Featured events at Optum Community Center – North Oak

Alzheimer's Education Series July 26, August 23, September 27 11–12 p.m.

Education programs presented by the Alzheimer's Association in collaboration with Optum.

• July 26: Understanding Alzheimer's Disease

Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors.

August 23: Know the 10 Signs

Join us to learn how to recognize common signs of Alzheimer's and other dementia; how to approach someone about memory concerns; the importance of early detection.

• September 27: Healthy Living for your Brain and Body

Science provides insights into how lifestyle choices may help keep your brain and body healthy. Learn about research on diet and nutrition, exercise, cognitive activity, and social engagement.

Blue Hawaii Luau Party & Health Fair R.S.V.P. Friday, August 17 Session 1: 9–11 a.m.

Session 2: 1–3 p.m.

Please join us and your friends for a social hour of fun. All classes canceled. Fitness Center closed.

NEW! Senior Fit and Go Every Wednesday of each month 1:30–2:30 p.m.

This class can help you improve your strength and increase your confidence while performing activities of daily living.

Chair Dance Every Wednesday and Thursday Wednesdays 9:45–10:45 a.m. Thursdays 12:15–1:15 p.m.

A low-impact cardio workout set to music of the 50s, 60s, and 70s.

Bingocize

Every Wednesday

12:15–1:15 p.m. Bingocize combines movement, health education and, of course, Bingo!

Optum Community Center | North Oak

To RSVP call 1-816-240-6050.

f Like

Like us on Facebook 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.



Have you scheduled your Annual Wellness Visit for 2024? You could get a \$75 gift card for completing this important screening. Call **1-816-240-6050, TTY 711.**

Address:

Optum Community Center | North Oak 4906 N. Oak Trafficway Kansas City, MO 64118

Hours:

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

Contact:

1-816-240-6050, TTY 711 OptumKC.com

In case of a medical emergency, please dial 911.

optum.com

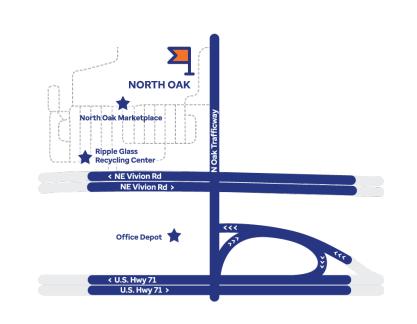
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Optum Community Center | North Oak

4906 N. Oak Trafficway Kansas City, MO 64118





North Oak

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.



