b> 1:30-3:30 p.m.	<b>Functional Strength</b> 2 8:30-9:30 a.m. <b>Chair Yoga</b> 9:45-10:45 a.m. <b>Nutrition</b> 11-12 p.m. <b>Zumba</b> 12:15-1:15 p.m. <b>Art Workshop</b> 1:30-3:30 p.m.
<b>Yoga: All Levels</b> 5 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Dance</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Barre</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 6 8:30-9:30 a.m. <b>Active Stretch</b> 9:45-10:45 a.m. <b>Healthy Minds</b> 11-12 p.m. <b>R.S.V.P.</b> <b>BrainSavers</b> 12:15-1:15 p.m. <b>Arts &amp; Crafts</b> 1:30-3:30 p.m. <b>Technology</b> 2:30-3:30 p.m.	<b>Circuit Training</b> 7 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Drumming</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Lifebio</b> 1:30-2:30 p.m. <b>Sound Healing</b> 2:45-3:45 p.m.	<b>Arthritis Exercise</b> 8 8:30-9:30 a.m. <b>Meditative Yoga</b> 9:45-10:45 a.m. <b>Stretch &amp; Balance</b> 11-12 p.m. <b>Line Dance</b> 12:15-1:15 p.m. <b>Movie Afternoon</b> 1:30-3:30 p.m.	<b>Functional Strength</b> 9 8:30-9:30 a.m. <b>Chair Yoga</b> 9:45-10:45 a.m. <b>Nutrition</b> 11-12 p.m. <b>Zumba</b> 12:15-1:15 p.m. <b>Art Workshop</b> 1:30-3:30 p.m.
<b>Yoga: All Levels</b> 12 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Dance</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Barre</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 13 8:30-9:30 a.m. <b>Active Stretch</b> 9:45-10:45 a.m. <b>Staying Healthy</b> 11-12 p.m. <b>R.S.V.P.</b> <b>BrainSavers</b> 12:15-1:15 p.m. <b>Arts &amp; Crafts</b> 1:30-3:30 p.m.	<b>Circuit Training</b> 14 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Drumming</b> 11-12 p.m. <b>What's Next: Hospice</b> 12-1 p.m. <b>R.S.V.P.</b> <b>Tai Chi</b> 12:15-1:15 p.m. <b>Lifebio</b> 1:30-2:30 p.m. <b>Book Club</b> 2:45-3:45 p.m.	<b>Arthritis Exercise</b> 15 8:30-9:30 a.m. <b>Meditative Yoga</b> 9:45-10:45 a.m. <b>Stretch &amp; Balance</b> 11-12 p.m. <b>Line Dance</b> 12:15-1:15 p.m. <b>Movie Afternoon</b> 1:30-3:30 p.m.	<b>Functional Strength</b> 16 8:30-9:30 a.m. <b>Chair Yoga</b> 9:45-10:45 a.m. <b>Nutrition</b> 11-12 p.m. <b>Zumba</b> 12:15-1:15 p.m. <b>Art Workshop</b> 1:30-3:30 p.m.
<b>Yoga: All Levels</b> 19 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Dance</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Barre</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 20 8:30-9:30 a.m. <b>Active Stretch</b> 9:45-10:45 a.m. <b>Healthy Minds</b> 11-12 p.m. <b>R.S.V.P.</b> <b>BrainSavers</b> 12:15-1:15 p.m. <b>Arts &amp; Crafts</b> 1:30-3:30 p.m. <b>Technology</b> 2:30-3:30 p.m.	<b>Circuit Training</b> 21 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Drumming</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Lifebio</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 22 8:30-9:30 a.m. <b>Meditative Yoga</b> 9:45-10:45 a.m. <b>Stretch &amp; Balance</b> 11-12 p.m. <b>Line Dance</b> 12:15-1:15 p.m. <b>Movie Afternoon</b> 1:30-3:30 p.m.	<b>Functional Strength</b> 23 8:30-9:30 a.m. <b>Chair Yoga</b> 9:45-10:45 a.m. <b>Nutrition</b> 11-12 p.m. <b>Zumba</b> 12:15-1:15 p.m. <b>Art Workshop</b> 1:30-3:30 p.m.
