

Featured events at Optum Community Center – North Oak

Staying Healthy & Active After 55

April 24, May 22, June 26 1:30-2:30 p.m.

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

- **April 24: 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 22: Managing Chronic Conditions**

Tips and resources from one of our providers for living your healthiest life with chronic conditions.

- **June 26: 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.

Bingocize

Every Wednesday of each month

12:15–1:15 p.m.

Bingocize combines movement, health education and, of course, Bingo.

Wild West Party & Health Fair

R.S.V.P.

Friday, June 7

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

New! Grief & Loss Support Group

April 10, May 8, June 12

1:30–2:30 p.m.

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

Balance Workshop

Every Tuesday of each month 12:15–1:15 p.m.

Every Thursday of each month 8:30–9:30 a.m.

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

Lifebio

Every Friday of each month

11:00–12:00 p.m.

Lifebio allows people to use their voice to tell their own story. Using a collection of story prompts, participants can create a keepsake for their families that will last generations to come.



Optum Community Center | North Oak

4906 N. Oak Trafficway
Kansas City, MO 64118



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Address:

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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](https://www.optumkc.com)

In case of a medical emergency, please dial 911.

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

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North Oak

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 1-816-240-6050.

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 **1-816-240-6050, TTY 711**.



