



# Albuquerque

## Optum Community Center activity calendar

October–December 2024

Stay active, be healthy and build relationships  
in a place where you belong.

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### Enjoy our fitness center

Hours: Monday through Friday, 8 a.m.–4 p.m.

**Optum**

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><b>1 Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Book club</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>	<p><b>2 Dance fitness</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Chair yoga</b> 11 a.m.–12 p.m.</p> <p><b>Games</b> 12:15–1:15 p.m.</p> <p><b>Movie afternoon</b> 1:30–3:30 p.m.</p>	<p><b>3 Stand, sit &amp; be fit</b> 8:30–9:30 a.m.</p> <p><b>Yogalates</b> 10–11 a.m.</p> <p><b>LifeBio</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Jewelry class</b> 1–3 p.m.</p>	<p><b>4 Circuit training**</b> 8:30–9:30 a.m.</p> <p><b>Mindfulness and meditation</b> 8:30–9:30 a.m.</p> <p><b>Yoga</b> 10–11 a.m.</p> <p><b>Latin dance</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Medicare 101*</b> 1–3 p.m.</p>
<p><b>7 Strength and balance</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Adult ballet class</b> 11 a.m.–12 p.m.</p> <p><b>Diabetes Education</b> 12:15–1:15 p.m.</p> <p><b>Painting workshop</b> 1:30–3:30 p.m.</p>	<p><b>8 Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Healthy minds</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>	<p><b>9 Dance fitness</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Chair yoga</b> 11 a.m.–12 p.m.</p> <p><b>Games</b> 12:15–1:15 p.m.</p> <p><b>Movie afternoon</b> 1:30–3:30 p.m.</p>	<p><b>10 Stand, sit &amp; be fit</b> 8:30–9:30 a.m.</p> <p><b>Yogalates</b> 10–11 a.m.</p> <p><b>LifeBio</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Jewelry class</b> 1–3 p.m.</p>	<p><b>11 Circuit training**</b> 8:30–9:30 a.m.</p> <p><b>Mindfulness and meditation</b> 8:30–9:30 a.m.</p> <p><b>Yoga</b> 10–11 a.m.</p> <p><b>Latin dance</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Arts &amp; crafts projects</b> 1–3 p.m.</p>
<p><b>14 Strength and balance</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Adult ballet class</b> 11 a.m.–12 p.m.</p> <p><b>Diabetes Education</b> 12:15–1:15 p.m.</p> <p><b>Painting workshop</b> 1:30–3:30 p.m.</p>	<p><b>15 Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Book club</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>	<p><b>16 Dance fitness</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Chair yoga</b> 11 a.m.–12 p.m.</p> <p><b>Games</b> 12:15–1:15 p.m.</p> <p><b>Movie afternoon</b> 1:30–3:30 p.m.</p>	<p><b>17 Stand, sit &amp; be fit</b> 8:30–9:30 a.m.</p> <p><b>Yogalates</b> 10–11 a.m.</p> <p><b>LifeBio</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Jewelry class</b> 1–3 p.m.</p>	<p><b>18 Circuit training**</b> 8:30–9:30 a.m.</p> <p><b>Mindfulness and meditation</b> 8:30–9:30 a.m.</p> <p><b>Yoga</b> 10–11 a.m.</p> <p><b>Latin dance</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Grief and loss support group</b> 1–2 p.m.</p>
<p><b>21 Strength and balance</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Adult ballet class</b> 11 a.m.–12 p.m.</p> <p><b>Diabetes Education</b> 12:15–1:15 p.m.</p> <p><b>Painting workshop</b> 1:30–3:30 p.m.</p>	<p><b>22 Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Healthy minds</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>	<p><b>23 Dance fitness</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Chair yoga</b> 11 a.m.–12 p.m.</p> <p><b>Games</b> 12:15–1:15 p.m.</p> <p><b>Movie afternoon</b> 1:30–3:30 p.m.</p>	<p><b>24 Stand, sit &amp; be fit</b> 8:30–9:30 a.m.</p> <p><b>Yogalates</b> 10–11 a.m.</p> <p><b>LifeBio</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Jewelry class</b> 1–3 p.m.</p>	<p><b>25 Circuit training**</b> 8:30–9:30 a.m.</p> <p><b>Mindfulness and meditation</b> 8:30–9:30 a.m.</p> <p><b>Yoga</b> 10–11 a.m.</p> <p><b>Latin dance</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Happy hour</b> 1–3 p.m.</p>
<p><b>28 Strength and balance</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Adult ballet class</b> 11 a.m.–12 p.m.</p> <p><b>Diabetes Education</b> 12:15–1:15 p.m.</p> <p><b>Painting workshop</b> 1:30–3:30 p.m.</p>	<p><b>29 Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Book club</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>	<p><b>30 Dance fitness</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Chair yoga</b> 11 a.m.–12 p.m.</p> <p><b>Games</b> 12:15–1:15 p.m.</p> <p><b>Movie afternoon</b> 1:30–3:30 p.m.</p>	<p><b>31 Stand, sit &amp; be fit</b> 8:30–9:30 a.m.</p> <p><b>Yogalates</b> 10–11 a.m.</p> <p><b>LifeBio</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Jewelry class</b> 1–3 p.m.</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
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\*Meet a Medicare broker. This event is for educational purposes only. A licensed insurance representative will be present with information only; there will be no sales activity. For accommodations of persons with special needs at meetings, call **1-505-262-7000**, TTY **711**.

