

Featured events at Optum Community Center – Millcreek

Staying Healthy & Active After 55
Tuesdays: July 19, August 13, September 10
11–12 p.m.

Please join us monthly for the following educational presentations intended for those age 55 or older.

- **July 19th: Stoke**
Learn from one of our providers about stroke prevention and spotting the signs of stroke.
- **August 13th: Fall Prevention**
One of our providers will discuss ways to help improve your balance to help prevent falls.
- **September 10th: Vaccines**
We will discuss recommended vaccines and answer questions you have about immunizations.

NEW! Barre Fusion
Mondays: 9:45–10:45 a.m.

Barre Fusion is a low-impact class that targets all muscles for a full-body workout. Focused on toning, improved posture, and flexibility. Experience a fun, empowering workout.

Blood Drive
Wednesday, August 14th 2-6 p.m.

Please see the community center staff for more information about our blood drive!

Summer Party & Health Fair
Friday, August 30
1st: 9–11 a.m.
2nd: 1–3 p.m.

Please join us for one session. Refreshments and activities will be provided.

Healthy Minds
July 10 & 24
August 14 & 28,
September 11 & 25
12:15–1:15 p.m.

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

Line Dance – Beginner
Wednesday: 1:30–2:30 p.m.
Friday: 11:00–12:00 p.m.

Learn some of the most popular line dances new and old. No partner necessary.

Grief & Loss Support Group
Wednesday: July 17, August 21, September 18
12:15–1:15 p.m.

This support group is led by the team of mental health professionals who teach Healthy Minds. All are welcome to this safe space.

Optum

Optum Community Center | Millcreek
13438 W. 62 Ter
Shawnee, KS 66216



Optum Community Center | Millcreek

Address:

Optum Community Center | Millcreek
13438 W. 62 Ter
Shawnee, KS 66216

Hours:

Monday–Thursday: 8 a.m.–6 p.m.
Friday: 8 a.m.–4 p.m.
Saturday and Sunday: closed

Contact:

1-913-215-7415, TTY 711
[OptumKC.com](https://www.optumkc.com)

In case of a medical emergency, please dial 911.


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

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R.S.V.P. To RSVP call 1-913-215-7415, TTY 711

 Like us on Facebook [Facebook.com/myOptum](https://www.facebook.com/myOptum)



All RSVPs will be accepted weekdays from 8 a.m.–4 p.m.

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



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



Have you scheduled your Annual Wellness Visit for 2024? You could get a \$75 gift card for completing this important screening. Call 1-913-215-7415, TTY 711.

Millcreek

Optum Community Center activity calendar

July – September 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.

