



Albuquerque

Optum Community Center activity calendar

January–March 2024

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

Enjoy our fitness center

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

Optum

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>1</p> <p><i>Closed for the holiday</i></p> | <p>2 Active stretch 8:30–9:30 a.m.</p> <p>Medicare broker available* 9–11 a.m.</p> <p>Book club 9:45–10:45 a.m.</p> <p>Tai chi 11 a.m.–12 p.m.</p> <p>Technology 12:15–1:15 p.m.</p> <p>Conversational Spanish 1:30–3:30 p.m.</p> | <p>3 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Let’s Make a Wreath 11 a.m.–1 p.m.</p> <p>Movie afternoon 1:30–3:30 p.m.</p> | <p>4 Stand, sit & be fit 8:30–9:30 a.m.</p> <p>Yogalates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Jewelry class 1–3 p.m.</p> | <p>5 Circuit training** 8:30–9:30 a.m.</p> <p>Mindfulness and Meditation 10–11 a.m.</p> <p>Yoga 10–11 a.m.</p> <p>Latin dance 11:30 a.m.–12:30 p.m.</p> <p>Medicare 101* 1–3 p.m.</p> |
| <p>8 Strength and balance 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Adult ballet class 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Painting workshop 1:30–3:30 p.m.</p> | <p>9 Active stretch 8:30–9:30 a.m.</p> <p>Medicare broker available* 9–11 a.m.</p> <p>Healthy Minds 9:45–10:45 a.m.</p> <p>Tai chi 11 a.m.–12 p.m.</p> <p>Technology 12:15–1:15 p.m.</p> <p>Conversational Spanish 1:30–3:30 p.m.</p> | <p>10 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Let’s Make a Wreath 11 a.m.–1 p.m.</p> <p>Movie afternoon 1:30–3:30 p.m.</p> | <p>11 Stand, sit & be fit 8:30–9:30 a.m.</p> <p>Yogalates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Jewelry class 1–3 p.m.</p> | <p>12 Circuit training** 8:30–9:30 a.m.</p> <p>Mindfulness and Meditation 8:30–9:30 a.m.</p> <p>Yoga 10–11 a.m.</p> <p>Latin dance 11:30 a.m.–12:30 p.m.</p> <p>Arts & crafts projects 1–3 p.m.</p> |
| <p>15</p> <p><i>Closed for the holiday</i></p> | <p>16 Active stretch 8:30–9:30 a.m.</p> <p>Medicare broker available* 9–11 a.m.</p> <p>Book club 9:45–10:45 a.m.</p> <p>Tai chi 11 a.m.–12 p.m.</p> <p>Technology 12:15–1:15 p.m.</p> <p>Conversational Spanish 1:30–3:30 p.m.</p> | <p>17 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Let’s Make a Wreath 11 a.m.–1 p.m.</p> <p>Movie afternoon 1:30–3:30 p.m.</p> | <p>18 Stand, sit & be fit 8:30–9:30 a.m.</p> <p>Yogalates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Jewelry class 1–3 p.m.</p> | <p>19 Circuit training** 8:30–9:30 a.m.</p> <p>Mindfulness and Meditation 8:30–9:30 a.m.</p> <p>Yoga 10–11 a.m.</p> <p>Latin dance 11:30 a.m.–12:30 p.m.</p> <p>Grief and loss support group 1–2 p.m.</p> |
| <p>22 Strength and balance 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Adult ballet class 11 a.m.–12 p.m.</p> <p>Diabetes education 12:15–1:15 p.m.</p> <p>Painting workshop 1:30–3:30 p.m.</p> | <p>23 Active stretch 8:30–9:30 a.m.</p> <p>Medicare broker available* 9–11 a.m.</p> <p>Healthy Minds 9:45–10:45 a.m.</p> <p>Tai chi 11 a.m.–12 p.m.</p> <p>Technology 12:15–1:15 p.m.</p> <p>Conversational Spanish 1:30–3:30 p.m.</p> | <p>24 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Let’s Make a Wreath 11 a.m.–1 p.m.</p> <p>Movie afternoon 1:30–3:30 p.m.</p> | <p>25 Stand, sit & be fit 8:30–9:30 a.m.</p> <p>Yogalates 10–11 a.m.</p> <p>LifeBio 11:30 a.m.–12:30 p.m.</p> <p>Jewelry class 1–3 p.m.</p> | <p>26 Circuit training** 8:30–9:30 a.m.</p> <p>Mindfulness and Meditation 8:30–9:30 a.m.</p> <p>Yoga 10–11 a.m.</p> <p>Latin dance 11:30 a.m.–12:30 p.m.</p> <p>Happy hour 1–3 p.m.</p> |