July 2024

North Oak August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY
Stand, Sit & Be Fit 1 8:30-9:30 a.m. Yoga 101 9:45-10:45 a.m. Nutrition 11-12 p.m. Yogalates 12:15-1:15 p.m. Restorative Stretch 1:30-2:30 p.m. Line Dance (Beginner) 2:30-3:00pm Line Dane (Intermediate) 3:00-3:30pm 3:00-3:30pm	Pilates 101 * 2 8:30-9:30 a.m. 3 Tai Chi 9:45-10:45 a.m. 9:45-10:45 a.m. 3 Zumba 11–12 p.m. Balance Workshop 12:15-1:15 p.m. Arts & Crafts 1:30-3:30 p.m.	Chair Drumming 3 8:30-9:30 a.m. Chair Dance 9:45-10:45 a.m. Chair Yoga 11-12 p.m. Bingocize 12:15-1:15 p.m. Senior Fit & Go 1:30-2:30 p.m. 3	Closed for holiday	4 Stand Sit & Be Fit 8:30-9:30 a.m. 5 Chair Yoga 9:45-10:45 a.m. 9:45-10:45 a.m. Healthy Minds 11–12 p.m. 11–12 p.m. Sound Healing * 12:15-1:15 p.m. 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m. 1:30-3:30 p.m.			
Stand, Sit & Be Fit 8 8:30-9:30 a.m. Yoga 101 9:45-10:45 a.m. Nutrition 11-12 p.m. Yogalates 12:15-1:15 p.m. Restorative Stretch 1:30-2:30 p.m. Line Dance (Beginner) 2:30-3:00pm Line Dane (Intermediate) 3:00-3:30pm 3:00-3:30pm	Pilates 101 * 9 8:30-9:30 a.m. 7 Tai Chi 9:45-10:45 a.m. 9:45-10:45 a.m. 7 Zumba 11–12 p.m. Balance Workshop 12:15-1:15 p.m. Arts & Crafts R.S.V.P. 1:30-3:30 p.m. R.S.V.P.	Chair Drumming 10 8:30-9:30 a.m. Chair Dance 9:45-10:45 a.m. Chair Yoga 11-12 p.m. Bingocize 12:15-1:15 p.m. Senior Fit & Go 1:30-2:30 p.m. Book Club 2:45-3:45 p.m. Description	Stretch & Balance * 1 8:30-9:30 a.m. BrainSavers 9:45-10:45 a.m. Zumba 11–12 p.m. Chair Dance 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	11 Stand Sit & Be Fit 12 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Grief & Loss Support 11-12 p.m. Sound Healing * 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m. 1:30-3:30 p.m.	2 Stand, Sit & Be Fit 8:30–9:30 a.m. Yoga 101 9:45–10:45 a.m. Nutrition 11–12 p.m. Yogalates 12:15–1:15 p.m. Restorative Stretch 1:30–2:30 p.m. Line Dance (Beginner) 2:30-3:00pm Line Dane (Intermediate) 3:00-3:30pm	5 Pilates 101 * 6 8:30-9:30 a.m. 7 Tai Chi 9:45-10:45 a.m. 9:45-10:45 a.m. 7 Zumba 11–12 p.m. Balance Workshop 12:15-1:15 p.m. Arts & Crafts R.S.V.P. 1:30-3:30 p.m. 8	Chair Drumming 7 8:30-9:30 a.m. Chair Dance 9:45-10:45 a.m. Chair Yoga 11-12 p.m. Bingocize 12:15-1:15 p.m. Senior Fit & Go 1:30-2:30 p.m. 1:30-2:30 p.m.
Stand, Sit & Be Fit 15 8:30–9:30 a.m. Yoga 101 9:45–10:45 a.m. Nutrition 11–12 p.m. Yogalates 12:15–1:15 p.m. Restorative Stretch 1:30–2:30 p.m. Line Dance (Beginner) 2:30-3:00pm Line Dane (Intermediate) 3:00-3:30pm 3:00-3:30pm	Pilates 101 * 16 8:30-9:30 a.m. 1 Tai Chi 9:45-10:45 a.m. 9:45-10:45 a.m. 1 2umba 11-12 p.m. Balance Workshop 12:15-1:15 p.m. Arts & Crafts R.S.V.P. 1:30-3:30 p.m. R.S.V.P.	Chair Drumming 17 8:30–9:30 a.m. Chair Dance 9:45–10:45 a.m. Chair Yoga 11–12 p.m. Bingocize 12:15–1:15 p.m. Senior Fit & Go 1:30-2:30 p.m. 1:30-2:30 p.m.	Stretch & Balance * 1 8:30-9:30 a.m. BrainSavers 9:45-10:45 a.m. 2 2umba 11–12 p.m. Chair Dance 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	Stand Sit & Be Fit 19 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Healthy Minds 11–12 p.m. Sound Healing * 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m. 1:30-3:30 p.m.	