Featured events at Optum Community Center – Millcreek

Staying Healthy & Active After 55 Tuesdays: April 9, May 7, June 11 2:45–3:45 p.m.

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

• April 9: The ER & When To Go

Come learn from one of our providers about when how to know when you should go to the ER, when to see your primary care provider, and when to stay home. .

- May 7: Managing Chronic Conditions Tips and resources from one of our providers for living your healthiest life with chronic conditions.
- June 11: Medicines & Medication Management Learn from an Optum provider about some common medicines, what kinds of questions to ask your providers and pharmacist, and resources for managing your medications at home.

Conversational Spanish Wednesdays: 11:00–12:00 p.m.

Conversational Spanish is for anyone wanting to brush up on their Spanish, or learn real world phrases that can be used around town or while traveling.

To RSVP call 1-913-215-7415, TTY 711

Spring Luau Party & Health Expo Friday, May 17 1st: 9–11 a.m. 2nd: 1–3 p.m.

Please join us for one session. Refreshments and activities will be provided in the living room. A mini health expo with local vendors will take place in the multi-purpose room

Healthy Minds April 10 and 24, May 8 and 22, June 5 and 19 12:15–1:15 p.m.

Learn skills to help reduce emotional stress, prevent anxiety and depression, and improve overall health.

BrainSavers Fridays: 11:00–12:00 p.m.

BrainSavers focuses on brain and body health by incorporating physical activity, socialization, and brain health practices. BrainSavers *will not take place the third Friday of every month.*

Grief & Loss Support Group Tuesdays: April 16, May 14, June 18 2:45-3:45 p.m.

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



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 **1-913-215-7415, TTY 711.**

Optum

Optum Community Center | Millcreek

13438 W. 62 Ter Shawnee, KS 66216

Optum Community Center | Millcreek

Address:

Optum Community Center | Millcreek 13438 W. 62 Ter Shawnee, KS 66216

Hours:

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

Contact:

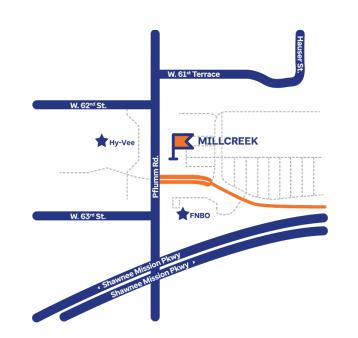
1-913-215-7415, TTY 711 OptumKC.com

In case of a medical emergency, please dial 911.

optum.com

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Millcreek

Optum Community Center activity calendar

April – June 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.