| <p>29 Strength and balance 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Adult ballet class 11 a.m.–12 p.m.</p> <p>Nutrition 12:15–1:15 p.m.</p> <p>Painting workshop 1:30–3:30 p.m.</p> | <p>30 Active stretch 8:30–9:30 a.m.</p> <p>Medicare broker available* 9–11 a.m.</p> <p>Book club 9:45–10:45 a.m.</p> <p>Tai chi 11 a.m.–12 p.m.</p> <p>Technology 12:15–1:15 p.m.</p> <p>Conversational Spanish 1:30–3:30 p.m.</p> | <p>31 Dance fitness 8:30–9:30 a.m.</p> <p>BrainSavers 9:45–10:45 a.m.</p> <p>Let’s Make a Wreath 11 a.m.–1 p.m.</p> <p>Movie afternoon 1:30–3:30 p.m.</p> | | |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| | | | <p>1 Stand, sit & be fit 8:30-9:30 a.m.</p> <p>Yogalates 10-11 a.m.</p> <p>LifeBio 11:30 a.m.-12:30 p.m.</p> <p>Jewelry class 1-3 p.m.</p> | <p>2 Circuit training** 8:30-9:30 a.m.</p> <p>Mindfulness and Meditation 8:30-9:30 a.m.</p> <p>Yoga 10-11 a.m.</p> <p>Latin dance 11:30 a.m.-12:30 p.m.</p> <p>Medicare 101* 1-3 p.m.</p> |
| <p>5 Strength and balance 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Adult ballet class 11 a.m.-12 p.m.</p> <p>Nutrition 12:15-1:15 p.m.</p> <p>Painting workshop 1:30-3:30 p.m.</p> | <p>6 Active stretch 8:30-9:30 a.m.</p> <p>Medicare broker available* 9-11 a.m.</p> <p>Healthy Minds 9:45-10:45 a.m.</p> <p>Tai chi 11 a.m.-12 p.m.</p> <p>Technology 12:15-1:15 p.m.</p> <p>Conversational Spanish 1:30-3:30 p.m.</p> | <p>7 Dance fitness 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Let's Make a Wreath 11 a.m.-1 p.m.</p> <p>Movie afternoon 1:30-3:30 p.m.</p> | <p>8 Stand, sit & be fit 8:30-9:30 a.m.</p> <p>Yogalates 10-11 a.m.</p> <p>LifeBio 11:30 a.m.-12:30 p.m.</p> <p>Jewelry class 1-3 p.m.</p> | <p>9 Circuit training** 8:30-9:30 a.m.</p> <p>Mindfulness and Meditation 8:30-9:30 a.m.</p> <p>Yoga 10-11 a.m.</p> <p>Latin dance 11:30 a.m.-12:30 p.m.</p> <p>Arts & crafts projects 1-3 p.m.</p> |
| <p>12 Strength and balance 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Adult ballet class 11 a.m.-12 p.m.</p> <p>Nutrition 12:15-1:15 p.m.</p> <p>Painting workshop 1:30-3:30 p.m.</p> | <p>13 Active stretch 8:30-9:30 a.m.</p> <p>Medicare broker available* 9-11 a.m.</p> <p>Book club 9:45-10:45 a.m.</p> <p>Tai chi 11 a.m.-12 p.m.</p> <p>Technology 12:15-1:15 p.m.</p> <p>Conversational Spanish 1:30-3:30 p.m.</p> | <p>14 Dance fitness 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Let's Make a Wreath 11 a.m.-1 p.m.</p> <p>Movie afternoon 1:30-3:30 p.m.</p> | <p>15 Stand, sit & be fit 8:30-9:30 a.m.</p> <p>Yogalates 10-11 a.m.</p> <p>LifeBio 11:30 a.m.-12:30 p.m.</p> <p>Jewelry class 1-3 p.m.</p> | <p>16 Circuit training** 8:30-9:30 a.m.</p> <p>Mindfulness and Meditation 8:30-9:30 a.m.</p> <p>Yoga 10-11 a.m.</p> <p>Latin dance 11:30 a.m.-12:30 p.m.</p> <p>Grief and loss support group 1-2 p.m.</p> |
| <p>19 Strength and balance 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Adult ballet class 11 a.m.-12 p.m.</p> <p>Nutrition 12:15-1:15 p.m.</p> <p>Painting workshop 1:30-3:30 p.m.</p> | <p>20 Active stretch 8:30-9:30 a.m.</p> <p>Medicare broker available* 9-11 a.m.</p> <p>Healthy Minds 9:45-10:45 a.m.</p> <p>Tai chi 11 a.m.-12 p.m.</p> <p>Technology 12:15-1:15 p.m.</p> <p>Conversational Spanish 1:30-3:30 p.m.</p> | <p>21 Dance fitness 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Let's Make a Wreath 11 a.m.-1 p.m.</p> <p>Movie afternoon 1:30-3:30 p.m.</p> | <p>22 Stand, sit & be fit 8:30-9:30 a.m.</p> <p>Yogalates 10-11 a.m.</p> <p>LifeBio 11:30 a.m.-12:30 p.m.</p> <p>Jewelry class 1-3 p.m.</p> | <p>23 Circuit training** 8:30-9:30 a.m.</p> <p>Mindfulness and Meditation 8:30-9:30 a.m.</p> <p>Yoga 10-11 a.m.</p> <p>Latin dance 11:30 a.m.-12:30 p.m.</p> <p>Happy hour 1-3 p.m.</p> |
| <p>26 Strength and balance 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Adult ballet class 11 a.m.-12 p.m.</p> <p>Nutrition 12:15-1:15 p.m.</p> <p>Painting workshop 1:30-3:30 p.m.</p> | <p>27 Active stretch 8:30-9:30 a.m.</p> <p>Medicare broker available* 9-11 a.m.</p> <p>Book club 9:45-10:45 a.m.</p> <p>Tai chi 11 a.m.-12 p.m.</p> <p>Technology 12:15-1:15 p.m.</p> <p>Conversational Spanish 1:30-3:30 p.m.</p> | <p>28 Dance fitness 8:30-9:30 a.m.</p> <p>BrainSavers 9:45-10:45 a.m.</p> <p>Let's Make a Wreath 11 a.m.-1 p.m.</p> <p>Movie afternoon 1:30-3:30 p.m.</p> | <p>29 Stand, sit & be fit 8:30-9:30 a.m.</p> <p>Yogalates 10-11 a.m.</p> <p>LifeBio 11:30 a.m.-12:30 p.m.</p> <p>Jewelry class 1-3 p.m.</p> | |