\*\*Gym will be closed from 8:30 to 9:30 a.m. during circuit training. Must complete fitness and gym orientation to participate in class or use gym equipment.

All classes at the Optum Community Center in Albuquerque are open to the general public ages 55+ at no cost. **Programming developed for people age 55+.**

<p><b>4 Strength and balance</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Adult ballet class</b> 11 a.m.–12 p.m.</p> <p><b>Diabetes Education</b> 12:15–1:15 p.m.</p> <p><b>Painting workshop</b> 1:30–3:30 p.m.</p>	<p><b>5 Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Healthy minds</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>	<p><b>6 Dance fitness</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Chair yoga</b> 11 a.m.–12 p.m.</p> <p><b>Games</b> 12:15–1:15 p.m.</p> <p><b>Movie afternoon</b> 1:30–3:30 p.m.</p>	<p><b>7 Stand, sit &amp; be fit</b> 8:30–9:30 a.m.</p> <p><b>Yogalates</b> 10–11 a.m.</p> <p><b>LifeBio</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Jewelry class</b> 1–3 p.m.</p>	<p><b>1 Circuit training**</b> <b>8:30–9:30 a.m.</b></p> <p><b>Mindfulness and meditation</b> 8:30–9:30 a.m.</p> <p><b>Yoga</b> 10–11 a.m.</p> <p><b>Latin dance</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Medicare 101*</b> <b>1–3 p.m.</b></p>
<p><b>11 Strength and balance</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Adult ballet class</b> 11 a.m.–12 p.m.</p> <p><b>Diabetes Education</b> 12:15–1:15 p.m.</p> <p><b>Painting workshop</b> 1:30–3:30 p.m.</p>	<p><b>12 Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Book club</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>	<p><b>13 Dance fitness</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Chair yoga</b> 11 a.m.–12 p.m.</p> <p><b>Games</b> 12:15–1:15 p.m.</p> <p><b>Movie afternoon</b> 1:30–3:30 p.m.</p>	<p><b>14 Stand, sit &amp; be fit</b> 8:30–9:30 a.m.</p> <p><b>Yogalates</b> 10–11 a.m.</p> <p><b>LifeBio</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Jewelry class</b> 1–3 p.m.</p>	<p><b>15 Circuit training**</b> <b>8:30–9:30 a.m.</b></p> <p><b>Mindfulness and meditation</b> 8:30–9:30 a.m.</p> <p><b>Yoga</b> 10–11 a.m.</p> <p><b>Latin dance</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Grief and loss support group</b> 1–2 p.m.</p>
<p><b>18 Strength and balance</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Adult ballet class</b> 11 a.m.–12 p.m.</p> <p><b>Diabetes Education</b> 12:15–1:15 p.m.</p> <p><b>Painting workshop</b> 1:30–3:30 p.m.</p>	<p><b>19 Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Healthy minds</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>	<p><b>20 Dance fitness</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Chair yoga</b> 11 a.m.–12 p.m.</p> <p><b>Games</b> 12:15–1:15 p.m.</p> <p><b>Movie afternoon</b> 1:30–3:30 p.m.</p>	<p><b>21 Stand, sit &amp; be fit</b> 8:30–9:30 a.m.</p> <p><b>Yogalates</b> 10–11 a.m.</p> <p><b>LifeBio</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Jewelry class</b> 1–3 p.m.</p>	<p><b>22 Circuit training**</b> <b>8:30–9:30 a.m.</b></p> <p><b>Mindfulness and meditation</b> 8:30–9:30 a.m.</p> <p><b>Yoga</b> 10–11 a.m.</p> <p><b>Latin dance</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Education class</b> 1–3 p.m.</p>
<p><b>25 Strength and balance</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Adult Ballet</b> 11 a.m.–12 p.m.</p> <p><b>Diabetes Education</b> 12:15–1:15 p.m.</p> <p><b>Painting workshop</b> 1:30–3:30 p.m.</p>	<p><b>26 Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Book club</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>	<p><b>27 Dance fitness</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Chair yoga</b> 11 a.m.–12 p.m.</p> <p><b>Games</b> 12:15–1:15 p.m.</p> <p><b>Movie afternoon</b> 1:30–3:30 p.m.</p>	<p><b>28</b></p> <p><i>Closed for the holiday</i></p>	<p><b>29 Circuit training**</b> <b>8:30–9:30 a.m.</b></p> <p><b>Mindfulness and meditation</b> 8:30–9:30 a.m.</p> <p><b>Yoga</b> 10–11 a.m.</p> <p><b>Latin dance</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Happy hour</b> 1–3 p.m.</p>



