

# Living Well Programs Schedule

The MVP Health Promotions team, in collaboration with our community partners, is pleased to provide you with innovative health and well-being programs. MVP Living Well virtual programs are offered to all members and nonmembers alike, unless otherwise noted.

**Registration for all classes will open at 8 am on Tuesday, August 29.**

**Visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar) to register for all classes and for full class details. Space is limited and registration is required.**

For questions or assistance registering for classes, call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY 711). Class schedules are subject to change. Visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar) for final program details.

## Ongoing Virtual Fitness Programs

### Gentle Yoga Moves

**Mondays, September 11–November 13 8–9 am**

Increased flexibility, strength, and balance through a series of seated and standing yoga poses.

### Power and Balance Total Body Workout

**Tuesdays, September 12–November 14**

**9:30–10:15 am**

Timed exercises for total body resistance training, core and balance exercises, and low-impact aerobics.

### Bokwa Dance Moves: Hybrid

**Tuesdays, September 12–November 14**

**12–1 pm**

An energizing cardio routine that uses the shape of letters and numbers for dance steps.

### Chair Moves

**Tuesdays, September 12–November 14 1–2 pm**

A chair-based class that emphasizes strengthening and stretching exercises for upper and lower limbs.

### 15-Minute Chair Yoga Break

**Wednesdays, September 13–November 15**

**10:30–10:45 am**

This brief chair yoga session will reset the mind and body, keeping you refreshed for the rest of your day.

### Latin Moves and Toning: Hybrid

**Wednesdays, September 13–November 15**

**12–12:45 pm**

Fast and slow, low-impact exercises set to Latin and dance rhythms, and incorporating light weights.

### Stretch and Strengthen

**Thursdays, September 14–November 16 10–11 am**

Move through timed exercises at your own pace to stretch and strengthen.

### Pelvic Floor Health

**Thursdays, September 14–November 16**

**12–12:30 pm**

Strengthen muscles in the pelvic floor for increased abdominal strength and pelvic control.

### Tai Chi for Health and Fall Prevention

**Fridays, September 15–November 17**

**9:30–10:30 am**

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

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## Featured Virtual Programs

### Addiction RECOVERY Resources

**Thursday, September 14**

**12:30–1 pm**

Join Friends of Recovery–New York to discuss resources to support communities, people in recovery, families, and professionals.

### What is Prehab?

**Tuesday, September 19**

**12–1 pm**

In partnership with Genesee Valley Physical Therapy. Learn about the potential benefits of prehab, a pre-surgery therapy plan, for anyone considering joint replacement procedures.

### Knowledge is Power:

#### Breast Care and Imaging Technology

**Wednesday, September 20**

**1–2 pm**

Learn how the latest advancements are helping doctors find early breast cancers and saving lives.

### Embracing Balance and Staying Steady

**Thursday, September 21**

**2–3 pm**

Tools and tips to help you preserve balance, maintain independence, and increase personal safety.

### Walktober Challenge

**Daily, October 2–29**

A self-guided walking challenge encourages you to set a four-week step goal with tips and tricks to help.

### Hip Mobility

**Tuesday, October 3**

**12:15–1 pm**

In partnership with Inward Office. Learn flexibility and strength building exercises to lubricate this joint.

# Living Well Programs Schedule

Most programs are free unless otherwise noted, and offered to all members and nonmembers alike, compliments of MVP.

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## Capital District In-Person Programs

For accommodations of persons with special needs, call **1-800-665-7924** (TTY 711).

### Orchard Discounts

Daily, September 9–October 8

Riverview Orchards  
660 Riverview Road, Rexford

Daily, September 9–October 8

Indian Ladder Farms  
342 Altamont Road, Altamont

Register for up to a \$15 discount toward any purchase at either location. One discount per person while supplies last.

### Yoga and Meditation at the Harbor

Sundays, September 3–24 8:30–10 am

Mohawk Harbor Amphitheater  
220 Harborside Drive, Schenectady

In partnership with Inner Bliss. Free outdoor meditation and yoga.

### Water Aerobics

Mondays, September 11–November 13

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.

### Bokwa Dance Moves: Hybrid

Tuesdays, September 12–November 14

12–1 pm

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

This energizing cardio routine uses the shape of letters and numbers for dance steps set to music.

### Chair Moves: Hybrid

Tuesdays, September 12–November 14 1–2 pm

Niskayuna Senior Center  
2682 Aqueduct Road, Niskayuna

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

### Striders Walking Club

Wednesdays, September 13–November 15

9–10 am

Crossgates Mall  
1 Crossgates Mall Road, Albany

Thursdays, September 14–October 12 9–10 am

Malta Community Park  
285 Plains Road, Malta

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

### Latin Moves and Toning: Hybrid

Wednesdays, September 13–November 15

12–12:45 pm

Queensbury Senior Center  
742 Bay Road, Queensbury

Fast and slow, low-impact exercises set to Latin and dance rhythms and incorporating light weights.

### Intermediate Tai Chi for Health and Fall Prevention

Wednesdays, September 13–November 15

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.

### MVP Fitness Court Tutorial

Wednesday, September 13 5:30–6:15 pm

MVP Fitness Court at Beman Park  
15<sup>th</sup> Street and Peoples Avenue, Troy

Wednesday, September 27 5:30–6:15 pm

MVP Fitness Court at Prospect Park  
65 Prospect Park Road, Troy

A personal trainer will answer questions and provide demonstrations during this quick tutorial at both locations.

### Qi-Gong Moves

Thursdays, September 28–November 16

9–9:45 am

Saratoga Senior Center  
290 West Avenue, Saratoga Springs

Focus on Qi-Gong and Tai Ji's fundamentals, emphasizing good alignment, and improving strength, flexibility, coordination, and balance, while stressing quality over quantity.

### Power and Balance Total Body Circuits

Thursdays, October 19–November 16

11:45 am–12:45 pm

Malta Community Center  
1 Bayberry Drive, Malta

Move through timed exercises set up in six circuit stations for a total body workout.

### Troy Waterfront Farmers Market Tokens

Saturdays, November 4–December 30 9 am–2 pm

Farmers Market Booth inside Troy Atrium  
4 3<sup>rd</sup> Street, Troy

Enjoy \$10 in Troy Waterfront Farmers Market tokens. \$10 in tokens per person while supplies last.

### Holiday Themed Acrylic Painting for Stress Relief

Friday, November 10 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 and reap the many health benefits of creative expression. **Discounted Fee:** \$10 per painter (\$28 value).

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**Living Well**