Stand, Sit & Be Fit 8:30–9:30 a.m. Yoga 101 9:45–10:45 a.m. Nutrition 11–12 p.m. Yogalates 12:15–1:15 p.m. Restorative Stretch 1:30–2:30 p.m. Line Dance (Beginner) 2:30-3:00pm Line Dane (Intermediate) 3:00-3:30pm	12 Pilates 101 * 13 8:30-9:30 a.m. 14 Tai Chi 9:45-10:45 a.m. 9:45-10:45 a.m. 11-12 p.m. Balance Workshop 12:15-1:15 p.m. Arts & Crafts 1:30-3:30 p.m.	Chair Drumming 14 8:30-9:30 a.m. Chair Dance 9:45-10:45 a.m. 9:45-10:45 a.m. Chair Yoga 11-12 p.m. Bingocize 12:15-1:15 p.m. Senior Fit & Go 1:30-2:30 p.m. Book Club 2:45-3:45 p.m.
22 Stand, Sit & Be Fit 8:30–9:30 a.m. Yoga 101 9:45–10:45 a.m. Nutrition 11–12 p.m. Yogalates 12:15–1:15 p.m. Restorative Stretch 1:30–2:30 p.m. Line Dance (Beginner) 2:30-3:00pm Line Dane (Intermediate) 3:00-3:30pm	Pilates 101 * 23 8:30-9:30 a.m. 30 Tai Chi 9:45-10:45 a.m. 9:45-10:45 a.m. 30 Zumba 11–12 p.m. Balance Workshop 12:15-1:15 p.m. Arts & Crafts R.S.V.P. 1:30-3:30 p.m. R.S.V.P.	Chair Drumming 24 8:30-9:30 a.m. Chair Dance 9:45-10:45 a.m. Chair Yoga 11-12 p.m. Bingocize 12:15-1:15 p.m. Senior Fit & Go 1:30-2:30 p.m. P.M.	Stretch & Balance * 2 8:30-9:30 a.m. BrainSavers 9:45-10:45 a.m. 2 Zumba 11–12 p.m. Chair Dance 12:15-1:15 p.m. Red Cross Blood Drive 2–6 p.m. 2	 25 Stand Sit & Be Fit 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Alzheimer's Education 11–12 p.m. Sound Healing * 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m. 	Stand, Sit & Be Fit ' 8:30-9:30 a.m. Yoga 101 9:45-10:45 a.m. Nutrition 11-12 p.m. Yogalates 12:15-1:15 p.m. Restorative Stretch 1:30-2:30 p.m. Line Dance (Beginner) 2:30-3:00pm Line Dane (Intermediate) 3:00-3:30pm 3:00-3:30pm	19 Pilates 101 * 20 8:30-9:30 a.m. Tai Chi 9:45-10:45 a.m. 9:45-10:45 a.m. Zumba 11–12 p.m. Balance Workshop 12:15-1:15 p.m. Arts & Crafts 1:30-3:30 p.m. R.S.V.P.	Chair Drumming 8:30–9:30 a.m. 21 Chair Dance 9:45–10:45 a.m. 11 12 12 11 12 13 12 12 13 12 12 13 12 12 13 12 12 13 12 12 13 12 12 13 12 12 13 12 12 13 12 13 12 13 12 13 12 13 12 13 12 13 12 13 12 13 12 13 12 13 12 13 12 <th13< th=""> 13 13</th13<>
Stand, Sit & Be Fit 29 8:30-9:30 a.m. Yoga 101 9:45-10:45 a.m. Nutrition 11-12 p.m. Yogalates 12:15-11:15 p.m. Restorative Stretch 1:30-2:30 p.m. Line Dance (Beginner) 2:30-3:00pm Line Dane (Intermediate) 3:00-3:30pm 3:00-3:30pm	Pilates 101 * 30 8:30-9:30 a.m. 7 Tai Chi 9:45-10:45 a.m. 9:45-10:45 a.m. 7 Zumba 11–12 p.m. Balance Workshop 12:15-1:15 p.m. Arts & Crafts R.S.V.P. 1:30-3:30 p.m. R.S.V.P.	Chair Drumming 31 8:30-9:30 a.m. Chair Dance 9:45-10:45 a.m. Chair Yoga 11-12 p.m. Bingocize 12:15-1:15 p.m. Senior Fit & Go 1:30-2:30 p.m. 1:30-2:30 p.m.			Stand, Sit & Be Fit 3:30–9:30 a.m. Yoga 101 9:45–10:45 a.m. Nutrition 11–12 p.m. Yogalates 12:15–1:15 p.m. Restorative Stretch 1:30–2:30 p.m. Line Dance (Beginner) 2:30-3:00pm Line Dane (Intermediate) 3:00-3:30pm	 26 Pilates 101 * 8:30-9:30 a.m. Tai Chi 9:45-10:45 a.m. Zumba 11–12 p.m. Balance Workshop 12:15-1:15 p.m. Arts & Crafts 1:30-3:30 p.m. 	Chair Drumming 28 8:30-9:30 a.m. Chair Dance 9:45-10:45 a.m. Chair Yoga 11-12 p.m. Bingocize 12:15-1:15 p.m. Senior Fit & Go 1:30-2:30 p.m. P.M.

