Featured events at Optum Community Center – Converge

Staying Healthy & Active After 55 April 8, May 13, June 10 2:45-3:45 p.m.

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

- April 8: 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 13: Managing Chronic Conditions Tips and resources from one of our providers for living your healthiest life with chronic conditions.
- June 10: 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.

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, and is taught by a certified Arthritis Foundation fitness specialist.

Spring Party & Health Expo R.S.V.P. Friday, June 21 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 will take place in the multi-purpose room.

NEW! Grief & Loss Support Group April 29, June 24 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.

Medicare 101 April 10 and 24, May 8 and 22, **June 12 and 26** 12–1 p.m.

Learn more about Medicare from a licensed insurance agent.

Classic Car Show Saturday, April 27 11:00-2:00 p.m.

Presented by Optum and KC Senior Solutions. Featuring Wellness on Wheels and KC Converge Community Center Tours. Trophies will be awarded for first, second and third place best in show.

To RSVP call 1-816-240-6045.



ike 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 1-816-240-6045, TTY 711.



Optum Community Center | Converge

3650 Broadway Blvd. Kansas City, MO 64111



Optum Community Center | Converge

CONVERGE I

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

In case of a medical emergency, please dial 911.

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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			Converge May 2024								
MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
Circuit Training** :30-9:30 a.m. /oga 101* :45-10:45 a.m. Chair Dance 1:00-12:00 p.m. Cai Chi 2:15-1:15 p.m. Barre :30-2:30 p.m. Jealthy Minds :45-3:45 p.m.	Arthritis Exercise 8:30-9:30 a.m. Active Stretch 9:45-10:45 a.m. Pilates* 11:00-12:00 p.m. BrainSavers 12:15-1:15 p.m. Arts & Crafts 1:30-3:30 p.m. Technology 2:30-3:30 p.m.	2 Pilates* 8:30-9:30 a.m. Line Dance 9:45-10:45 a.m. Chair Drumming 11:00-12:00 p.m. Tai Chi 12:15-1:15 p.m. Sound Healing 1:30-2:30 p.m. Book Club 2:45-3:45 p.m.	Arthritis Exercise 8:30-9:30 a.m. Meditative Yoga 9:45-10:45 a.m. Stretch & Balance 11:00-12:00 p.m. Lifebio 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.	4	Functional Strength 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Nutrition 11:00-12:00 p.m. Zumba 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	5			Pilates* 8:30-9:30 a.m. Line Dance 9:45-10:45 a.m. Chair Drumming 11:00-12:00 p.m. Tai Chi 12:15-1:15 p.m. Sound Healing 1:30-2:30 p.m. Book Club 2:45-3:45 p.m.	All classes cancele Fitness center oper 10:30 a.m.	
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June 2024 Converge Converge

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Circuit Training** 31 8:30-9:30 a.m. Yoga 101* 9:45-10:45 a.m. **Chair Dance** 11:00-12:00 p.m. Tai Chi 12:15-1:15 p.m. Barre

1:30-2:30 p.m.

FRIDAY Functional Strength 3

Functional Strength 10

Functional Strength 17

Functional Strength 24

Functional Strength 31

8:30-9:30 a.m. Chair Yoga

9:45-10:45 a.m.

11:00-12:00 p.m.

8:30-9:30 a.m. Chair Yoga

9:45-10:45 a.m.

11:00-12:00 p.m.

12:15-1:15 p.m.

Art Workshop

1:30-3:30 p.m.

8:30-9:30 a.m.

9:45-10:45 a.m. Nutrition

11:00-12:00 p.m.

12:15-1:15 p.m.

Art Workshop

1:30-3:30 p.m.

8:30-9:30 a.m.

9:45-10:45 a.m.

11:00-12:00 p.m.

12:15-1:15 p.m.

Art Workshop

1:30-3:30 p.m.

8:30-9:30 a.m.

9:45-10:45 a.m.

11:00-12:00 p.m.

12:15-1:15 p.m.

Art Workshop

1:30-3:30 p.m.

Chair Yoga

Nutrition

Zumba

Chair Yoga

Nutrition

Zumba

Chair Yoga

Zumba

Nutrition

Zumba

Nutrition

Zumba 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.

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

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.

For accommodations of persons with special needs at meetings call 1-816-240-6045, TTY 711.

- ** Must complete fitness/gym orientation to use gym equipment.
- * Please bring your own yoga mat.