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> <b>Strength and balance</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Adult ballet class</b> 11 a.m.–12 p.m.</p> <p><b>Diabetes Education</b> 12:15–1:15 p.m.</p> <p><b>Painting workshop</b> 1:30–3:30 p.m.</p>	<p><b>3</b> <b>Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Healthy minds</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>	<p><b>4</b> <b>Dance fitness</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Chair yoga</b> 11 a.m.–12 p.m.</p> <p><b>Games</b> 12:15–1:15 p.m.</p> <p><b>Movie afternoon</b> 1:30–3:30 p.m.</p>	<p><b>5</b> <b>Stand, sit &amp; be fit</b> 8:30–9:30 a.m.</p> <p><b>Yogalates</b> 10–11 a.m.</p> <p><b>LifeBio</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Jewelry class</b> 1–3 p.m.</p>	<p><b>6</b> <b>Circuit training**</b> <b>8:30–9:30 a.m.</b></p> <p><b>Mindfulness and meditation</b> 8:30–9:30 a.m.</p> <p><b>Yoga</b> 10–11 a.m.</p> <p><b>Latin dance</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Medicare 101*</b> <b>1–3 p.m.</b></p>
<p><b>9</b> <b>Strength and balance</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Adult ballet class</b> 11 a.m.–12 p.m.</p> <p><b>Diabetes Education</b> 12:15–1:15 p.m.</p> <p><b>Painting workshop</b> 1:30–3:30 p.m.</p>	<p><b>10</b> <b>Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Book club</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>	<p><b>11</b> <b>Dance fitness</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Chair yoga</b> 11 a.m.–12 p.m.</p> <p><b>Games</b> 12:15–1:15 p.m.</p> <p><b>Movie afternoon</b> 1:30–3:30 p.m.</p>	<p><b>12</b> <b>Stand, sit &amp; be fit</b> 8:30–9:30 a.m.</p> <p><b>Yogalates</b> 10–11 a.m.</p> <p><b>LifeBio</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Jewelry class</b> 1–3 p.m.</p>	<p><b>13</b> <b>Circuit training**</b> <b>8:30–9:30 a.m.</b></p> <p><b>Mindfulness and meditation</b> 8:30–9:30 a.m.</p> <p><b>Yoga</b> 10–11 a.m.</p> <p><b>Latin dance</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Arts &amp; crafts projects</b> 1–3 p.m.</p>
<p><b>16</b> <b>Strength and balance</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Adult ballet class</b> 11 a.m.–12 p.m.</p> <p><b>Diabetes Education</b> 12:15–1:15 p.m.</p> <p><b>Painting workshop</b> 1:30–3:30 p.m.</p>	<p><b>17</b> <b>Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Healthy minds</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>	<p><b>18</b> <b>Dance fitness</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Chair yoga</b> 11 a.m.–12 p.m.</p> <p><b>Games</b> 12:15–1:15 p.m.</p> <p><b>Movie afternoon</b> 1:30–3:30 p.m.</p>	<p><b>19</b> <b>Stand, sit &amp; be fit</b> 8:30–9:30 a.m.</p> <p><b>Yogalates</b> 10–11 a.m.</p> <p><b>LifeBio</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Jewelry class</b> 1–3 p.m.</p>	<p><b>20</b> <b>Circuit training**</b> <b>8:30–9:30 a.m.</b></p> <p><b>Mindfulness and meditation</b> 8:30–9:30 a.m.</p> <p><b>Yoga</b> 10–11 a.m.</p> <p><b>Latin dance</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Grief and loss support group</b> 1–2 p.m.</p>
<p><b>23</b> <b>Strength and balance</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Adult ballet class</b> 11 a.m.–12 p.m.</p> <p><b>Diabetes Education</b> 12:15–1:15 p.m.</p> <p><b>Painting workshop</b> 1:30–3:30 p.m.</p>	<p><b>24</b> <b>Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Book club</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>	<p><b>25</b></p> <p><i>Closed for the holiday</i></p>	<p><b>26</b> <b>Stand, sit &amp; be fit</b> 8:30–9:30 a.m.</p> <p><b>Yogalates</b> 10–11 a.m.</p> <p><b>LifeBio</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Jewelry class</b> 1–3 p.m.</p>	<p><b>27</b> <b>Circuit training**</b> <b>8:30–9:30 a.m.</b></p> <p><b>Mindfulness and meditation</b> 8:30–9:30 a.m.</p> <p><b>Yoga</b> 10–11 a.m.</p> <p><b>Latin dance</b> 11:30 a.m.–12:30 p.m.</p> <p><b>Happy hour</b> 1–3 p.m.</p>
<p><b>30</b> <b>Strength and balance</b> 8:30–9:30 a.m.</p> <p><b>BrainSavers</b> 9:45–10:45 a.m.</p> <p><b>Adult ballet class</b> 11 a.m.–12 p.m.</p> <p><b>Diabetes Education</b> 12:15–1:15 p.m.</p> <p><b>Painting workshop</b> 1:30–3:30 p.m.</p>	<p><b>31</b> <b>Active stretch</b> 8:30–9:30 a.m.</p> <p><b>Medicare broker available* 9–11 a.m.</b></p> <p><b>Book club</b> 9:45–10:45 a.m.</p> <p><b>Tai chi</b> 11 a.m.–12 p.m.</p> <p><b>Technology</b> 12:15–1:15 p.m.</p> <p><b>Conversational Spanish</b> 1:30–3:30 p.m.</p>			