Optum

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Circuit Training ** 1 8:30-9:30 a.m. Restorative Stretch 8:30-9:30 a.m. Barre Fusion * 9:45-10:45 a.m. Zumba 11-12 p.m. BrainSavers 12:15-1:15 p.m. Chair Aerobics 1:30-2:15 p.m. Strength Stretch Balance 2:30-3:30 p.m.	Stand Sit & Be Fit 2 8:30-9:30 a.m. Yoga 101 * 9:45-10:45 a.m. Lifebio 11-12 p.m. Chair Tai Chi 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	Active Stretch 3 8:30-9:30 a.m. Pilates * 9:45-10:45 a.m. Zumba 11-12 p.m. Sound Healing 12:15-1:15 p.m. Line Dance- Beginner 1:30-2:30 p.m. Open Board Games 2:45-3:45 p.m.	Closed for holiday 4	Circuit Training ** 5 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Basic Spanish 9:45-10:45 a.m. Line Dance- Beginner 11-12 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
Circuit Training ** 8 8:30-9:30 a.m. Restorative Stretch 8:30-9:30 a.m. Barre Fusion * 9:45-10:45 a.m. Zumba 11-12 p.m. BrainSavers 12:15-1:15 p.m. Chair Aerobics 1:30-2:15 p.m. Strength Stretch Balance 2:30-3:30 p.m.	Stand Sit & Be Fit 9 8:30-9:30 a.m. Yoga 101 * 9:45-10:45 a.m. Lifebio 11-12 p.m. Social Security Seminar 11-12 p.m. R.S.V.P. Technology 12:15-1:15 p.m. Chair Tai Chi 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	Active Stretch 10 8:30-9:30 a.m. Pilates * 9:45-10:45 a.m. Zumba 11-12 p.m. Healthy Minds 12:15-1:15 p.m. Line Dance- Beginner 1:30-2:30 p.m. Open Crochet 2:45-3:45 p.m.	Stand Sit & Be Fit 11 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11-12 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts Friendship Bracelets 1:30-3:30 p.m. R.S.V.P. Medicare 101 5-6 p.m. R.S.V.P.	Circuit Training ** 12 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Basic Spanish 9:45-10:45 a.m. Line Dance- Beginner 11-12 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
Circuit Training ** 15 8:30-9:30 a.m. Restorative Stretch 8:30-9:30 a.m. Barre Fusion * 9:45-10:45 a.m. Zumba 11-12 p.m. Art 2.0 12:15-1:15 p.m. Chair Aerobics 1:30-2:15 p.m. Strength Stretch Balance 2:30-3:30 p.m.	Stand Sit & Be Fit 16 8:30-9:30 a.m. Yoga 101 * 9:45-10:45 a.m. Staying Healthy: Stroke 11-12 p.m. Lifebio 11-12 p.m. Chair Tai Chi 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	Active Stretch 17 8:30-9:30 a.m. Pilates * 9:45-10:45 a.m. Zumba 11-12 p.m. Grief & Loss Support 12:15-1:15 p.m. Book Club 1-2 p.m. Line Dance- Beginner 1:30-2:30 p.m. Open Mahjong 2:45-3:45 p.m.	Stand Sit & Be Fit 18 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11-12 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts Hand Lettering 1:30-3:30 p.m. R.S.V.P.	Circuit Training ** 19 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Basic Spanish 9:45-10:45 a.m. Line Dance- Beginner 11-12 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
Circuit Training ** 22 8:30-9:30 a.m. Restorative Stretch 8:30-9:30 a.m. Barre Fusion * 9:45-10:45 a.m. Zumba 11-12 p.m. BrainSavers 12:15-1:15 p.m. Chair Aerobics 1:30-2:15 p.m. Strength Stretch Balance 2:30-3:30 p.m.	Stand Sit & Be Fit 23 8:30-9:30 a.m. Yoga 101 * 9:45-10:45 a.m. Lifebio 11-12 p.m. Technology 12:15-1:15 p.m. Chair Tai Chi 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	Active Stretch 24 8:30-9:30 a.m. Pilates * 9:45-10:45 a.m. Zumba 11-12 p.m. Healthy Minds 12:15-1:15 p.m. Line Dance- Beginner 1:30-2:30 p.m. Alzheimer's Education 2:45-3:45 p.m.	Stand Sit & Be Fit 25 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11-12 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts Shibori Tie Dye Tea Towels 1:30-3:30 p.m. R.S.V.P.	Circuit Training ** 26 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Basic Spanish 9:45-10:45 a.m. Line Dance- Beginner 11-12 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
Circuit Training ** 29 8:30-9:30 a.m. Restorative Stretch 8:30-9:30 a.m. Barre Fusion * 9:45-10:45 a.m. Zumba 11-12 p.m. BrainSavers 12:15-1:15 p.m. Chair Aerobics 1:30-2:15 p.m. Strength Stretch Balance 2:30-3:30 p.m.	Stand Sit & Be Fit 30 8:30-9:30 a.m. Yoga 101 * 9:45-10:45 a.m. Lifebio 11-12 p.m. Chair Tai Chi 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	Active Stretch 31 8:30-9:30 a.m. Pilates * 9:45-10:45 a.m. Zumba 11-12 p.m. Open Crafts 12:15-1:15 p.m. Line Dance- Beginner 1:30-2:30 p.m. End of Life Prep/Scams Awareness 2:45-3:45 p.m. R.S.V.P.		