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

*Meet a Medicare broker. This event is for educational purposes only. For accommodations of persons with special needs at meetings call **1-505-262-7000**, TTY **711**.

**Gym will be closed from 8:30-9:30 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+.**

1 Circuit training**
8:30-9:30 a.m.
Mindfulness and Meditation
8:30-9:30 a.m.
Yoga 10-11 a.m.
Latin dance
11:30 a.m.-12:30 p.m.
Medicare 101*
1-3 p.m.

4 Strength and balance
8:30-9:30 a.m.
BrainSavers
9:45-10:45 a.m.
Adult ballet class
11 a.m.-12 p.m.
Nutrition
12:15-1:15 p.m.
Painting workshop
1:30-3:30 p.m.

5 Active stretch
8:30-9:30 a.m.
Medicare broker available* 9-11 a.m.
Healthy Minds
9:45-10:45 a.m.
Tai chi 11 a.m.-12 p.m.
Technology
12:15-1:15 p.m.
Conversational Spanish 1:30-3:30 p.m.

6 Dance fitness
8:30-9:30 a.m.
BrainSavers
9:45-10:45 a.m.
Let's Make a Wreath
11 a.m.-1 p.m.
Movie afternoon
1:30-3:30 p.m.

7 Stand, sit & be fit
8:30-9:30 a.m.
Yogalates
10-11 a.m.
LifeBio
11:30 a.m.-12:30 p.m.
Jewelry class
1-3 p.m.

8 Circuit training**
8:30-9:30 a.m.
Mindfulness and Meditation
8:30-9:30 a.m.
Yoga 10-11 a.m.
Latin dance
11:30 a.m.-12:30 p.m.
Arts & crafts projects
1-3 p.m.

11 Strength and balance
8:30-9:30 a.m.
BrainSavers
9:45-10:45 a.m.
Adult ballet class
11 a.m.-12 p.m.
Nutrition
12:15-1:15 p.m.
Painting workshop
1:30-3:30 p.m.

12 Active stretch
8:30-9:30 a.m.
Medicare broker available* 9-11 a.m.
Book club
9:45-10:45 a.m.
Tai chi 11 a.m.-12 p.m.
Technology
12:15-1:15 p.m.
Conversational Spanish 1:30-3:30 p.m.

