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

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

NORTH OAK

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

Hours:

Address:

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.

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We will accept RSVPs only on weekdays. Only 2 RSVPs allowed per person, per event when you call.









Optum Community Center | North Oak

4906 N. Oak Trafficway Kansas City, MO 64118



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.





To RSVP call 1-816-240-6050.





like us on Facebook Facebook.com/myOptum



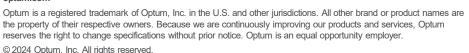












April 2024							North (Oak	May 2024
MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		MONDAY
Stand, Sit & Be Fit 8:30–9:30 a.m. Stress Management 9:45–10:45 a.m. Nutrition 11:00 a.m.–12:00 p.m. Yogalates* 12:15–1:15 p.m. Restorative Stretch* 1:30–2:30 p.m. Line Dance- Beginner 2:30–3:00 p.m. Line Dance- Intermediate 3:00-3:30 p.m.	Pilates 101* 8:30-9:30 a.m. Tai Chi 9:45-10:45 a.m. Technology 10:30-11:30 a.m. Zumba 11:00-12:00 p.m. Balance Workshop* 12:15-1:15 p.m. Arts & Crafts 1:30-2:30 p.m. Colorectal Education 2:45-4:00 p.m.	2	Chair Drumming 8:30–9:30 a.m. Chair Dance 9:45–10:45 a.m. Chair Yoga 11:00 a.m.–12:00 p.m. Bingocize 12:15–1:15 p.m. Healthy Minds 1:30-2:30 p.m.	3	Balance Workshop 8:30-9:30 a.m. BrainSavers 9:45-10:45 a.m. Zumba 11:00-12:00 p.m. Chair Dance 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	4	Stand Sit & Be Fit 8:30-9:30 a.m. Yoga 101* 9:45-10:45 a.m. Lifebio 11:00-12:00 p.m. Sound Healing* 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.	5	
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North Oak

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June 2024 North Oak

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R.S.V.P. To RSVP call 1-816-240-6050.

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 1-816-240-6050, TTY 711.

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