



Living Well Programs

Our *Living Well* programs are designed to educate and empower adults to live well. Gain awareness, motivation, and skills—choose one or more of these opportunities to improve your health.

Offered throughout the year, wellness education programs cover topics such as healthy eating and lifestyle, managing stress, improving sleep habits, and strengthening memory. Movement classes include Bokwa, yoga, Tai Chi, and walking groups.

Most programs are free, compliments of MVP Health Care. Programs with fees are discounted for MVP members. **All are welcome!**

For more information about MVP Medicare *Living Well* programs, call the MVP Medicare Community Health Promotion team at 518-386-7936 (TTY: 1-800-662-1220).

Capital Region Living Well Programs

Most programs are free, compliments of MVP Health Care.
Programs with fees are discounted for MVP members.

Space is limited and registration is required.



Call MVP Medicare Community Health Promotion at 518-386-7936
(TTY: 1-800-662-1220).

Cooking Demonstration Classes

Whole Foods Market

Colonie Center Mall, 1425 Central Ave., Albany

Join us to learn how you can easily eat healthy and live well! Participants will sample each dish and be invited to tour the store following the demonstration to find the ingredients needed to create the recipes at home.

There are **no fees** for these programs, compliments of MVP Health Care and Whole Foods Market.

Summer Grilling: Healthy Marinades and Rubs

Friday, June 23 10:30 am–12:00 pm

Program Code: 4473

Learn to create unique seasoning blends to use as a marinade or rub for all of your summer grilling needs. We will demonstrate rubs and marinades that will taste great on tofu, seafood, chicken, pork, and beef—and you'll be able to take one home with you.

Savory Summer Bounty

Friday, July 21 10:30 am–12:00 pm

Program Code: 4474

Using the freshest local and organic fruits and vegetables, learn to make quick and easy dishes that are perfect for the summer season.

Living Well Presentations

William K. Sanford Town Library (Colonie)

629 Albany Shaker Rd. Loudonville

Arthritis Overview and Adaptations

Thursday, June 22 1–2 pm

Program Code: 4605

This program will talk about the three most common types of arthritis and what to do to cope with arthritis symptoms, like pain. Learn how to reduce your risk for developing arthritis, what to do to feel better if you have arthritis, nutritional information, ways to adapt your environment to stay independent, and exercises to help you feel better.

Academy for Lifelong Learning

Empire State College Campus, 113 West Ave., Saratoga Springs

Total Recall

Wednesday, July 26 1–2 pm

Program Code: 4608

Explore how memory works and changes we can anticipate as we age. Learn easy techniques to improve your memory, what foods can help, and how to keep your brain sharp.



**Step outside this summer!
Join the MVP Striders Walking Club
at Schenectady Central Park**

500 Iroquois Way, Schenectady (meet in front of the pavilion)

Wednesdays, June 28–August 2 8:30–9:30 am Program Code: 4594

Make a date with fitness and walk your way to wellness! The MVP Striders Walking Club is a free walking program lead by the MVP Medicare Community Health Promotion team. As an MVP Strider you will stretch, gain strength with dynaband exercises, and reap the many benefits of walking, all while connecting with a great group of people. Receive an MVP Striders Walking Kit—including t-shirt, pedometer, and your M.A.P. (Motivating Action Plan) to success!

Living Well Ongoing Fitness Classes

MVP's Community Health Educators provide health education and physical activity programs for active adults at many locations throughout our service area. **All are welcome! Join anytime during the session.** There are **no fees** for these programs, compliments of MVP Health Care.

Don't see an ongoing fitness class near you? Check out the SilverSneakers® Fitness program—see page 12 for details.



For more information, call MVP Medicare Community Health Promotion at 518-386-7936 (TTY: 1-800-662-1220).

Due to the popularity of these classes, registration is recommended. Call the phone numbers provided to register. The type of ongoing fitness class may be subject to change.

Class Descriptions

MVP Bokwa®

Bokwa is dance, fitness, and fun! This energizing cardio routine uses the shape of alphabet letters and numbers for dance steps. It is also good for keeping your brain healthy and sharp. Bokwa is an easy fitness program for all ages!

MVP Chair Moves

Stay as mobile and strong as possible! This chair-based class emphasizes strengthening, limbering, and stretching exercises for upper and lower limbs.

MVP Chair Yoga

A great way to stay strong, limber, balanced, and healthy! Classic yoga poses, breathing, and meditation are adapted for the chair. This class is for anyone interested in the benefits of yoga without having to sit on the floor.

MVP Drums Alive®

Feel the beat of Drums Alive! This unique fitness class captures the essence of movement and rhythm utilizing drumsticks and large stability balls.

MVP Latin Moves and Zumba Gold®

A fun, friendly aerobic workout anyone can do, including beginners! This class combines fast and slow, low-impact exercise set to Latin rhythms.

MVP Striders Walking Club

Walk your way to wellness! As an MVP Strider you will stretch, gain strength with dynaband exercises, and reap the many benefits of walking, all while connecting with a great group of people.

MVP Tai Chi Moves

Join us for an introduction to Yang Style Tai Chi! Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, and muscle strength. Wear flat-soled shoes and loose, comfortable clothing.

Living Well Ongoing Fitness Classes

Class Schedule

All are welcome! You can join anytime during the session.

Mondays, June 26–July 31

Class Name	Time and Location	Call to Register
MVP Drums Alive® Program Code: 4590	1:30–2:15 pm East Greenbush YMCA Group Exercise Room 20 Community Way, East Greenbush	518-386-7936

Tuesdays, June 27–August 1 (No classes July 4)

Class Name	Time and Location	Call to Register
MVP Bokwa® Program Code: 4591	11:15 am–12:00 pm Alpin Haus Fitness Center 485 NY-30, Amsterdam	518-386-7936
MVP Chair Moves Program Code: 4593	1:00–1:45 pm Niskayuna Senior Center 2682 Aqueduct Rd., Schenectady	518-386-7936

Wednesdays, June 28–August 2

Class Name	Time and Location	Call to Register
MVP Striders Walking Club Program Code: 4594	New Site! 8:30–9:30 am Central Park (Meet in front of the pavilion) 500 Iroquois Path, Schenectady	518-386-7936
MVP Latin Moves Program Code: 4595	1:00–1:45 pm Fraternal Eagles Club/Moreau 80 Main St., South Glens Falls	518-792-6007
MVP Bokwa® Program Code: 4596	2:00–2:45 pm JCC of Schenectady Aerobics Studio 2565 Balltown Rd., Niskayuna	518-386-7936

Living Well Ongoing Fitness Classes

Thursdays, June 29–August 3

Class Name	Time and Location	Call to Register
MVP Chair Yoga Program Code: 4597	10:15–11:00 am Glens Falls Senior Center 380 Glens St., Glens Falls	518-793-2189
MVP Chair Moves Program Code: 4598	1:00–1:45 pm Village of Colonie Senior Center 2 Thunder Rd., Albany	518-869-7172

Fridays (as noted below)

Class Name	Time and Location	Call to Register
MVP Tai Chi Moves Program Code: 4599	10:00–10:45 am Classes held June 23–July 21 Sunnyview Wellness Center First Floor Conference Room 1270 Belmont Ave., Schenectady	518-386-7936
MVP Zumba Gold® Program Code: 4600	1:00–1:45 pm Classes held June 30–August 4 Beltrone Senior Center 6 Winners Circle, Albany	518-386-7936