



OPTUM™
Medical Network



Optum™ Community Center Activity Calendar

Stay Active, Be Healthy, Build Relationships
It's a place for you to belong.

Deer Valley

January / February / March 2015

Optum Community Center

Enjoy our Featured Events!

MEDICATION REVIEW

First Thursday of the Month, 8am - Noon

Reserve an appointment: 623-707-2895

Meet with our pharmacist and go over your current prescriptions, over the counter vitamins and medications. These are 30 minute appointments and you must RSVP.

AARP SAFE DRIVER'S COURSE

Monday: January 12, February 2, March 2, Noon - 4pm

RSVP: 623-707-2895

Maintain safe driving skills with this course created 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.

STAYING HEALTHY & ACTIVE AFTER 50

Monday: January 5, February 9 & March 9 1pm - 2:30pm

RSVP: 623-707-2895

Our Nurse Practitioners will discuss important health topics each month that are relative to the 50+ population. Please join us for these educational presentations:

- Monday, January 5 – Quitting Smoking
- Monday, February 9 – All About Cholesterol
- Monday, March 9 – Stroke: Prevention & Care

YMCA DIABETES PREVENTION PROGRAM

Tuesday, January 20, 11:30am – 12:30pm

RSVP: 623-707-2895

Get Moving, Be Healthy, Stay Independent. Attend the YMCA's Diabetes Prevention Program, designed to help you reduce your risk of developing type 2 diabetes.

COMPUTER CLASS – BEGINNERS TO INTERMEDIATE

Most Thursdays, January – March (check calendar for exact dates), 10:30am - 11:30am

Learn the basic and more developed skills for navigating your computer. Instructor Barb McDonald is a Veteran of the US Marines with 30 years of experience teaching computer use and programming for major international companies, as well as the US Military. Attendees may bring their own laptops.

MURDER MYSTERY PARTY

Friday, March 20, 1pm – 3pm

RSVP: 623-707-2895

Short & Sweet will present their famous "Murder Mystery Event." Put on your sleuth hat and join us to find who the real villain is! Please RSVP.

NEW MEMBER OPEN HOUSE

Thursday: January 15 & March 5, 1pm - 3pm

RSVP: 623-707-2895

If you are new to Optum Medical Network, welcome! This event is for you. Enjoy light refreshments while learning about our unique services, resources and programs - built around you! Representatives are on hand to answer your questions.