April 2024

May 2024 Millcreek

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		MONDAY	TUESDAY	WEDNE
Circuit Training** 1 8:30-9:30 a.m.	Stand Sit & Be Fit 2 8:30-9:30 a.m. Yoga 101* 9:45-10:45 a.m. 4 Art Workshop 11:00-1:00 p.m. Technology 12:15-1:15 p.m. Easter Party 1:00-3:00 p.m. 1:00-3:00 p.m. R.S.V.P. Tai Chi 1:30-2:30 p.m. Nutrition 2:45-3:45 p.m.	Active Stretch 8:30-9:30 a.m. 3 Pilates* 9:45-10:45 a.m.	Stand Sit & Be Fit 4 8:30-9:30 a.m. 6 Chair Yoga 9:45-10:45 a.m. 9:45-10:45 a.m. 6 Chair Drumming 11:00-12:00 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts- R.S.V.P. Decoupage Coasters 1:30-3:30 p.m.	Circuit Training** 5 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Zumba 9:45-10:45 a.m. BrainSavers 11:00-12:00 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m. Strength Stretch Balance				Active Stretch 8:30-9:30 a.m. Pilates* 9:45-10:45 a.m Conversation 11:00-12:00 p. Sound Healin 12:15-1:15 p.m Line Dance- In 2:45-3:45 p.m.
Circuit Training** 8 8:30-9:30 a.m. Pilates* 8:30-9:30 a.m. Lifebio 9:45-10:45 a.m. Zumba 11:00-12:00 p.m. Restorative Stretch 12:15-1:15 p.m. Chair Aerobics 1:30-2:30 p.m. Strength Stretch Balance 2:45-3:45 p.m. Example	Stand Sit & Be Fit Stand Sit & Be Fit 8:30-9:30 a.m. Yoga 101* 9:45-10:45 a.m. Art Workshop 11:00-1:00 p.m. Tai Chi 1:30-2:30 p.m. Staying Healthy 2:45-3:45 p.m. Staying Healthy	Active Stretch 10 8:30-9:30 a.m. Pilates* 9:45-10:45 a.m. Conversational Spanish 11:00-12:00 p.m. Healthy Minds 12:15-1:15 p.m. Line Dance- Beginners 1:30-2:30 p.m. Colorectal Education 2:45-4:00 p.m. Particular State	Stand Sit & Be Fit 11 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. 9:45-10:45 a.m. Chair Drumming 11:00-12:00 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts- R.S.V.P. House Paintings 1:30-3:30 p.m.	Circuit Training** 12 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Zumba 9:45-10:45 a.m. BrainSavers 11:00-12:00 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m. 1:30-3:30 p.m.	8:30 Pila 8:31 Life 9:44 Zur 11:0 Res 12: Cha 1:30 Stro	couit Training** 6 30-9:30 a.m. ates* 30-9:30 a.m. ebio 45-10:45 a.m. b 500-12:00 p.m. storative Stretch 5:15-11:15 p.m. air Aerobics 30-2:30 p.m. rength Stretch Balance 45-3:45 p.m. 53:45 p.m.	Stand Sit & Be Fit 7 8:30-9:30 a.m. Yoga 101* 9:45-10:45 a.m. Art Workshop 11:00-1:00 p.m. Tai Chi 1:30-2:30 p.m. Staying Healthy 2:45-3:45 p.m. Provide the state of th	Active Stretcl 8:30-9:30 a.m. Pilates* 9:45-10:45 a.n Conversation 11:00-12:00 p. Healthy Minds 12:15-1:15 p.n Line Dance- E 1:30-2:30 p.m. Line Dance- In 2:45-3:45 p.m.
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22 Circuit Training** 8:30-9:30 a.m. Pilates* 8:30-9:30 a.m. Lifebio 9:45-10:45 a.m. Zumba 11:00-12:00 p.m. Restorative Stretch 12:15-1:15 p.m. Chair Aerobics 1:30-2:30 p.m. Strength Stretch Balance 2:45-3:45 p.m.	2 Stand Sit & Be Fit 8:30-9:30 a.m. Yoga 101* 9:45-10:45 a.m. Art Workshop 11:00-1:00 p.m. Tai Chi 1:30-2:30 p.m. Medicare 101 2:45-3:45 p.m.	Active Stretch 24 8:30-9:30 a.m. Pilates* 9:45-10:45 a.m. Conversational Spanish 11:00-12:00 p.m. Healthy Minds 12:15-1:15 p.m. Line Dance- Beginners 1:30-2:30 p.m. Line Dance- Intermediate 2:45-3:45 p.m. Pilates*	25 Stand Sit & Be Fit 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11:00-12:00 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts- Chalkboard Sign 1:30-3:30 p.m.	26 Circuit Training** 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Zumba 9:45-10:45 a.m. BrainSavers 11:00-12:00 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.	8:30 Pila 8:30 Life 9:44 2ur 11:1 Res 12: Cha 1:30 Stro	20 20 20 20 20 20 20 20 20 20	21 Stand Sit & Be Fit 8:30-9:30 a.m. Yoga 101* 9:45-10:45 a.m. Art Workshop 11:00-1:00 p.m. Tai Chi 1:30-2:30 p.m. Medicare 101 2:45-3:45 p.m.	Active Stretch 8:30-9:30 a.m. Pilates* 9:45-10:45 a.n Conversation 11:00-12:00 p. Healthy Minds 12:15-1:15 p.n Line Dance- E 1:30-2:30 p.m. Line Dance- In 2:45-3:45 p.m.
29 Circuit Training** 8:30-9:30 a.m. Pilates* 8:30-9:30 a.m. Lifebio 9:45-10:45 a.m. Zumba 11:00-12:00 p.m. Restorative Stretch 12:15-1:15 p.m. Chair Aerobics 1:30-2:30 p.m. Strength Stretch Balance 2:45-3:45 p.m.	3 Stand Sit & Be Fit 8:30-9:30 a.m. Yoga 101* 9:45-10:45 a.m. Art Workshop 11:00-1:00 p.m. Technology 12:15-1:15 p.m. Tai Chi 1:30-2:30 p.m. Nutrition 2:45-3:45 p.m.				A	27 Closed for holiday All classes canceled itness center closed	28 Stand Sit & Be Fit 8:30-9:30 a.m. Yoga 101* 9:45-10:45 a.m. Art Workshop 11:00-1:00 p.m. Technology 12:15-1:15 p.m. Tai Chi 1:30-2:30 p.m. Nutrition 2:45-3:45 p.m.	Active Stretch 8:30-9:30 a.m. Pilates* 9:45-10:45 a.m Conversation 11:00-12:00 p. Sound Healin 12:15-1:15 p.m Line Dance- E 1:30-2:30 p.m. Line Dance- In 2:45-3:45 p.m.