Shawnee

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Circuit Training ** 5 8:30-9:30 a.m. Restorative Stretch 8:30-9:30 a.m. Barre Fusion * 9:45-10:45 a.m. Zumba 11-12 p.m. BrainSavers 12:15-1:15 p.m. Chair Aerobics 1:30-2:15 p.m. Strength Stretch Balance 2:30-3:30 p.m.	Stand Sit & Be Fit 6 8:30-9:30 a.m. Yoga 101 * 9:45-10:45 a.m. Lifebio 11-12 p.m. Technology 12:15-1:15 p.m. Chair Tai Chi 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	Active Stretch 7 8:30-9:30 a.m. Pilates * 9:45-10:45 a.m. Zumba 11-12 p.m. Sound Healing 12:15-1:15 p.m. Line Dance- Beginner 1:30-2:30 p.m. Open Crochet 2:45-3:45 p.m.	Stand Sit & Be Fit 8 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11-12 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts Paper Quilling 1:30-3:30 p.m. R.S.V.P.	Circuit Training ** 9 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Basic Spanish 9:45-10:45 a.m. Line Dance- Beginner 11-12 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
Circuit Training ** 12 8:30-9:30 a.m. Restorative Stretch 8:30-9:30 a.m. Barre Fusion * 9:45-10:45 a.m. Zumba 11-12 p.m. BrainSavers 12:15-1:15 p.m. Chair Aerobics 1:30-2:15 p.m. Strength Stretch Balance 2:30-3:30 p.m.	Stand Sit & Be Fit 13 8:30-9:30 a.m. Yoga 101 * 9:45-10:45 a.m. Staying Healthy: Fall Prevention 11-12 pm. Lifebio 11-12 p.m. Chair Tai Chi 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	Active Stretch 14 8:30-9:30 a.m. Pilates * 9:45-10:45 a.m. Zumba 11-12 p.m. Healthy Minds 12:05-1:00 p.m. Blood Drive 2-6 p.m. Medicare 101 5-6 p.m. R.S.V.P.	Stand Sit & Be Fit 15 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11-12 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts Beading 1:30-3:30 p.m. R.S.V.P.	Circuit Training ** 16 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Basic Spanish 9:45-10:45 a.m. Line Dance- Beginner 11-12 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
Circuit Training ** 19 8:30-9:30 a.m. Restorative Stretch 8:30-9:30 a.m. Barre Fusion * 9:45-10:45 a.m. Zumba 11-12 p.m. Art 2.0 12:15-1:15 p.m. Chair Aerobics 1:30-2:15 p.m. Strength Stretch Balance 2:30-3:30 p.m.	Stand Sit & Be Fit 20 8:30-9:30 a.m. Yoga 101 * 9:45-10:45 a.m. Lifebio 11-12 p.m. Technology 12:15-1:15 p.m. Chair Tai Chi 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	Active Stretch 21 8:30-9:30 a.m. Pilates * 9:45-10:45 a.m. Zumba 11-12 p.m. Grief & Loss Support 12:15-1:15 p.m. Book Club 1-2 p.m. Line Dance- Beginner 1:30-2:30 p.m. Open Mahjong 2:45-3:45 p.m.	Stand Sit & Be Fit 22 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11-12 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts Wood Burning 1:30-3:30 p.m. R.S.V.P.	Circuit Training ** 23 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Basic Spanish 9:45-10:45 a.m. Line Dance- Beginner 11-12 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
Circuit Training ** 26 8:30-9:30 a.m. Restorative Stretch 8:30-9:30 a.m. Barre Fusion * 9:45-10:45 a.m. Zumba 11-12 p.m. BrainSavers 12:15-1:15 p.m. Chair Aerobics 1:30-2:15 p.m. Strength Stretch Balance 2:30-3:30 p.m.	Stand Sit & Be Fit 27 8:30-9:30 a.m. Yoga 101 * 9:45-10:45 a.m. Lifebio 11-12 p.m. Chair Tai Chi 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	Active Stretch 28 8:30-9:30 a.m. Pilates * 9:45-10:45 a.m. Zumba 11-12 p.m. Healthy Minds 12:15-1:15 p.m. Line Dance- Beginner 1:30-2:30 p.m. Alzheimer's Education 2:45-3:45 p.m.	Stand Sit & Be Fit 29 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11-12 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts Handmade Birthday Card 1:30-3:30 p.m. R.S.V.P.	Summer Party & Health Expo 30 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11-12 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts Handmade Birthday Card 1:30-3:30 p.m. R.S.V.P. 1st: 9-11 a.m. 2nd: 1-3 p.m. R.S.V.P. All classes canceled Fitness center closed