13 Dance fitness
8:30-9:30 a.m.
BrainSavers
9:45-10:45 a.m.
Let's Make a Wreath
11 a.m.-1 p.m.
Movie afternoon
1:30-3:30 p.m.

14 Stand, sit & be fit
8:30-9:30 a.m.
Yogalates
10-11 a.m.
LifeBio
11:30 a.m.-12:30 p.m.
Jewelry class
1-3 p.m.

15 Circuit training**
8:30-9:30 a.m.
Mindfulness and Meditation
8:30-9:30 a.m.
Yoga 10-11 a.m.
Latin dance
11:30 a.m.-12:30 p.m.
Grief and loss support group 1-2 p.m.

18 Strength and balance
8:30-9:30 a.m.
BrainSavers
9:45-10:45 a.m.
Adult ballet class
11 a.m.-12 p.m.
Nutrition
12:15-1:15 p.m.
Painting workshop
1:30-3:30 p.m.

19 Active stretch
8:30-9:30 a.m.
Medicare broker available* 9-11 a.m.
Healthy Minds
9:45-10:45 a.m.
Tai chi 11 a.m.-12 p.m.
Technology
12:15-1:15 p.m.
Conversational Spanish 1:30-3:30 p.m.

20 Dance fitness
8:30-9:30 a.m.
BrainSavers
9:45-10:45 a.m.
Let's Make a Wreath
11 a.m.-1 p.m.
Movie afternoon
1:30-3:30 p.m.

21 Stand, sit & be fit
8:30-9:30 a.m.
Yogalates
10-11 a.m.
LifeBio
11:30 a.m.-12:30 p.m.
Jewelry class
1-3 p.m.

22 Circuit training**
8:30-9:30 a.m.
Mindfulness and Meditation
8:30-9:30 a.m.
Yoga 10-11 a.m.
Latin dance
11:30 a.m.-12:30 p.m.
Education class
1-3 p.m.

25 Strength and balance
8:30-9:30 a.m.
BrainSavers
9:45-10:45 a.m.
Adult ballet class
11 a.m.-12 p.m.
Nutrition
12:15-1:15 p.m.
Painting workshop
1:30-3:30 p.m.

26 Active stretch
8:30-9:30 a.m.
Medicare broker available* 9-11 a.m.
Book club
9:45-10:45 a.m.
Tai chi 11 a.m.-12 p.m.
Technology
12:15-1:15 p.m.
Conversational Spanish 1:30-3:30 p.m.

27 Dance fitness
8:30-9:30 a.m.
BrainSavers
9:45-10:45 a.m.
Let's Make a Wreath
11 a.m.-1 p.m.
Movie afternoon
1:30-3:30 p.m.

28 Stand, sit & be fit
8:30-9:30 a.m.
Yogalates
10-11 a.m.
LifeBio
11:30 a.m.-12:30 p.m.
Jewelry class
1-3 p.m.

29 Circuit training**
8:30-9:30 a.m.
Mindfulness and Meditation
8:30-9:30 a.m.
Yoga 10-11 a.m.
Latin dance
11:30 a.m.-12:30 p.m.
Happy hour
1-3 p.m.



Optum Community Center – Albuquerque

We offer no-cost classes and events to help improve physical, mental and emotional health.

We offer dozens of ways to get you going. We help you stay in touch with others in the 55+ community, such as:

- Fitness classes like yoga and Latin dancing
- Classes about diabetes, hearing loss, healthy minds, Medicare and more
- Fun activities like art classes, movie afternoons and parties

Information you need to know about your visit (these may change without notice):



Face coverings (surgical masks) are no longer required. You may still wear one if you choose.



We encourage social distancing.



We have added extra cleaning to keep you safe and healthy.