<b>Yoga: All Levels</b> 26 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Dance</b> 11-12 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Barre</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 27 8:30-9:30 a.m. <b>Active Stretch</b> 9:45-10:45 a.m. <b>Grief &amp; Loss Support Group</b> 11-12 p.m. <b>R.S.V.P.</b> <b>Birthday Celebration</b> 11-12 p.m. <b>BrainSavers</b> 12:15-1:15 p.m. <b>Arts &amp; Crafts</b> 1:30-3:30 p.m.	<b>Circuit Training</b> 28 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Drumming</b> 11-12 p.m. <b>Iced Coffee</b> 12-1 p.m. <b>R.S.V.P.</b> <b>Tai Chi</b> 12:15-1:15 p.m. <b>Lifebio</b> 1:30-2:30 p.m. <b>Party Like It's 1959</b> 4-6 p.m. <b>R.S.V.P.</b>	<b>Arthritis Exercise</b> 29 8:30-9:30 a.m. <b>Meditative Yoga</b> 9:45-10:45 a.m. <b>Stretch &amp; Balance</b> 11-12 p.m. <b>Line Dance</b> 12:15-1:15 p.m. <b>Movie Afternoon</b> 1:30-3:30 p.m.	<b>Functional Strength</b> 30 8:30-9:30 a.m. <b>Chair Yoga</b> 9:45-10:45 a.m. <b>Nutrition</b> 11-12 p.m. <b>Zumba</b> 12:15-1:15 p.m. <b>Art Workshop</b> 1:30-3:30 p.m.

Converge

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed for holiday	<b>Arthritis Exercise</b> 3 8:30-9:30 a.m. <b>Active Stretch</b> 9:45-10:45 a.m. <b>Healthy Minds</b> 11:00-12:00 p.m. <b>R.S.V.P.</b> <b>BrainSavers</b> 12:15-1:15 p.m. <b>Arts &amp; Crafts</b> 1:30-3:30 p.m. <b>Technology</b> 2:30-3:30 p.m.	<b>Circuit Training</b> 4 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Drumming</b> 11:00-12:00 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Lifebio</b> 1:30-2:30 p.m. <b>Sound Healing</b> 2:45-3:45 p.m.	<b>Arthritis Exercise</b> 5 8:30-9:30 a.m. <b>Meditative Yoga</b> 9:45-10:45 a.m. <b>Stretch &amp; Balance</b> 11:00-12:00 p.m. <b>Line Dance</b> 12:15-1:15 p.m. <b>Movie Afternoon</b> 1:30-3:30 p.m.	<b>Functional Strength</b> 6 8:30-9:30 a.m. <b>Chair Yoga</b> 9:45-10:45 a.m. <b>Nutrition</b> 11:00-12:00 p.m. <b>Zumba</b> 12:15-1:15 p.m. <b>Art Workshop</b> 1:30-3:30 p.m.
