

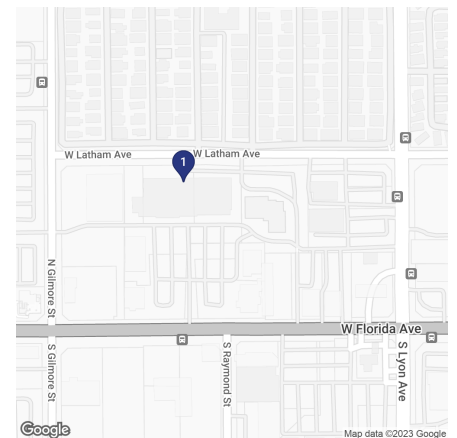


# Stay active, be healthy and build relationships in a place where you belong



## November 2023

Do you want to be active and stay healthy? Our Optum – Hemet Community Center is a great place to start. We offer a full range of classes and events to help improve your health. All classes and programs are offered at no extra cost to you.



### Address:

#### Optum – Hemet Community Center

1850 W. Florida Ave.  
Hemet, CA 92545

### Hours:

Monday–Friday, 8 a.m.–4 p.m.  
Closed Saturdays and Sundays

### Contact:

**1-951-438-2222, TTY 711**  
[optum.com/hemetvalley](https://www.optum.com/hemetvalley)

In case of a medical emergency, please dial **911**.

<sup>1</sup>For educational events: This event is for educational purposes only. For accommodations of persons with special needs at meetings call 1-951-438-2222, TTY 711.

<sup>2</sup>For sales events: A licensed insurance agent will be present with information about Medicare Advantage and Part D plans. For accommodations of persons with special needs at meetings call 1-951-438-2222, TTY 711.

The company does not discriminate on the basis of race, color, national origin, sex, age, or disability in health programs and activities.

We provide free services to help you communicate with us. This includes letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-951-438-2222, TTY 711.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-951-438-2222, TTY 711.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：  
1-951-438-2222, TTY 711。

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# November 2023 Optum - Hemet Community Center

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1 iPhone Smart Phone Training</b> 9 a.m.–11 a.m. <b>BINGO with Genoa</b> 2 p.m.–3 p.m.	<b>2 Chair Fit</b> 10:30 a.m.–11:30 a.m. <b>Art with Asha</b> 2:30 p.m.–3:30 p.m.	<b>3 Grief Support Class</b> 10 a.m.–11:30 a.m.
<b>6 Medicare Discussion with BOOMERS<sup>2</sup></b> 10 a.m.–11:30 a.m. <b>Chair Yoga</b> 1:30 p.m.–2:30 p.m.	<b>7 Next Stage Insurance with Mary<sup>2</sup></b> 10:30 a.m.–11:30 a.m. <b>Jewelry Class</b> 2:30 p.m.–3:30 p.m.	<b>8 Crafting with Mari</b> 9:30 a.m.–10:30 a.m. <b>Medicare Discussion with Linda<sup>2</sup></b> 2 p.m.–3 p.m.	<b>9 Chair Fit</b> 10:30 a.m.–11:30 a.m. <b>Open Enrollment with Elena<sup>2</sup></b> 2 p.m.–3 p.m. <b>Art with Asha</b> 2:30 p.m.–3:30 p.m.	<b>10 Happy Veteran's Day! Thank you to those who served!</b> <b>Grief Support Class</b> 10 a.m.–11:30 a.m.
<b>13 Line Dancing for Beginners</b> 10 a.m.–11 a.m. <b>Medicare Discussion with BOOMERS<sup>2</sup></b> 10 a.m.–11:30 a.m. <b>Chair Yoga</b> 1:30 p.m.–2:30 p.m.	<b>14 Next Stage Insurance with Mary<sup>2</sup></b> 10:30 a.m.–11:30 a.m. <b>Gardening Class</b> 2:30 p.m.–3:30 p.m.	<b>15 Beating the Holiday Blues</b> 10 a.m.–11 a.m. <b>Hemet Coin Club</b> 1:30 p.m.–3 p.m.	<b>16 Chair Fit</b> 10:30 a.m.–11:30 a.m. <b>Art with Asha</b> 2:30 p.m.–3:30 p.m.	<b>17 Grief Support Class</b> 10 a.m.–11:30 a.m.
<b>20 Medicare Discussion with BOOMERS<sup>2</sup></b> 10 a.m.–11:30 a.m. <b>Chair Yoga</b> 1:30 p.m.–2:30 p.m.	<b>21 Medicare Discussion with Avon<sup>2</sup></b> 10 a.m.–11:30 a.m. <b>Medicare Discussion with Gilbert<sup>2</sup></b> 2 p.m.–3 p.m. <b>Friendship Club</b> 2:30 p.m.–3:30 p.m.	<b>22 Optum Pumpkin Pie Drive</b> 9:30 a.m.–11:30 a.m.	<b>23</b> <b>Happy Thanksgiving!</b> <b>Optum Closed Today</b>	<b>24</b> <b>Optum Closed Today!</b>
<b>27 Line Dancing for Beginners</b> 10 a.m.–11 a.m. <b>Medicare Discussion with BOOMERS<sup>2</sup></b> 10 a.m.–11:30 a.m. <b>Chair Yoga</b> 1:30 p.m.–2:30 p.m.	<b>28 Medicare Discussion with Linda<sup>2</sup></b> 10 a.m.–11:30 a.m. <b>CA Written DMV Test Review</b> 2:30 p.m.–3:30 p.m.	<b>29 Benefits Preview with SBHIS<sup>2</sup></b> 10 a.m.–11:30 a.m. <b>Coping with Loneliness</b> 1:30 p.m.–2:30 p.m. <b>BINGO</b> 2 p.m.–3 p.m.	<b>30 Chair Fit</b> 10:30 a.m.–11:30 a.m. <b>Art with Asha</b> 2:30 p.m.–3:30 p.m.	

## Open Gym hours

Every Monday–Friday

8:30 a.m., 9:30 a.m., 10:30 a.m.,  
1 p.m., 2 p.m., 3 p.m.

To save your spot,

**SM-RSVPHemetValley@optum.com,**

or call **1-951-438-2223, TTY 711**

**All events are open to the general public at no cost.**