

Featured events at Optum Community Center – North Oak

Alzheimer’s Education Series
July 26, August 23, September 27
11–12 p.m.

Education programs presented by the Alzheimer’s Association in collaboration with Optum.

- **July 26: Understanding Alzheimer’s Disease**
Join us to learn about the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors.
- **August 23: Know the 10 Signs**
Join us to learn how to recognize common signs of Alzheimer’s and other dementia; how to approach someone about memory concerns; the importance of early detection.
- **September 27: Healthy Living for your Brain and Body**
Science provides insights into how lifestyle choices may help keep your brain and body healthy. Learn about research on diet and nutrition, exercise, cognitive activity, and social engagement.

Blue Hawaii Luau Party & Health Fair R.S.V.P.
Friday, August 17
Session 1: 9–11 a.m.
Session 2: 1–3 p.m.

Please join us and your friends for a social hour of fun. All classes canceled. Fitness Center closed.

NEW! Senior Fit and Go
Every Wednesday of each month
1:30–2:30 p.m.

This class can help you improve your strength and increase your confidence while performing activities of daily living.

Chair Dance
Every Wednesday and Thursday
Wednesdays 9:45–10:45 a.m.
Thursdays 12:15–1:15 p.m.

A low-impact cardio workout set to music of the 50s, 60s, and 70s.

Bingocize
Every Wednesday
12:15–1:15 p.m.

Bingocize combines movement, health education and, of course, Bingo!



Optum Community Center | North Oak
4906 N. Oak Trafficway
Kansas City, MO 64118



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Address:

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4906 N. Oak Trafficway
Kansas City, MO 64118

Hours:

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

Contact:

1-816-240-6050, 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 1-816-240-6050.

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 1-816-240-6050, TTY 711.

North Oak

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.