North Oak

September 2024

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North Oak			September 2024		North		
,	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Stretch & Balance * 1 8:30-9:30 a.m.	Stand Sit & Be Fit 2 8:30-9:30 a.m. 2	2	Pilates 101 * 3 8:30-9:30 a.m. 3 Tai Chi 3	Chair Drumming 4 8:30–9:30 a.m. Chair Dance	Stretch & Balance * 5 8:30-9:30 a.m. BrainSavers	Stand Sit & Be Fit 8:30-9:30 a.m. Chair Yoga
	BrainSavers 9:45-10:45 a.m.	Chair Yoga 9:45-10:45 a.m.		9:45-10:45 a.m. Zumba	9:45–10:45 a.m. Chair Yoga	9:45-10:45 a.m. Zumba	9:45-10:45 a.m. Healthy Minds
	Zumba 11–12 p.m. Chair Dance	Healthy Minds 11–12 p.m. Sound Healing *	Closed for holiday	11–12 p.m. Balance Workshop	11–12 p.m. Bingocize	11–12 p.m. Chair Dance	11–12 p.m. Sound Healing *
	12:15-1:15 p.m. Art Workshop	12:15-1:15 p.m. Movie Afternoon		12:15-1:15 p.m. Arts & Crafts R.S.V.P.	12:15–1:15 p.m. Senior Fit & Go	12:15-1:15 p.m. Art Workshop	12:15-1:15 p.m. Movie Afternoon
	1:30-3:30 p.m.	1:30-3:30 p.m.		1:30-3:30 p.m.	1:30-2:30 p.m.	1:30-3:30 p.m.	1:30-3:30 p.m.
7	Stretch & Balance * 8:30-9:30 a.m.	Stand Sit & Be Fit 9 8:30-9:30 a.m.	Stand, Sit & Be Fit 9 8:30-9:30 a.m. Yoga 101	Pilates 101 * 10 8:30-9:30 a.m. 10	Chair Drumming 11 8:30–9:30 a.m. 11	Stretch & Balance * 12 8:30-9:30 a.m. 12	Stand Sit & Be Fit 8:30-9:30 a.m.
	BrainSavers 9:45-10:45 a.m.	Chair Yoga 9:45-10:45 a.m.	9:45–10:45 a.m. Nutrition	Tai Chi 9:45-10:45 a.m.	Chair Dance 9:45–10:45 a.m. Chair Yoga	BrainSavers 9:45-10:45 a.m.	Chair Yoga 9:45-10:45 a.m.
	Zumba 11–12 p.m.	Grief & Loss Support 11–12 p.m.	11–12 p.m. Yogalates 12:15–1:15 p.m.	Zumba 11–12 p.m.	11–12 p.m. Bingocize	Zumba 11–12 p.m.	Grief & Loss Support 11–12 p.m.
	Chair Dance 12:15-1:15 p.m.	Sound Healing * 12:15-1:15 p.m.	Restorative Stretch 1:30–2:30 p.m.	Balance Workshop 12:15-1:15 p.m.	12:15–1:15 p.m. Senior Fit & Go	Chair Dance 12:15-1:15 p.m.	Sound Healing * 12:15-1:15 p.m.
	Art Workshop 1:30-3:30 p.m.	Movie Afternoon 1:30-3:30 p.m.	Line Dance (Beginner) 2:30-3:00pm Line Dane (Intermediate) 3:00-3:30pm	Arts & Crafts 1:30-3:30 p.m.	1:30-2:30 p.m. Book Club 2:45-3:45 p.m.	Art Workshop 1:30-3:30 p.m.	Movie Afternoon 1:30-3:30 p.m.
14	Stretch & Balance * 15 8:30-9:30 a.m. 15	Blue Hawaii Luau Party & Healthy Expo	5 Stand, Sit & Be Fit 16 8:30-9:30 a.m. Yoga 101	Pilates 101 * 17 8:30-9:30 a.m. 17	Chair Drumming 18 8:30–9:30 a.m. -9:30 a.m.	Stretch & Balance * 19 8:30-9:30 a.m. 19	8:30-9:30 a.m.
	BrainSavers 9:45-10:45 a.m.	1st: 9-11 a.m.	9:45–10:45 a.m. Nutrition	Tai Chi 9:45-10:45 a.m.	Chair Dance 9:45–10:45 a.m.	BrainSavers 9:45-10:45 a.m.	Chair Yoga 9:45-10:45 a.m.
