

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 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.

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.



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.

R.S.V.P. To RSVP call 1-913-215-7415, TTY 711

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.



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.



April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Circuit Training** 1 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.	Stand Sit & Be Fit 2 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. Easter Party 1:00-3:00 p.m. Tai Chi 1:30-2:30 p.m. Nutrition 2:45-3:45 p.m.	Active Stretch 3 8:30-9:30 a.m. Pilates* 9:45-10:45 a.m. Conversational Spanish 11:00-12:00 p.m. Sound Healing 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 4 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- 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.
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.	Stand Sit & Be Fit 9 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.	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.	Stand Sit & Be Fit 11 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- 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.
Circuit Training** 15 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.	Stand Sit & Be Fit 16 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. Grief & Loss Support 2:45-3:45 p.m.	Active Stretch 17 8:30-9:30 a.m. Pilates* 9:45-10:45 a.m. Conversational Spanish 11:00-12:00 p.m. Sound Healing 12:15-1:15 p.m. Book Club 1:00-2:00 p.m. Line Dance- Beginners 1:30-2:30 p.m. Line Dance- Intermediate 2:45-3:45 p.m.	Stand Sit & Be Fit 18 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- Beading 1:30-3:30 p.m.	Circuit Training** 19 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Zumba 9:45-10:45 a.m. Art 2.0 11:00-12:00 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
Circuit Training** 22 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.	Stand Sit & Be Fit 23 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.	Stand Sit & Be Fit 25 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.	Circuit Training** 26 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.
Circuit Training** 29 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.	Stand Sit & Be Fit 30 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.			

Millcreek

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Active Stretch 1 8:30-9:30 a.m. Pilates* 9:45-10:45 a.m. Conversational Spanish 11:00-12:00 p.m. Sound Healing 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 2 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- Paper Quilling 1:30-3:30 p.m.	Circuit Training 3 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.
		Active Stretch 8 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 9 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- Handmade Cards 1:30-3:30 p.m.	Circuit Training 10 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.
		Active Stretch 15 8:30-9:30 a.m. Pilates* 9:45-10:45 a.m. Conversational Spanish 11:00-12:00 p.m. Sound Healing 12:15-1:15 p.m. Book Club 1:00-2:00 p.m. Line Dance- Beginners 1:30-2:30 p.m. Line Dance- Intermediate 2:45-3:45 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 17 1st: 9-11 a.m. 2nd: 1-3 p.m. All classes canceled Fitness center closed
		Active Stretch 22 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 23 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- Stamped Tote Bag 1:30-3:30 p.m.	Circuit Training** 24 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.
		Active Stretch 29 8:30-9:30 a.m. Pilates* 9:45-10:45 a.m. Conversational Spanish 11:00-12:00 p.m. Sound Healing 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 30 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.	Circuit Training** 31 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.

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June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Circuit Training** 3 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.	Stand Sit & Be Fit 4 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.	Active Stretch 5 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. 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- Wood Burning 1:30-3:30 p.m.	Circuit Training** 7 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.
Circuit Training** 10 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.	Stand Sit & Be Fit 11 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. Staying Healthy 2:45-3:45 p.m.	Active Stretch 12 8:30-9:30 a.m. Pilates* 9:45-10:45 a.m. Conversational Spanish 11:00-12:00 p.m. Sound Healing 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 13 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- Paint & Sip 1:30-3:30 p.m.	Circuit Training** 14 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.
Circuit Training** 17 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.	Stand Sit & Be Fit 18 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. Grief & Loss Support 2:45-3:45 p.m.	Active Stretch 19 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. Book Club 1:00-2:00 p.m. Line Dance- Beginners 1:30-2:30 p.m. Line Dance- Intermediate 2:45-3:45 p.m.	Stand Sit & Be Fit 20 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- Summer Wreath 1:30-3:30 p.m.	Circuit Training** 21 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Zumba 9:45-10:45 a.m. Art 2.0 11:00-12:00 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
Circuit Training** 24 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.	Stand Sit & Be Fit 25 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. Medicare 101 2:45-3:45 p.m.	Active Stretch 26 8:30-9:30 a.m. Pilates* 9:45-10:45 a.m. Conversational Spanish 11:00-12:00 p.m. Sound Healing 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 27 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- Beading 1:30-3:30 p.m.	Circuit Training** 28 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.
Circuit Training** 29 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.	Stand Sit & Be Fit 30 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.			

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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.

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

* Please bring your own yoga mat.