

Capital Region *Living Well* Programs

Free *Living Well* Ongoing Fitness Classes

Most programs are free, compliments of MVP Health Care. Programs with fees are discounted for MVP members. MVP members receive priority registration for all *Living Well* programs; non-members may be placed on a waiting list.

Space is limited and registration is required. To register, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**), or the phone number listed with the class.

Class Descriptions

MVP Aqua Moves

Improve your agility, strength and core support in the water! This shallow water class teaches core exercises to improve balance and posture. Water resistance effectively sculpts and tones muscles. A cardio component makes burning calories easy and fun. Water shoes are recommended.

MVP Bokwa® Dance Moves

Africa's answer to Zumba! This energizing cardio routine uses the shape of alphabet letters and numbers for dance steps set to the sounds of African, Caribbean, Latin, and American music. Bokwa Dance is a fun easy fitness program for all ages and fitness levels!

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 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 to relax and renew body, mind, and spirit. Please bring your own yoga mat or a towel.

MVP Latin Moves/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 Power & Balance Moves

Designed for all levels of fitness! This class includes low impact aerobics, weight training, and balance exercises to enhance strength, coordination, and endurance.

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MVP Striders Walking Club

Walk your way to wellness! As an MVP Strider, you will move through strength and balance exercises led by an MVP Medicare Community Health Promotion team member, and walk at your own pace, reaping the many benefits of walking, all while connecting with people who enjoy being active like you!

MVP Tai Chi Moves

Join us for an introduction to Sun 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.

Due to the popularity of these classes, registration is recommended. Type of ongoing fitness class may be subject to change.

Free *Living Well* Ongoing Class Schedule 

Get Moving with the MVP Striders Walking Club At two locations this fall!



Make a date with fitness and walk your way to wellness!

The MVP Striders Walking club is a free walking program led by the MVP Medicare Health Promotion team. As an MVP Strider, you will move through strength and balance exercises, walk at your own pace, and reap the many benefits of walking, all while connecting with people who enjoy being active like you! Receive an MVP Striders walking kit, including a t-shirt and more tools for success!

Malta Community Park

285 Plains Road, Malta *(meet at the pavilion next to the playground)*

Tuesdays, September 17–October 22

9–10 am

Program Code: **5537**

Colonie Center

131 Colonie Center, Albany *(meet lower level, center court at Boscov's)*

Wednesdays, October 2–December 11

9–10 am

Program Code: **5532**

Registration is required. See the schedule that follows for more information.

Capital Region *Living Well* Programs

Free *Living Well* Ongoing Fitness Class Schedule

Class Name	Time and Location	Call to Register
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Mondays, September 16–December 9

MVP Chair Moves Program Code: 5527	10:45–11:30 am No class October 14, November 11, and November 25 Village of Colonie Senior Center 2 Thunder Road, Albany	518-869-7172
MVP Aqua Moves Program Code: 5525	12–12:45 pm No class November 25 Sunnyview Wellness Center Therapeutic Pool 1270 Belmont Ave., Schenectady <i>No walk-ins. Must register for the entire session.</i>	518-388-2263
MVP Tai Chi Moves Program Code: 5526	1:15–2 pm No class October 14, November 11, and November 25 Guilderland Senior Center 141 Bavarian Way, Altamont	518-280-7607

Tuesdays, September 17–December 10 (or as stated below)

No classes held November 26

MVP Striders Walking Club Program Code: 5537	9–10 am September 17–October 22 Malta Community Park 285 Plains Road, Malta (Meet at the pavilion next to the playground)	518-899-4411
MVP Zumba Gold® Program Code: 5538	11–11:45 am National Museum of Dance 99 S. Broadway, Saratoga Springs	1-800-665-7924

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Class Name	Time and Location	Call to Register
<i>Tuesdays continued</i>		
MVP Bokwa® Dance Moves Program Code: 5539	1-1:45 pm No class October 22 Clifton Park Senior Center 6 Clifton Common Blvd, Clifton Park	518-383-1343
MVP Chair Moves Program Code: 5528	1-1:45 pm Niskayuna Senior Center 2682 Aqueduct Rd., Schenectady	1-800-665-7924

Wednesdays, September 18–December 11 *(or as stated below)*

No classes held November 27

MVP Bokwa® Dance Moves Program Code: 5540	10:15–11:00 am Alpin Haus Fitness Center 4852 NY-30, Amsterdam	1-800-665-7924
MVP Latin Moves Program Code: 5541	11:30 am–12:15 pm Queensbury Senior Center 742 Bay Road, Queensbury	518-761-8224
MVP Tai Chi Moves Program Code: 5529	1-1:45 pm Glenville Senior Center 32 Worden Road, Schenectady	1-800-665-7924
MVP Striders Walking Club Program Code: 5532	9–10 am October 2–December 11 Colonie Center 131 Colonie Center, Albany (Meet on lower level, center court in front of Boscov's)	1-800-665-7924

Capital Region *Living Well* Programs

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Class Name	Time and Location	Call to Register
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Thursdays, September 19–December 12

No classes held November 28

MVP Chair Moves Program Code: 5530	9:15–10 am Schenectady Senior Center Hibernian Hall Banquet Room 1748 State Street, Schenectady	1-800-665-7924
MVP Gentle Yoga Moves Program Code: 5542	11:30 am–12:15 pm <i>New Location!</i> The Lemon Tree Yoga & Healing Arts Studio 21 Cooper Street #108, Glens Falls	1-800-665-7924

Fridays, September 20–December 13

No classes held September 27 and November 29

MVP Gentle Yoga Moves Program Code: 5531	9:45–10:30 am Sunnyview Wellness Center First floor conference room 1270 Belmont Ave., Schenectady	1-800-665-7924
MVP Power & Balance Moves Program Code: 5557	11–11:45 am September 20–November 8 <i>New class!</i> Malta Community Center 1 Bayberry Drive, Malta	518-899-4411

Capital Region *Living Well* Programs

Free *Living Well* Presentation

Osteo Moves—Three Part Series

Schenectady Senior Center, Hibernian Hall Banquet Room
1748 State Street, Schenectady

Tuesdays, October 29, November 5, and November 12

9–10:30 am

Program Code: 5553

Plan to attend all three sessions.

