



Optum™ Community Center Activity Calendar

Lifepoint is now Optum Medical Network!

Our name has changed, but we offer the same
great classes, activities, and events!

Deer Valley

October / November / December 2014

Optum Community Center

Enjoy our Featured Events!

Medication Review First Thursday of the Month, Noon – 4pm: Meet with our pharmacist and go over all of your current prescriptions, over the counter vitamins and drugs. These are 30 minute appointments and you must RSVP to 623-707-0862.

AARP Safe Driver's Course – Monday, October 6, November 3, December 1, Noon – 4:00pm: Maintain safe driving skills with the course made by the American Association of Retired Persons (AARP).

- The cost is \$15 for AARP members / \$20 for non-AARP members.
- AARP Members 50+ may qualify for an auto insurance discount. Check with your insurance.
- Bring your driver's license and AARP card to class.

Understanding the Explanation of Benefits - Wednesday, October 8th, Noon-1:00pm: Optum Medical Network is pleased to offer a class for members and guests focused on understanding your monthly Explanation of Benefits (EOB). With the recent changes in your EOB, it is important to learn how to read the new Consolidated EOB. This class is interactive and will be taught by one of our own Service Advocates. Please feel free to bring your EOB with you to class. We will have Q&A time built into the session to ensure you have a chance to ask questions.

Staying Healthy & Active After 50, 1:00 - 2:30pm: Our Nurse Practitioners will be discussing important health topics each month that the population over the age of 50 deals with. Please join us for these educational presentations:

- **Monday, October 13** – Vaccinations – Why are they important? Which Ones Do You Need and When Do You Need Them?
- **Monday, November 10** – Peripheral Artery Disease (PAD) – Is My Leg Pain Peripheral Artery Disease? How Do I Know & What Do I Do?
- **Monday, December 8** - Annual screenings are an important part of staying healthy. Nurse practitioner Sara Santilli will discuss the different screenings for different types of cancer, diabetes, glaucoma, and other preventive screenings.

Beading Class with Raincharmer Beads – Monday, October 20, November 17, December 8, 1:00pm-3:00pm: Our beading classes are set to do fun projects for Halloween, Holiday Jewelry and Holiday Decorations. Classes fill fast, so RSVP early.

Morris, Hall & Kinghorn, A Premier Estate Planning Law Firm, Noon – 1:30pm: Join us on October 21st and again on December 16th at Noon for a light lunch provided by Freedom Inn prior to presentation. Space is limited you must RSVP.

- **Tuesday, October 21st** - Advanced Directives – “What Are They & Why We need Them”
- **Tuesday, December 16th** – “How To Pay For Long Term Care Without Going Broke” Medicaid Benefits/VA Benefits/Long Term Care Insurance.

Fall Harvest Party - Friday, October 17, 1:30 – 3:00pm: Join us in the fun of our Fall Harvest Party. We will be enjoying the music and dancing as well as an entertaining stage show from Short & Sweet Entertainment. RSVP to join in the fun!

Veteran's Day Variety Show - Friday, November 14, 1:00 – 3:00pm: We will be celebrating and showing our thanks to Veterans with a special show to include music and dancing. Come honor our Veterans, enjoy some light refreshments and great entertainment.

3rd Annual Holiday Party - Friday, December 12, 1:00 – 3:00pm: Celebrate the holiday season with the Optum Community Center! There will be music and dancing with David Ciani from Energy Entertainment in the Great Room. Light holiday refreshments will be served.



Optum Community Center
20414 N 27th Avenue, 4th Flr.
Phoenix, AZ 85027

Monday – Friday: 8am – 4pm
Saturday & Sunday: Closed
623-707-2895
OptumMedicalNetwork.com

*** To RSVP call 623-707-2895**



Monday	Tuesday	Wednesday	Thursday	Friday
		1 <ul style="list-style-type: none"> • Wii Sports, 10am - Noon • Dr. Paul Bendheim - BrainSavers 10:30am - 11:30am • Quilting, Crocheting & Knitting Club, Noon - 3:30pm • No. Phoenix Deaf Senior Citizens Monthly Social, 1pm - 4pm 	2 <ul style="list-style-type: none"> • Medication Review-By appt. only. Call 623-707-0862, 8am - Noon • Latin Dance Fitness With A Twist, 8:30am - 9:30am • Movie & Popcorn Afternoon - Call for Title, 1pm - 3pm 	3 <ul style="list-style-type: none"> • Tai Chi, 8:30am - 9:30am • Meditation To Reduce Stress, 9:30am - 10:30am • Pilates Plus, 11:30am - 12:30pm • Line Dance Beginners to Pros, 1pm - 3pm
6 <ul style="list-style-type: none"> • Pilates Plus, 8:30am - 9:30am • Wii Sports, 10am - Noon • Dr. Paul Bendheim - BrainSavers, 10:30am - 11:30am • AARP Safe Driver Course - *RSVP, Noon - 4:00pm 	7 <ul style="list-style-type: none"> • Medical QiGong - Chair Yoga, 8:30am - 9:30am • Nutrition Strategies & Weight Management, 10am - 11:30am • Art Workshop, 2pm - 4pm 	8 <ul style="list-style-type: none"> • Wii Sports, 10am - Noon • Dr. Paul Bendheim - BrainSavers 10:30am - 11:30am • Explanation of Benefits Training - *RSVP, Noon- 1pm • Quilting, Crocheting & Knitting Club, Noon - 3:30pm 	9 <ul style="list-style-type: none"> • Latin Dance Fitness With A Twist, 8:30am - 9:30am • Movie & Popcorn Afternoon - Call for Title, 1pm - 3pm 	10 <ul style="list-style-type: none"> • Tai Chi, 8:30am - 9:30am • Pilates Plus, 11:30am - 12:30pm • Line Dance Beginners to Pros, 1pm - 3pm
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In case of a medical emergency,
 please dial 911



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