

Living Well Programs

MVP Living Well programs are open to all unless otherwise noted. Most programs are free, compliments of MVP Health Care. Visit mvphealthcare.com/calendar to register for all classes. Space is limited and registration is required.

Registration for all Winter classes will open at 8 am on Tuesday, November 28.

Ongoing Virtual Fitness Programs

Gentle Yoga Moves

Experience the benefits of increased balance, flexibility, and muscle strength. Gentle Yoga combines simple breathing exercises with stretches and yoga postures (asanas), that can be done seated, standing, or on the floor, with modifications as needed. Class ends with a guided deep relaxation experience. This is a ten-week virtual program that meets on Mondays.

Intensity: Low to moderate, seated and floor options, and modification offered for all levels.

Instructor: Leslie Snow

Program Code: 8066

Mondays, 8-9 am, January 8 through March 11

Virtual-MS Teams

Power and Balance Total Body Workout

You will be guided through timed exercises incorporating total body resistance training, core and balance exercises, and low-impact aerobics. Light to Medium hand weights will be used but are optional. This is a ten-week virtual program that meets on Tuesdays.

Intensity Level: Moderate to high, modifications are offered for all levels

Instructor: Maria Migliori

Program Code: 7602

Tuesdays, 9:30-10:30 am, January 9 through March 12

Virtual–Zoom Platform

Chair Moves

Stay as mobile and strong as possible! This chair-based class emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs. This is a hybrid program that meets on Tuesdays.

On-site location: Niskayuna Senior Center: 2682 Aqueduct Road, Niskayuna, NY 12309

Virtual platform: Zoom

Intensity: Low to moderate; seated and standing options, weights optional

Instructor: Nicola McNeil

Program Code: 7510

Tuesdays, 1-2 pm, January 9 through March 12

Wednesdays, 1:30-2:30 pm, January 11 through March 15

Virtual–Zoom

Stretch & Strengthen

Move through timed exercise at your own pace to stretch and strengthen for a complete work-out! Weights will be used, but are optional. This is a ten-week virtual program that meets on Thursdays.

Intensity: Moderate to high, modifications offered for all levels

Instructor: Marie Anselm

Program Code: 7530

Thursdays, 10-11 am, January 11 through March 14

Virtual–Teams

Pelvic Floor Health

This class will focus on strengthening muscles in the pelvic floor including core and hip muscles for increased abdominal strength and pelvic control. Exercises will be performed seated on a mat. This is a ten-week virtual program that meets on Thursdays.

Intensity: Moderate, ability to get up and down from floor

Instructor: Marie Anselm

Program Code: 7531

Thursdays, 12-12:30 pm, January 11 through March 14

Virtual–Teams

Tai Chi for Wellness

Join us for an introduction to Tai Chi! Tai Chi has many benefits which include improved balance, flexibility, fall prevention, and muscle strength. This is a ten-week virtual program that will meet on Fridays.

Intensity: Low to moderate

Instructor: Tracey Carroll

Program Code: 7574

Fridays, 9:30-10:30 am, January 12 through March 15

Virtual–Zoom

Featured Virtual Programs

SilverSneakers Overview

Learn how to maximize your SilverSneakers benefits included as part of your MVP Medicare Advantage Plan, including new online educational classes offered through Get Set Up, in addition to a trove of fitness options.

Instructors: SilverSneakers representative

Program Code: 7526

Wednesday, January 10, 2-3 pm

Virtual–Teams

A Matter of Balance

Learn to view falls and fear of falling as controllable. Learn practical coping strategies to reduce the fear of falling and diminish the risk of falls through weekly group discussions, mutual problem solving, exercise demonstrations designed to improve strength, coordination, and balance, and home and environmental safety evaluations. This is an eight class virtual program that meets on Tuesdays and Thursdays. Members Only, limited spots available and registration required!

Instructors: Maria Migliori

Program Code: 7607

Tuesday and Thursdays, 11 am-12 pm, January 16 through February 8

Virtual–Zoom

SilverSneakers Home Gym Set Up

Creating a home gym doesn't have to take a lot of money or space. Members will get step-by-step guidance on how to easily set up a home gym they'll use and enjoy. Learn how to maximize your SilverSneakers benefits included as part of your MVP Medicare Advantage Plan, including new online educational classes offered through Get Set Up, in addition to a trove of fitness options.

Instructors: SilverSneakers representative

Program Code: 7527

Tuesday, January 16, 11 am – 12 pm

Virtual–Teams

Beating the Winter Blahs

Winter comes with some great benefits – snow, winter sports, and cozy surroundings! But it can also bring with it some difficulties, as days grow shorter, and many individuals experience a dip in mood. Join us for a presentation on techniques to improve your mood this Winter!