This program, designed for people with osteoporosis or osteoarthritis, teaches strategies such as gentle exercise as a means of effective self-management. Wear comfortable clothing and sneakers, and plan to attend all three sessions. You will receive fitness equipment and handouts so that you can continue to do the exercises you learn at home.

Instructor: Maria Migliori, AFAA Certified Fitness Instructor

Registration is required. Call Medicare Community Health Promotion at **518-386-7936**.

Educational Outdoor Programs and Walks

Dress in layers, wear comfortable, durable shoes, and bring a bottle of water, sunscreen, hat, or insect repellent as needed. No pets are allowed. Programs will take place rain or shine, but will be stopped in the event of thunder and lightning.

Life In the Pond

Five Rivers Environmental Education Center
56 Game Farm Road, Delmar



Friday, October 4

1–2:30 pm

Program Code: 5546

Venture out to one of Five Rivers' 16 ponds and engage in hands-on exploration of pond life. We will collect, observe, sketch, and identify macro-invertebrates, learn about the adaptations that help them survive, and how these traits might change as they morph into adults. We will also find out more about the health of the pond based on the species collected and consider the human impact on this environment.

There is **no fee** for this program.

Registration is required. Call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**).

Capital Region *Living Well* Programs

Educational Outdoor Programs and Walks

History, Legends, Lore, and More: A Guided Walking Tour

Saratoga Heritage Area Visitor Center

297 Broadway, Saratoga Springs

Thursday, October 3

1–2:30 pm

Program Code: 5543

This 90-minute walking tour celebrates Saratoga’s Victorian era and covers 200 years of history. The tour begins inside the Saratoga Heritage Area Visiting Center, a former trolley station that now houses museum exhibits on the city’s past. Stroll through Congress Park to stories of local colorful characters, view monuments, taste Saratoga’s famed mineral waters, and more!

Effort level: Plan to walk and stand for 90 minutes over varied terrain

There is **no fee** for this program.

Registration is required. Call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**).

Indian Ladder Farms Guided Tour

Indian Ladder Farms

342 Altamont Road, Altamont

(meet under green tent behind the market by 12:50 pm)

Thursday, October 17

1–2:30 pm

Program Code: 5554

Stroll through a 100-year-old apple orchard and learn about pollination, harvesting, and caring for the land. Visit the packing house and cider press, interact with farm animals, and visit the herb garden. All participants will enjoy a tasting of apples and cider.

Effort level: Moderate walking on varied terrain

There is **no fee** for this program.

Registration is required. Call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**).

Capital Region *Living Well* Programs

Educational Outdoor Programs and Walks

Ghosts of the Stockage

Schenectady County Historical Society

32 Washington Avenue, Schenectady

Thursday, October 24

2–3 pm

Program Code: 5284



For more than 350 years, the Schenectady Stockade has had its share of haunting tales. Explore these storied streets on a guided tour of houses with ghosts in their closets, just in time for Halloween and All Saint's Eve!

Effort level: Approximately one mile of mostly flat terrain

There is **no fee** for this program.

Registration is required. Call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**).

MVP Creative Arts

In partnership with Art In Mind Creative Wellness Studio

Art In Mind Creative Wellness Studio

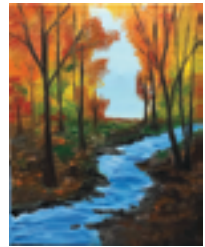
123 Saratoga Road, Glenville

Autumn Stream: Hands-On Canvas Painting Class

Thursday, October 10

1:30–3 pm

Program Code: 5544



Creative expression has been known to reduce stress, encourage creative thinking, boost self-esteem, and provide a sense of accomplishment. Join us and reap these benefits, regardless of your artistic abilities. You will leave this 90-minute session with an 11" x 14" finished canvas painting.

Fee: No cost for MVP members; \$20 for non-members

Registration is required. Call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**).

Checks are payable to **MVP Health Care** and should be sent at the time of registration to hold your place. In the memo line, include the **Program Code** number. No refunds for no-shows. Please allow 48 hours for cancellation.

Mail check or money order to:

ATTN: MARIA MIGLIORI, MVP MEDICARE COMMUNITY HEALTH PROMOTION,
625 STATE ST, SCHENECTADY, NY 12305

Capital Region *Living Well* Programs

Healthy Cooking Demonstration

In partnership with Honest Weight Food Co-op



Honest Weight Food Co-op

100 Watervliet Avenue, Albany

Apples!

Thursday, November 7

1–2:30 pm

Program Code: 5545

Harvest time in New York means lots of apples! If you are looking for new and interesting ways to use them in your cooking, join Integrative Nutritionist Raya Loffe for a demonstration of delicious recipes prepared with a variety of locally harvested apples.

The is **no fee** for this program.

Registration is required. Call Medicare Community Health Promotion at **518-386-7936**.



Follow MVP Health Care on Facebook to stay up-to-date on our health and wellness programs, community events, and how MVP is working to create the healthiest communities.