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VEDNESDAY e Stretch 2:30 a.m. ersational Spanish -12:00 p.m. d Healing -1:15 p.m. Dance- Beginners 2:30 p.m. Dance- Intermediate 3:45 p.m. e Stretch 9:30 a.m. ersational Spanish -12:00 p.m. hy Minds -1:15 p.m. Dance- Beginners 2:30 p.m.	THURSDAY Stand Sit & Be Fit 2 8:30-9:30 a.m. 2 Chair Yoga 9:45-10:45 a.m. Chair Drumming 11:00-12:00 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts- R.S.V.P. Paper Quilling 1:30-3:30 p.m. Stand Sit & Be Fit 9 8:30-9:30 a.m. 9 Chair Yoga 9:45-10:45 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11:00-12:00 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts- R.S.V.P.				
2:30 p.m. Dance- Intermediate 3:45 p.m. Strotoh	Arts & Crafts- Handmade Cards 1:30-3:30 p.m.	Movie Afternoon 1:30-3:30 p.m.			
e Stretch 13 9:30 a.m. 9:30 a.m. 9:30 a.m. 9:30 a.m. 9:5 10:45 a.m. ersational Spanish -12:00 p.m. -12:00 p.m. 0 d Healing -11:15 p.m. Club 2:00 p.m. Dance- Beginners 2:30 p.m. Dance- Intermediate 3:45 p.m.	Stand Sit & Be Fit 16 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11:00-12:00 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts- Polymer Clay 1:30-3:30 p.m.	Luau Party & Spring Health Expo			
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29 e Stretch 2:30 a.m. 25* 10:45 a.m. ersational Spanish -12:00 p.m. d Healing -1:15 p.m. Dance- Beginners 2:30 p.m. Dance- Intermediate 3:45 p.m.	30 Stand Sit & Be Fit 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11:00-12:00 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts- Iris Folding 1:30-3:30 p.m.	31 Circuit Training** 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Zumba 9:45-10:45 a.m. BrainSavers 11:00-12:00 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.			

Zumba

11:00-12:00 p.m.

12:15-1:15 p.m.

Chair Aerobics

1:30-2:30 p.m.

2:45-3:45 p.m.

8:30-9:30 a.m.

8:30-9:30 a.m.

9:45-10:45 a.m.

11:00-12:00 p.m.

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Chair Aerobics

1:30-2:30 p.m.

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Chair Aerobics

1:30-2:30 p.m.

2:45-3:45 p.m.