Instructor: Anna Parsons

Program Code: 7571

Wednesday, January 17, 12-1 pm

Virtual–MS Teams

Preparing for Birth and Beyond

Join Tiana Taylor, a certified doula and holistic practitioner, as she guides birthing persons, partners, and support systems on how to proactively prepare for the changes that occur in the body, mind and spirit during birth and beyond. This offering is a guided space where participants will be introduced to tools for grounding and anxiety through meditation and mindfulness, the importance of prenatal yoga and movements, and positioning that birthing persons can practice and utilize for the birth itself.

Participants will leave this offering with a sense of peace, an introductory experience to doula support, deepened understanding of the birthing process, and how they can enhance the birthing journey.

Instructor: Tiana Taylor, Certified Birth Doula

Program Code: 7516

Tuesday, January 23, 5:30-6:30 pm

Virtual–Zoom

Medicare Be Well Rewards

Available through MVP’s Medicare Advantage plans, learn about our Be Well program that lets members earn and redeem rewards for a \$100 gift card. Instructors: MVP staff

Program Code: 7536

Wednesday, January 24, 1-1:45 pm

Virtual–Teams

Mental Health Awareness

Join us for this presentation on the basics of mental health – from the spectrum of mental wellness to the stigma around mental illness, to the steps we can take to improve or maintain our mental health each day.

Instructor: Anna Parsons

Program Code: 7572

Wednesday, February 7, 12-1 pm

Virtual–MS Teams

CAPCOM's Financial Goal Setting

Develop sustainable short-term, mid-term, and long-term goals that fit into your timeline for living a good life. Explore research around self-determination theory and learn how happiness plays into financial well-being and S.M.A.R.T.E.R. goals to help create financial security.

Instructor: CAPCOM

Program Code: 7573

Thursday, February 8, 12-1 pm

Virtual–Zoom

Let's Avoid a Fracture: 3-Part Series

This three-part, virtual series teaches you the steps you can take to reduce the risk of a future fracture and move through your daily activities safely. Learn lifestyle tips and exercises to support bone health and improve your balance.

Wear loose and comfortable clothing and supportive footwear. A Theraband will be mailed to each registrant prior to the first session. Equipment needed: Theraband, sturdy chair (preferably without armrests)

MVP Members only. Registration closes January 30.

Instructor: Victoria Faccini

Program Code: 7509

Mondays, February 12, 19 and 26, 1-2:30 pm

Virtual–Teams

Rehab After Joint Surgery

In partnership with Genesee Valley Physical Therapy. Discover how rehabilitation enhances strength, facilitates healing, optimizes range of motion, and alleviates discomfort and swelling. Gain valuable insights into what to anticipate when preparing for such surgical procedures.

Instructor: John Ahern, DPT, OCS

Program Code: 7611

Tuesday, February 20, 12-1 pm

Virtual - Teams

What is Mindful Eating?

In this interactive group, (held while eating lunch) "Mindful Eating" is defined, techniques to support the practice, food and moods, connecting the dots, understanding the concept of choosing foods for health, and how to be mindful in the rest of your life. Participants walk away from this class with a basic, simple way to Mindfully eat.

Instructor: Mizana Munir, Root3d

Program Code: 7508

Wednesday, February 21, 12-1 pm

Virtual-Teams

Mindful Tea Tasting

Learn stress reduction techniques and put them to practice with this mindful tea tasting. Participants will receive 3-4 tea samples to try during this class. Samples will be mailed to participants, so advance registration is necessary; MVP cannot guarantee mailing times. Please provide your preferred mailing address when you register.

Instructors: Marie Anselm

Program Code: 7532

Wednesday, February 28, 11 am - 12 pm

Virtual-Teams

Birthing Your Way

Join Tiana Taylor, a certified doula, as she guides birthing persons, their partners, and support systems on what to expect during pregnancy and birth. This offering will provide a deeper understanding of the birthing process from all perspectives -whether you are a birthing person, partner, or family/friend support - each person can play an important role in the birth journey. Tiana will discuss accessible support in the community and provide an

overview of birth plans and how they can be used to advocate for our birthing preferences. We will be covering frequently asked questions regarding pregnancy, birth and postpartum.

Participants will leave this offering with a better understanding of the birth experience, as well as how to identify and voice preferences, questions, and concerns at doctor's appointments and during labor.

Instructor: Tiana Taylor, Certified Birth Doula

Program Code: 7515

Thursday, March 7, 12-12:45 pm

Virtual–Zoom

Eating Healthy on a Budget

Looking to indulge in delicious, healthy food? In collaboration with Cornell Cooking Extension, this class teaches you to create beautiful dishes that are great for your palate and your wallet!

Instructor: Karen Roberts Mort

Program Code: 7570

Friday, March 15, 12-1 pm

Virtual–MS Teams