Shawnee

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Closed for holiday 2	Stand Sit & Be Fit 3 8:30-9:30 a.m. Yoga 101 * 9:45-10:45 a.m. Lifebio 11-12 p.m. Technology 12:15-1:15 p.m. Chair Tai Chi 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	Active Stretch 4 8:30-9:30 a.m. Pilates * 9:45-10:45 a.m. Zumba 11-12 p.m. Sound Healing 12:15-1:15 p.m. Line Dance- Beginner 1:30-2:30 p.m. Medicare 101 2:45-3:45 p.m. R.S.V.P.	Stand Sit & Be Fit 5 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11-12 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts Chiefs Craft 1:30-3:30 p.m. R.S.V.P.	Circuit Training ** 6 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Basic Spanish 9:45-10:45 a.m. Line Dance- Beginner 11-12 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
Circuit Training ** 9 8:30-9:30 a.m. Restorative Stretch 8:30-9:30 a.m. Barre Fusion * 9:45-10:45 a.m. Zumba 11-12 p.m. BrainSavers 12:15-1:15 p.m. Chair Aerobics 1:30-2:15 p.m. Strength Stretch Balance 2:30-3:30 p.m.	Stand Sit & Be Fit 10 8:30-9:30 a.m. Yoga 101 * 9:45-10:45 a.m. Staying Healthy: Vaccines 11-12 p.m. Lifebio 11-12 p.m. Chair Tai Chi 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m. Medicare 101 5-6 p.m. R.S.V.P.	Active Stretch 11 8:30-9:30 a.m. Pilates * 9:45-10:45 a.m. Zumba 11-12 p.m. Healthy Minds 12:15-1:15 p.m. Line Dance- Beginner 1:30-2:30 p.m. Open Crochet 2:45-3:45 p.m.	Stand Sit & Be Fit 12 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11-12 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts Fall Wreath 1:30-3:30 p.m. R.S.V.P.	Circuit Training ** 13 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Basic Spanish 9:45-10:45 a.m. Line Dance- Beginner 11-12 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
Circuit Training ** 16 8:30-9:30 a.m. Restorative Stretch 8:30-9:30 a.m. Barre Fusion * 9:45-10:45 a.m. Zumba 11-12 p.m. BrainSavers 12:15-1:15 p.m. Chair Aerobics 1:30-2:15 p.m. Strength Stretch Balance 2:30-3:30 p.m.	Stand Sit & Be Fit 17 8:30-9:30 a.m. Yoga 101 * 9:45-10:45 a.m. Lifebio 11-12 p.m. Technology 12:15-1:15 p.m. Chair Tai Chi 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	Active Stretch 18 8:30-9:30 a.m. Pilates * 9:45-10:45 a.m. Zumba 11-12 p.m. Grief & Loss Support 12:15-1:15 p.m. Book Club 1-2 p.m. Line Dance- Beginner 1:30-2:30 p.m. Open Mahjong 2:45-3:45 p.m.	Stand Sit & Be Fit 19 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11-12 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts Folded Paper Texture Box 1:30-3:30 p.m. R.S.V.P.	Circuit Training ** 20 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Basic Spanish 9:45-10:45 a.m. Line Dance- Beginner 11-12 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
Circuit Training ** 23 8:30-9:30 a.m. Restorative Stretch 8:30-9:30 a.m. Barre Fusion * 9:45-10:45 a.m. Zumba 11-12 p.m. BrainSavers 12:15-1:15 p.m. Chair Aerobics 1:30-2:15 p.m. Strength Stretch Balance 2:30-3:30 p.m.	Stand Sit & Be Fit 24 8:30-9:30 a.m. Yoga 101 * 9:45-10:45 a.m. Lifebio 11-12 p.m. Chair Tai Chi 12:15-1:15 p.m. Art Workshop 1:30-3:30 p.m.	Active Stretch 25 8:30-9:30 a.m. Pilates * 9:45-10:45 a.m. Zumba 11-12 p.m. Healthy Minds 12:15-1:15 p.m. Line Dance- Beginner 1:30-2:30 p.m. Alzheimer's Education 2:45-3:45 p.m.	Stand Sit & Be Fit 26 8:30-9:30 a.m. Chair Yoga 9:45-10:45 a.m. Chair Drumming 11-12 p.m. Tai Chi 12:15-1:15 p.m. Arts & Crafts Decoupage Pumpkins 1:30-3:30 p.m. R.S.V.P.	Circuit Training ** 27 8:30-9:30 a.m. Active Stretch 8:30-9:30 a.m. Basic Spanish 9:45-10:45 a.m. Line Dance- Beginner 11-12 p.m. Strength Stretch Balance 12:15-1:15 p.m. Movie Afternoon 1:30-3:30 p.m.
Circuit Training ** 30 8:30-9:30 a.m. Restorative Stretch 8:30-9:30 a.m. Barre Fusion * 9:45-10:45 a.m. Zumba 11-12 p.m. BrainSavers 12:15-1:15 p.m. Chair Aerobics 1:30-2:15 p.m. Strength Stretch Balance 2:30-3:30 p.m.	R.S.V.P. To RSVP call 1-913-215-7415. All classes at the Optum Community Center in Shawnee 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 1-913-215-7415, TTY 711. ** Must complete fitness/gym orientation to use gym equipment. * Please bring your own yoga mat.	

Shawnee