# Featured events at Optum Community Center – Albuquerque

## Nutrition

**Every Monday: 12:15–1:15 p.m.**

Join us and an Optum registered dietitian to learn about ways to shop and eat for a healthier life.

## Tai chi

**Every Tuesday: 11 a.m.–12 p.m.**

Tai chi is a Chinese martial art taught in a welcoming social space. This class consists of slow, gentle, flowing movements aimed at reducing stress and improving balance.

## BrainSavers®

**Every Monday and Wednesday: 9:45–10:45 a.m.**

BrainSavers® focuses on healthy brain activities. These include exercise, lowering stress, healthy eating, socializing and memory exercises.

## Technology

**Every Tuesday: 12:15–1:15 p.m.**

Using technology doesn't have to be frustrating. This class teaches the basics of smart phones and tablets. Learn to use the internet, email, text, social media and other applications. Open to all levels.

## Conversational Spanish

**Every Tuesday: 1:30–3:30 p.m.**

Join us each week to learn the basics of conversational Spanish in a fun and comfortable environment.

## Games

**Every Wednesday: 12:15–1:15 p.m.**

Join us and bring your friends to play games. Keep your brain sharp and socialize.

## Movie afternoon

**Every Wednesday: 1:30–3:30 p.m.**

Join us and watch a movie. We supply the popcorn. Check your local center for monthly movie selections.

## LifeBio

**Every Thursday: 11:30 a.m.–12:30 p.m.**

Write your own life story. We'll talk about your past. This will help you remember memories and life experiences.

## Mindfulness and meditation

**Every Friday: 8:30–9:30 a.m.**

This class offers powerful guided meditation and sound healing techniques to develop the ability to focus, relax and bring you better peace of mind. Beginners to experienced practitioners are welcome.

## Book club

**Every other Tuesday: 9:45–10:45 a.m.**

Do you love to read? Connect with others who share your interest. Relax with friends and share your opinions on a favorite or new book. New members always welcome.

For more information, call **1-505-254-6100**, TTY **711**, or go to **[optum.com/nmcommunitycenters](https://optum.com/nmcommunitycenters)**.

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Check out our virtual community center, **[optum.com/virtualcommunitycenter](https://optum.com/virtualcommunitycenter)**.



Have you scheduled your Annual Wellness Visit for 2024? Call **1-505-254-6100**, TTY **711**.



## Optum Community Center

4010 Montgomery Blvd. NE  
Albuquerque, NM 87109

# Optum Community Center – Albuquerque

### Address

Optum Community Center  
4010 Montgomery Blvd. NE  
Albuquerque, NM 87109

### Hours

Monday–Friday: 8 a.m.–4 p.m.  
Saturday and Sunday: closed

### How to reach us

**1-505-254-6100, TTY 711**

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

**In case of an emergency, dial 911 or go to the nearest ER.**



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