

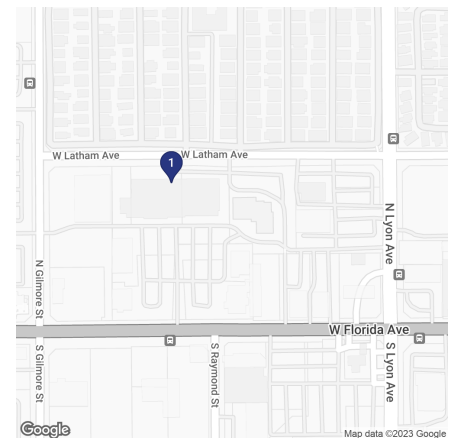


Stay active, be healthy and build relationships in a place where you belong



September 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**.

¹For 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.

²For 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。

Optum is a trademark of Optum, Inc. in the U.S. and other jurisdictions.

© 2023 Optum, Inc. All rights reserved. 8552573 09/22

September 2023					Optum - Hemet Community Center				
Monday		Tuesday		Wednesday		Thursday		Friday	
								1 Grief Support Class 10 a.m.–11:30 a.m.	
4 Optum Closed! Happy Labor Day!		5 Young at Heart Series 10:30 a.m.–11:30 a.m. Jewelry Class 2 p.m.–3 p.m.		6 Android Smart Phone Training 9 a.m.–11 a.m. Grandparents Day Craft 2 p.m.–3 p.m.		7 Chair Fit 10:30 a.m.–11:30 a.m. Art with Asha 2:30 p.m.–3:30 p.m.		8 Grief Support Class 10 a.m.–11:30 a.m.	
11 Happy Patriot Day! Line Dancing for Beginners 10 a.m.–11 a.m. Chair Yoga 1:30 p.m.–2:30 p.m.		12 Young at Heart Series 10:30 a.m.–11:30 a.m. Gardening Class 2 p.m.–3 p.m.		13 Crafting with Mari 9:30 a.m.–10:30 a.m. Friendship Club 2 p.m.–3 p.m.		14 Chair Fit 10:30 a.m.–11:30 a.m. Art with Asha 2:30 p.m.–3:30 p.m.		15 Grief Support 10 a.m.–11:30 a.m.	
18 CA Written DMV Test Review 10 a.m.–11 a.m. Chair Yoga 1:30 p.m.–2:30 p.m.		19 Young at Heart Series 10:30 a.m.–11:30 a.m. Karaoke 2 p.m.–3 p.m.		20 How to control your cholesterol 10 a.m.–11 a.m. Hemet Coin Club 1:30 p.m.–3 p.m.		21 Chair Fit 10:30 a.m.–11:30 a.m. Art with Asha 2:30 p.m.–3:30 p.m.		22 Grief Support Class 10:30 a.m.–11:30 a.m.	
25 Line Dancing for Beginners 10 a.m.–11 a.m. Marianas Lupus Support Group 10:30 a.m.–11:30 a.m. Chair Yoga 1:30 p.m.–2:30 p.m.		26 Young at Heart 10:30 a.m.–11:30 a.m. Loteria with BOOMERS¹ 1:30 p.m.–2:30 p.m.		27 Crafting with SBHIS¹ 10 a.m.–11 a.m. Healthy Aging 1:30 p.m.–2:30 p.m. BINGO with GENOA Pharmacy 2:30 p.m.–3:30 p.m.		28 Chair Fit 10:30 a.m.–11:30 a.m. Art with Asha 2:30 p.m.–3:30 p.m.		29 Grief Support Group 10 a.m.–11:30 a.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**