



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



Community center calendar March 2025

Do you want to be active and stay healthy? Our Optum – Seal Beach Leisure World Health Care 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 – Seal Beach Leisure
World Health Care Center**
1661 Golden Rain Rd.
Seal Beach, CA 90740

Hours:

Mon., Tues., Wed., Thur., Fri. 8
a.m.–5 p.m.
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a.m.–5 p.m.

Contact:

1-855-770-0722, TTY 711
optum.com/ca

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

*For educational events: This event is for educational purposes only. For accommodations of persons with special needs at meetings call 1-855-770-0722, TTY 711.

**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 1-855-770-0722, TTY 711.

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March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Medicare Information Table with Andy Kien Licensed Insurance Agent Medicare Information Table with Andy Kien Licensed Insurance Agent¹ 9 a.m.–11 a.m.	4 Medicare Information Table with David and Sarah Kim Licensed Insurance Agents Korean Medicare Information Table with David and Sarah Kim Licensed Insurance Agents Korean¹ 10:30 a.m.–12:30 p.m. Leisure World Bus Drop off - Take a tour of the HCC with our Patient Liaison, Erika 2:45 p.m.–3:45 p.m.	5 Medicare Information Table with Evan Baker Licensed Insurance Agent Medicare Information Table with Evan Baker Licensed Insurance Agent¹ 10 a.m.–12 p.m.	6	7
10 Medicare Information Table with Andy Kien Licensed Insurance Agent Medicare Information Table with Andy Kien Licensed Insurance Agent¹ 9 a.m.–11 a.m.	11 Medicare Information Table with David and Sarah Kim Licensed Insurance Agents Korean Medicare Information Table with David and Sarah Kim Licensed Insurance Agents Korean¹ 10:30 a.m.–12:30 p.m.	12 Medicare Information Table with Evan Baker Licensed Insurance Agent Medicare Information Table with Evan Baker Licensed Insurance Agent¹ 10 a.m.–12 p.m.	13	14 Mobility and Strength Training with Cardinal Motion in the large conference room Mobility and Strength Training with Cardinal Motion in the large conference room¹ 3 p.m.–4 p.m.
17 Medicare Information Table with Andy Kien Licensed Insurance Agent Medicare Information Table with Andy Kien Licensed Insurance Agent¹ 9 a.m.–11 a.m.	18 Medicare Information Table with David and Sarah Kim Licensed Insurance Agents Korean Medicare Information Table with David and Sarah Kim Licensed Insurance Agents Korean¹ 10:30 a.m.–12:30 p.m. Parkinson's Support Group -Boardwalk Conference Room¹ 2 p.m.–3 p.m.	19 Medicare Information Table with Evan Baker Licensed Insurance Agent Medicare Information Table with Evan Baker Licensed Insurance Agent¹ 10 a.m.–12 p.m.	20	21 Nutrition 101 Class-Large Conference Room Learn more about healthy diets! We would love to have you!¹ 2 p.m.–3 p.m.
24 Medicare Information Table with Andy Kien Licensed Insurance Agent Medicare Information Table with Andy Kien Licensed Insurance Agent¹ 9 a.m.–11 a.m.	25 Medicare Information Table with David and Sarah Kim Licensed Insurance Agents Korean Medicare Information Table with David and Sarah Kim Licensed Insurance Agents Korean¹ 10:30 a.m.–12:30 p.m.	26 Medicare Information Table with Evan Baker Licensed Insurance Agent Medicare Information Table with Evan Baker Licensed Insurance Agent¹ 10 a.m.–12 p.m.	27	28 Mobility and Strength Training with Cardinal Motion in the large conference room Mobility and Strength Training with Cardinal Motion in the large conference room¹ 3 p.m.–4 p.m.
31 Medicare Information Table with Andy Kien Licensed Insurance Agent Medicare Information Table with Andy Kien Licensed Insurance Agent¹ 9 a.m.–11 a.m.				

**Please RSVP with our PRL:
Erika Barrera**

Email to RSVP:
mbarrera2@optum.com

Call to RSVP: PRL Senior Line:
855-770-0722

To RSVP, visit optum.com/ca

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

Changes to this calendar may occur. Please visit our website for the most updated information.