Medical Network

Optum Community Center
20414 N 27th Avenue, 4th Fl.
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
			<p>1</p> <p>CLOSED FOR HOLIDAY</p>	<p>2</p> <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
<p>5</p> <ul style="list-style-type: none"> Pilates Plus, 8:30am – 9:30am Wii Sports for Everyone, 10am - Noon Staying Healthy after 50 - Quitting Smoking - *RSVP, 1pm - 2:30pm 	<p>6</p> <ul style="list-style-type: none"> Medical QiGong – Chair Yoga, 8:30am-9:30am Art Workshop, 2pm – 4pm 	<p>7</p> <ul style="list-style-type: none"> Wii Sports for Everyone, 10am - Noon Quilting, Crocheting & Knitting Club, Noon – 3pm North PHX Deaf Senior Citizens - Monthly Social, 1pm - 4pm 	<p>8</p> <ul style="list-style-type: none"> Medication Review <i>By appt only - Call 623-707-2895, 8am - Noon</i> Latin Dance Fitness, 8:30am - 9:30am Computer Class - Beginners to Intermediate, 10:30am - 11:30am Movie & Popcorn, Call for Title, 1pm – 3pm 	<p>9</p> <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
<p>12</p> <ul style="list-style-type: none"> Pilates Plus, 8:30am – 9:30am Wii Sports for Everyone, 10am - Noon AARP Safe Driver Course <i>RSVP, Noon-4pm</i> 	<p>13</p> <ul style="list-style-type: none"> Medical QiGong – Chair Yoga, 8:30am-9:30am Book Club, 10am - Noon Origami w/ Willie Mae Tang, 10am – Noon Art Workshop, 2pm – 4pm 	<p>14</p> <ul style="list-style-type: none"> Wii Sports for Everyone, 10am - Noon Quilting, Crocheting & Knitting Club, Noon – 3pm 	<p>15</p> <ul style="list-style-type: none"> Latin Dance Fitness, 8:30am - 9:30am Computer Class - Beginners to Intermediate, 10:30am - 11:30am New Member Open House, <i>RSVP, 1PM - 3PM</i> 	<p>16</p> <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
<p>19</p> <p>CLOSED FOR HOLIDAY</p>	<p>20</p> <ul style="list-style-type: none"> Medical QiGong – Chair Yoga, 8:30am-9:30am YMCA Diabetes Prevention Program, 11:30am - 12:30pm Art Workshop, 2pm – 4pm 	<p>21</p> <ul style="list-style-type: none"> Wii Sports for Everyone, 10am - Noon Quilting, Crocheting & Knitting Club, Noon – 3pm 	<p>22</p> <ul style="list-style-type: none"> Latin Dance Fitness, 8:30am - 9:30am Computer Class - Beginners to Intermediate, 10:30am - 11:30am Movie & Popcorn, Call for Title, 1pm – 3pm 	<p>23</p> <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
<p>26</p> <ul style="list-style-type: none"> Pilates Plus, 8:30am – 9:30am Wii Sports for Everyone, 10am - Noon Open Arts and Crafts - Bring your own projects, 1pm - 3pm Memory Screenings - <i>by appt. only, call 623-707-2895, 1pm -- 3pm</i> 	<p>27</p> <ul style="list-style-type: none"> Medical QiGong – Chair Yoga, 8:30am-9:30am Scrabble - Everyone Welcome, 10am - 12:30pm Art Workshop, 2pm – 4pm 	<p>28</p> <ul style="list-style-type: none"> Wii Sports for Everyone, 10am - Noon Quilting, Crocheting & Knitting Club, Noon – 3pm 	<p>29</p> <ul style="list-style-type: none"> Private Event, 9am - Noon Movie & Popcorn, Call for Title, 1pm – 3pm 	<p>30</p> <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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<p>2</p> <ul style="list-style-type: none"> • Pilates Plus, 8:30am – 9:30am • Wii Sports for Everyone, 10am - Noon • AARP Safe Driver Course RSVP, Noon-4pm 	<p>3</p> <ul style="list-style-type: none"> • Medical QiGong – Chair Yoga, 8:30am-9:30am • Book Club, 10am - Noon 	<p>4</p> <ul style="list-style-type: none"> • Wii Sports for Everyone, 10am - Noon • Quilting, Crocheting & Knitting Club, Noon – 3pm • North PHX Deaf Senior Citizens - Monthly Social, 1pm -4pm 	<p>5</p> <ul style="list-style-type: none"> • Medication Review By appt only - Call 623-707-2895, 8am - Noon • Latin Dance Fitness, 8:30am - 9:30am • Computer Class - Beginners to Intermediate, 10:30am - 11:30am • Movie & Popcorn, Call for Title, 1pm – 3pm 	<p>6</p> <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
<p>9</p> <ul style="list-style-type: none"> • Pilates Plus, 8:30am – 9:30am • Wii Sports for Everyone, 10am - Noon • Staying Healthy after 50 - All About Cholesterol, RSVP, 1pm-2:30pm 	<p>10</p> <ul style="list-style-type: none"> • Medical QiGong – Chair Yoga, 8:30am-9:30am • Book Club, 10am – Noon • Origami w/ Willie Mae Tang, 10am – Noon • Art Workshop, 2pm – 4pm 	<p>11</p> <ul style="list-style-type: none"> • Wii Sports for Everyone, 10am - Noon • Quilting, Crocheting & Knitting Club, Noon – 3pm 	<p>12</p> <ul style="list-style-type: none"> • Latin Dance Fitness, 8:30am - 9:30am • Computer Class - Beginners to Intermediate, 10:30am - 11:30am • Movie & Popcorn, Call for Title, 1pm – 3pm 	<p>13</p> <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
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To RSVP call 623-707-2895 For Optum Medical Network members, all classes and events are included as part of your membership and there is no additional fee. All events are open to the general public at no cost. This excludes the AARP Safe Driver Course, which has a fee for all attendees.

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To RSVP call 623-707-2895



Adobe Dam
Recreational
Area



N 35th Ave

INTERSTATE
17

Phoenix – Deer Valley
Municipal Airport



W Deer Valley Rd

 **OPTUM™**
Medical Network

N 27th Ave

Exit
#215A

N 23rd Ave

W Rose Garden Ln

Exit
#23A

101

Exit
#23

H

W Yorkshire Dr

Exit
#214B



OPTUM™
Medical Network

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

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

In case of a medical emergency,
please dial 911