

Living Well Programs Schedule

Registration for all classes will open at 9 am on Tuesday, March 26.

Capital District In-Person Programs

Always check with your doctor before beginning an exercise program. For accommodations of persons with special needs, call **1-800-665-7924** (TTY 711).

Qi-Gong/Tai Chi Moves

Tuesdays, April 9–June 12 10:15–11:15 am

**Clifton Park Community Senior Center
6 Clifton Common Court, Clifton Park**

This class focuses on Qi-Gong and Tai chi (Yang style) fundamentals, emphasizing good alignment, and improving strength, flexibility, coordination, and balance, while stressing quality over quantity.

Water Aerobics

**Mondays, April 8–June 17 (No class May 27)
10:15–11 am**

**Southern Saratoga YMCA Pool
1 Wall Street, Clifton Park**

Improve your agility, strength, and core support in this shallow water class.

Chair Yoga

Tuesdays, April 9–June 11 10–10:45 am

**Queensbury Senior Center
742 Bay Road, Queensbury**

Classic yoga poses, breathing, and meditation are adapted for the chair.

Chair Moves: Hybrid

Tuesdays, April 9–June 11 1–2 pm

**Niskayuna Senior Center
2682 Aqueduct Road, Niskayuna**

This chair-based class emphasizes strengthening, limbering, and stretching exercises.

Intermediate Tai Chi for Health and Fall Prevention

Wednesdays, April 10–June 12 1:15–2 pm

**Glenville Senior Center
32 Worden Road, Glenville**

The benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

Bokwa

Thursdays, April 11–June 13 9:15–10 am

**Saratoga Senior Center
290 West Avenue, Saratoga Springs**

This cardio routine uses the shape of letters and numbers for dance steps set to the sounds of African, Caribbean, Latin, and American music.

Schenectady Greenmarket Tokens

Sundays, April 14–November 17 10 am–2 pm

**Schenectady Greenmarket
108 Jay Street, Outside City Hall**

Enjoy \$10 worth of Schenectady Greenmarket tokens compliments of MVP Living Well Programs, while supplies last.

Violet Morning Painting for Stress Relief

Thursday, April 25 3:30–5 pm

**Art in Mind Creative Wellness Studio
123 Saratoga Road, Glenville**

Receive step-by-step instructions to create your own personal 11" x 14" acrylic masterpiece on canvas.

Discounted Fee: \$10 per painter (\$30 value).

Striders Walking Club

Wednesdays, May 1–June 26 9–10 am

**Central Park Schenectady
1791 Central Pkwy, Schenectady**

Thursdays, May 2–June 27 9–10 am

**Shenantaha Creek Park
376 Eastline Road, Ballston Spa**

Move through strength and balance exercises, walk at your own pace, and reap the benefits of walking.

Troy Waterfront Farmers Market Tokens

Saturdays, May 4–October 26 9 am–2 pm

**Troy Waterfront Farmers Market
1 Monument Square, Troy**

Enjoy \$10 worth of Troy Waterfront Farmers Market Tokens compliments of MVP Living Well Programs, while supplies last.

Cooking Foods for a Healthy Heart

Thursday, May 2 4–5:30 pm

**Saratoga Senior Center
290 West Avenue, Saratoga Springs**

In partnership with Planted Platter, this hands-on cooking class will help you learn healthy plant based nutrition and cooking tips for heart health.

Tawasentha Park Fitness Court

188 NY-146, Altamont

Beginning in May, you can join a group fitness class on the court—choose from Functional Fitness, Total Body Circuits, Yoga and/or Tai Chi.

Yoga and Meditation at the Harbor

Sundays, June 2–September 29 8:30–10 am

**Mohawk Harbor Amphitheater
220 Harborside Drive, Schenectady**

Join us for free, outdoor Meditation and Yoga.

A Walking Tour Of Revolutionary Schenectady

Thursday, June 13 2:30–4 pm

**Schenectady County Historical Society Museum
32 Washington Ave, Schenectady**

Join us for a historical leisurely walk on a journey to Colonial America in Schenectady!

Visit mvphealthcare.com/calendar to see more program opportunities in these regions and to register online for all classes!



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