	Zumba 11–12 p.m.	2nd: 1-3 p.m.	11–12 p.m. Yogalates 12:15–1:15 p.m.	Zumba 11–12 p.m.	Chair Yoga 11–12 p.m.	Zumba 11–12 p.m.	Healthy Minds 11–12 p.m. Sound Healing *
	Chair Dance 12:15-1:15 p.m.	All classes canceled	Restorative Stretch 1:30–2:30 p.m.	Balance Workshop 12:15-1:15 p.m.	Bingocize 12:15–1:15 p.m.	Chair Dance 12:15-1:15 p.m.	12:15-1:15 p.m. Anniversary Party
	Art Workshop 1:30-3:30 p.m.	Fitness center closed	Line Dance (Beginner) 2:30-3:00pm Line Dane (Intermediate) 3:00-3:30pm	Arts & Crafts 1:30-3:30 p.m.	Senior Fit & Go 1:30-2:30 p.m.	Art Workshop 1:30-3:30 p.m.	12:30-1:30 p.m. Movie Afternoon 1:30-3:30 p.m.
21	Stretch & Balance * 22 8:30-9:30 a.m.	Stand Sit & Be Fit 23 8:30-9:30 a.m.	8:30–9:30 a.m.	Pilates 101 * 24 8:30-9:30 a.m.	Chair Drumming 25 8:30–9:30 a.m.	Stretch & Balance * 26 8:30-9:30 a.m.	Stand Sit & Be Fit 8:30-9:30 a.m.
	BrainSavers 9:45-10:45 a.m.	Chair Yoga 9:45-10:45 a.m.	Yoga 101 9:45–10:45 a.m. Nutrition	Tai Chi 9:45-10:45 a.m.	Chair Dance 9:45–10:45 a.m.	BrainSavers 9:45-10:45 a.m.	Chair Yoga 9:45-10:45 a.m.
	Zumba 11–12 p.m.	Alzheimer's Education 11–12 p.m.	11–12 p.m. Yogalates 12:15–1:15 p.m.	Zumba 11–12 p.m.	Chair Yoga 11–12 p.m.	Zumba 11–12 p.m.	Alzheimer's Education 11–12 p.m.
	Chair Dance 12:15-1:15 p.m.	Sound Healing * 12:15-1:15 p.m.	Restorative Stretch 1:30–2:30 p.m.	Balance Workshop 12:15-1:15 p.m.	Bingocize 12:15–1:15 p.m.	Chair Dance 12:15-1:15 p.m.	Sound Healing * 12:15-1:15 p.m.
	Art Workshop 1:30-3:30 p.m.	Movie Afternoon 1:30-3:30 p.m.	Line Dance (Beginner) 2:30-3:00pm Line Dane (Intermediate) 3:00-3:30pm	Arts & Crafts 1:30-3:30 p.m.	Senior Fit & Go 1:30-2:30 p.m.	Art Workshop 1:30-3:30 p.m.	Movie Afternoon 1:30-3:30 p.m.
28	Stretch & Balance * 29 8:30-9:30 a.m.	Stand Sit & Be Fit 30 8:30-9:30 a.m.	8:30–9:30 a.m.	R.S.V.P. To RSVF	9 call 1-816-240-6050.	For accommodations of	
	BrainSavers 9:45-10:45 a.m.	Chair Yoga 9:45-10:45 a.m.	Yoga 101 9:45–10:45 a.m. Nutrition	All classes at the Optum Communitywith special needs at meetings call1-816-240-6050, TTY 711.			
	Zumba 11–12 p.m.	Medicare 101 11–12 p.m. R.S.V.P.	11–12 p.m. Yogalates		are open to the general cost. Programing developed	to use gym equipment.	
	Chair Dance 12:15-1:15 p.m.	Sound Healing * 12:15-1:15 p.m.	12:15–1:15 p.m. Restorative Stretch 1:30–2:30 p.m.	for people age 55+. W	/e will accept RSVPs only on		
	Art Workshop 1:30-3:30 p.m.	Movie Afternoon 1:30-3:30 p.m.	Line Dance (Beginner) 2:30-3:00pm Line Dane (Intermediate) 3:00-3:30pm	weekdays. Only two R event.	SVPs allowed per person, pe	r * Please bring your ov	vn yoga mat.