Restorative Stretch

Strength Stretch Balance

Pilates*

Lifebio

Zumba

Circuit Training**

Restorative Stretch

Pilates*

Lifebio

Zumba

Circuit Training**

Restorative Stretch

June 2024								Millcr
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
Circuit Training** 8:30-9:30 a.m. Pilates* 8:30-9:30 a.m. Lifebio 9:45-10:45 a.m. Zumba 11:00-12:00 p.m. Restorative Stretch 12:15-1:15 p.m. Chair Aerobics 1:30-2:30 p.m. Strength Stretch Balance 2:45-3:45 p.m.	3	Stand Sit & Be Fit 8:30-9:30 a.m. Yoga 101* 9:45-10:45 a.m. Art Workshop 11:00-1:00 p.m. Tai Chi 1:30-2:30 p.m. Nutrition 2:45-3:45 p.m.	4	Active Stretch 8:30-9:30 a.m. Pilates* 9:45-10:45 a.m. Conversational Spanish 11:00-12:00 p.m. Healthy Minds 12:15-1:15 p.m. Line Dance- Beginners 1:30-2:30 p.m. Line Dance- Intermediate 2:45-3:45 p.m.	•	Stand Sit & Be Fit 6 8:30-9:30 a.m. 6 Chair Yoga 9:45-10:45 a.m. Chair Drumming 11:00-12:00 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts- R.S.V.P. Wood Burning 1:30-3:30 p.m.		Circuit Training** 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Zumba 9:45-10:45 a.m. BrainSavers 11:00-12:00 p.m. Strength Stretch Balar 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
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Circuit Training** 8:30-9:30 a.m. Pilates* 8:30-9:30 a.m. Lifebio 9:45-10:45 a.m.	17	Stand Sit & Be Fit 8:30-9:30 a.m. Yoga 101* 9:45-10:45 a.m. Art Workshop	18	Active Stretch 8:30-9:30 a.m. Pilates* 9:45-10:45 a.m. Conversational Spanish 11:00-12:00 p.m.	19	Stand Sit & Be Fit 2 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming	0	Circuit Training** 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Zumba 9:45-10:45 a m

11:00-12:00 p.m. Art Workshop Chair Drumming Healthy Minds 11:00-1:00 p.m. 11:00-12:00 p.m. 12:15-1:15 p.m. Tai Chi Tai Chi Book Club 1:30-2:30 p.m. 12:15-1:15 p.m. 1:00-2:00 p.m. Line Dance- Beginners Arts & Crafts- R.S.V.P. **Grief & Loss Support** 1:30-2:30 p.m. Summer Wreath 2:45-3:45 p.m. Strength Stretch Balance Line Dance- Intermediate 1:30-3:30 p.m. 2:45-3:45 p.m. 25 Active Stretch 24 26 Stand Sit & Be Fit Stand Sit & Be Fit 8:30-9:30 a.m. 8:30-9:30 a.m. 8:30-9:30 a.m. Yoga 101* Pilates* Chair Yoga 9:45-10:45 a.m. 9:45-10:45 a.m. 9:45-10:45 a.m. Art Workshop **Conversational Spanish** Chair Drumming 11:00-1:00 p.m. 11:00-12:00 p.m. 11:00-12:00 p.m. Sound Healing Technology Tai Chi 12:15-1:15 p.m. 12:15-1:15 p.m. 12:15-1:15 p.m. Tai Chi Line Dance- Beginners Arts & Crafts-1:30-2:30 p.m. 1:30-2:30 p.m. Medicare 101 R.S.V.P. Beading Line Dance- Intermediate Strength Stretch Balance 2:45-3:45 p.m. 2:45-3:45 p.m. 1:30-3:30 p.m. 31

R.S.V.P. To RSVP call 1-913-215-7415.

All classes at the Optum Community Center in Shawnee 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.

For accommodations of persons with special needs at meetings call 1-913-215-7415, TTY 711.

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** Must complete fitness/gym orientation to use gym equipment.

* Please bring your own yoga mat.



9:45-10:45 a.m.

11:00-12:00 p.m.

12:15-1:15 p.m.

1:30-3:30 p.m.

8:30-9:30 a.m.

Active Stretch

8:30-9:30 a.m.

9:45-10:45 a.m.

11:00-12:00 p.m.

12:15-1:15 p.m.

1:30-3:30 p.m.

Movie Afternoon

BrainSavers

Zumba

Movie Afternoon

Circuit Training**

Art 2.0