For questions

Call 1-505-254-6100, TTY 711



Like us on Facebook

facebook.com/Optumcare



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

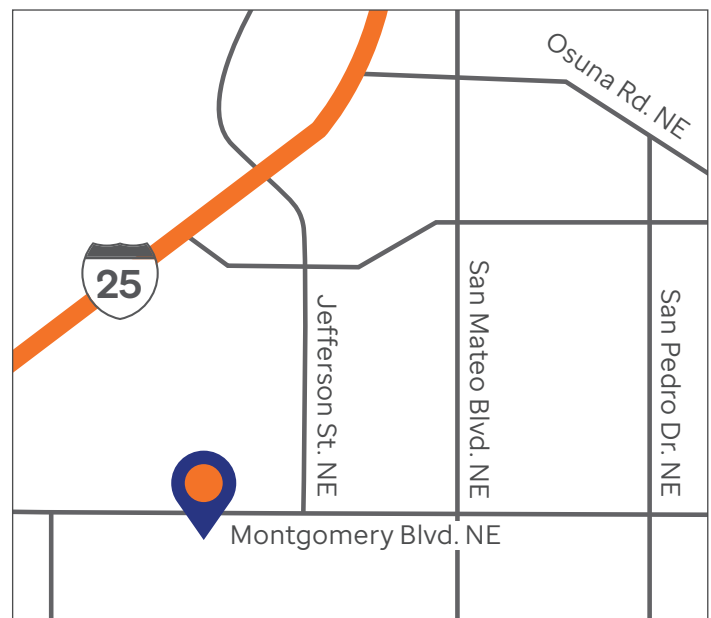
Monday–Friday: 8 a.m.–4 p.m.
Saturday and Sunday: closed

How to reach us

1-505-254-6100, TTY 711

optum.com/nmcommunitycenters

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



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Optum

Featured classes



Active stretch class

The goal of this class is to prepare your muscles for use during and after exercise. We'll help you work on improving strength and flexibility.

Adult ballet class

Do you want to develop your mobility, strength and balance gracefully? Join us for our beginner-friendly adult ballet class. Bring your ballet shoes or you can just pli  in your socks!

Note: Class will be closed 10 minutes after start time to ensure proper warm-up and injury prevention.

Arts and crafts projects

Do you love arts and crafts and meeting new people? This set time is for you. Bring your favorite projects to work on at your pace. Craft, socialize, laugh and relax.

Book club

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.

BrainSavers

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

Circuit training

A fun and moderately paced circuit training on our pneumatic gym equipment. This light-to-moderate resistance training and cardiovascular exercise will get your blood pumping. Gym will be closed from 8:30–9:30 a.m. during circuit training. Fitness orientation required for participation in class.

Conversational Spanish

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

Dance fitness

This dance class is inspired by eclectic styles of dance to offer a fun, full-body workout. This program is low impact and easy to follow. Bring your friends and get fit today.

Diabetes education

Join us and an Optum registered dietitian and diabetes educator to learn about comprehensive diabetes education.

Educational class

Join us for guest speakers on new and exciting health and wellness topics.

Grief and loss support group

Grief affects people in different ways. Being around others can be healing. You can express your feelings and talk with others in this group setting.

Happy hour

Join us for snacks and socialization with your friends.

Healthy Minds

Learn skills to help reduce emotional stress and improve overall health.

Jewelry class

Do you enjoy working with your hands and making jewelry? Learn how to make necklaces, bracelets, decorative pieces and other crafts. Our instructor makes this class fun and easy to follow. No supplies needed.

Latin dance

Learn new and popular Latin dances such as salsa and bachata. This class is for beginners. Have fun getting fit. No skills necessary.

Let's Make a Wreath

Do you love arts and crafts? In this session you will learn to make a beautiful wreath. All supplies will be provided.

LifeBio

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

Medicare 101*

Turning 65 soon or need to review your current Medicare plan? This is a no-cost event for the general public to learn more. For educational purposes only. No health plan specific benefits or details will be shared.

Meet a Medicare broker*

A licensed Medicare sales agent (broker) will be on-site every Tuesday morning to answer questions about Medicare and Medicare Advantage.

Mindfulness and meditation

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



Painting workshop

This weekly class is a great way to expand your understanding of painting. Class includes learning new painting techniques and working with new mediums. No supplies needed.

Stand, sit and be fit class

This fitness program is for adults of all fitness levels. You'll get a great workout while standing or sitting. Light weights, rubber bands and fitness balls are used to get a full body workout.

Strength and balance

This class focuses on overall body posture, functional strengthening and stamina using light weights and balance pads to achieve confidence in your daily movement and prevent falls.

Tai chi

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.

Technology

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

Yoga

This class is a gentle practice to slowly increase flexibility, strength and stability. Moves include modified twists, hip openers, mild back and forward bends and balance. Can be modified for sitting or standing.

Yogalates

Yoga and pilates fusion focuses on the basics needed for overall health. These are breath, muscle tone, core strength, alignment, balance and flexibility.

*This event is for educational purposes only. For accommodations of persons with special needs at meetings call 1-505-262-7000, TTY 711.

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