<b>Yoga: All Levels</b> 9 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Dance</b> 11:00 a.m.-12:00 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Barre</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 10 8:30-9:30 a.m. <b>Active Stretch</b> 9:45-10:45 a.m. <b>Staying Healthy</b> 11:00-12:00 p.m. <b>R.S.V.P.</b> <b>BrainSavers</b> 12:15-1:15 p.m. <b>Arts &amp; Crafts</b> 1:30-3:30 p.m.	<b>Circuit Training</b> 11 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Drumming</b> 11:00-12:00 p.m. <b>Veteran Benefits</b> 12-1 p.m. <b>R.S.V.P.</b> <b>Tai Chi</b> 12:15-1:15 p.m. <b>Lifebio</b> 1:30-2:30 p.m. <b>Book Club</b> 2:45-3:45 p.m.	<b>Arthritis Exercise</b> 12 8:30-9:30 a.m. <b>Meditative Yoga</b> 9:45-10:45 a.m. <b>Stretch &amp; Balance</b> 11:00-12:00 p.m. <b>Line Dance</b> 12:15-1:15 p.m. <b>Movie Afternoon</b> 1:30-3:30 p.m.	<b>Autumn Party &amp; Health Expo</b> 13 8:30-9:30 a.m. <b>1st: 9-11 a.m.</b> <b>2nd: 1-3 p.m.</b> <b>All classes canceled</b> <b>Fitness center closed</b>
<b>Yoga: All Levels</b> 16 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Dance</b> 11:00 a.m.-12:00 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Barre</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 17 8:30-9:30 a.m. <b>Active Stretch</b> 9:45-10:45 a.m. <b>Healthy Minds</b> 11:00-12:00 p.m. <b>R.S.V.P.</b> <b>BrainSavers</b> 12:15-1:15 p.m. <b>Arts &amp; Crafts</b> 1:30-3:30 p.m. <b>Technology</b> 2:30-3:30 p.m.	<b>Circuit Training</b> 18 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Drumming</b> 11:00-12:00 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Lifebio</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 19 8:30-9:30 a.m. <b>Meditative Yoga</b> 9:45-10:45 a.m. <b>Stretch &amp; Balance</b> 11:00-12:00 p.m. <b>Line Dance</b> 12:15-1:15 p.m. <b>Movie Afternoon</b> 1:30-3:30 p.m.	<b>Functional Strength</b> 20 8:30-9:30 a.m. <b>Chair Yoga</b> 9:45-10:45 a.m. <b>Nutrition</b> 11:00-12:00 p.m. <b>Zumba</b> 12:15-1:15 p.m. <b>Art Workshop</b> 1:30-3:30 p.m.
<b>Yoga: All Levels</b> 23 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Dance</b> 11:00 a.m.-12:00 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Barre</b> 1:30-2:30 p.m.	<b>Arthritis Exercise</b> 24 8:30-9:30 a.m. <b>Active Stretch</b> 9:45-10:45 a.m. <b>Grief &amp; Loss Support Group</b> 11-12 p.m. <b>R.S.V.P.</b> <b>BrainSavers</b> 12:15-1:15 p.m. <b>Arts &amp; Crafts</b> 1:30-3:30 p.m.	<b>Circuit Training</b> 25 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Drumming</b> 11:00-12:00 p.m. <b>Iced Coffee</b> 12-1 p.m. <b>R.S.V.P.</b> <b>Tai Chi</b> 12:15-1:15 p.m. <b>Lifebio</b> 1:30-2:30 p.m. <b>Ball Room Dancing</b> 4-6 p.m. <b>R.S.V.P.</b>	<b>Arthritis Exercise</b> 26 8:30-9:30 a.m. <b>Meditative Yoga</b> 9:45-10:45 a.m. <b>Stretch &amp; Balance</b> 11:00-12:00 p.m. <b>Line Dance</b> 12:15-1:15 p.m. <b>Movie Afternoon</b> 1:30-3:30 p.m.	<b>Functional Strength</b> 27 8:30-9:30 a.m. <b>Chair Yoga</b> 9:45-10:45 a.m. <b>Nutrition</b> 11:00-12:00 p.m. <b>Zumba</b> 12:15-1:15 p.m. <b>Art Workshop</b> 1:30-3:30 p.m.
<b>Yoga: All Levels</b> 30 8:30-9:30 a.m. <b>Pilates</b> 9:45-10:45 a.m. <b>Chair Dance</b> 11:00 a.m.-12:00 p.m. <b>Tai Chi</b> 12:15-1:15 p.m. <b>Barre</b> 1:30-2:30 p.m.	<b>R.S.V.P.</b> To RSVP call 1-816-240-6045. <b>All classes at the Optum Community Center in Kansas City are open to the general public ages 55+ at no cost. Programing developed for people age 55+. We will accept RSVPs only on weekdays. Only two RSVPs allowed per person, per event.</b>		<b>For accommodations of persons with special needs at meetings call 1-816-240-6045, TTY 711.</b> <b>** Must complete fitness/gym orientation to use gym equipment.</b> <b>* Please bring your own yoga mat.</b>	

Converge