Hudson Valley Region Living Well Programs

Space is limited and registration is required for all classes. To register, call Medicare Community Health Promotion at 845-897-6037.

For programs with fees, checks are payable to MVP Health Care and should be sent at the time of registration to hold your place. Mail a check/money order to: ATTN: SYDNEY LEONE, MVP MEDICARE COMMUNITY HEALTH PROMOTION, 1 SUMMIT CT STE 200, FISHKILL, NY 12524.

No refunds for no-shows. Please allow 48 hours for cancellation.

Free Living Well Ongoing Fitness Classes

Class Descriptions

MVP Chair Moves
Stay as mobile and strong as possible! This chair-based class emphasizes strengthening, limbering, and stretching exercises for a total body workout. Dress in comfortable clothing and wear sneakers.

MVP Tai Chi for Health
Improve your health! MVP Tai Chi Moves is designed especially for beginners and will benefit anyone wishing to explore the practice of Tai Chi and how it can contribute to improved health and overall well-being. Dress in comfortable clothing and wear sneakers.

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 people who enjoy being active!

MVP Zumba Gold® Toning
A fun, friendly aerobic workout anyone can do, including beginners! This class combines fast and slow, low-impact exercise set to Latin rhythms where you will shake and sculpt your way to a healthy body for an active lifestyle.

A Matter of Balance
Learn to view falls and fear of falling as controllable. Set realistic goals to increase your level of activity, improve your strength and balance and take steps to reduce fall risks at home. Dress in comfortable clothing and wear sneakers. You must register for all sessions.

MVP Gentle Yoga Moves
Combines simple breathing exercises with stretches and yoga postures that can be done seated, standing, or on the floor, with modifications as needed.
<table>
<thead>
<tr>
<th>Class Name</th>
<th>Dates, Time, and Location</th>
<th>Call to Register</th>
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</thead>
<tbody>
<tr>
<td><strong>Mondays</strong></td>
<td></td>
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<tr>
<td>MVP Tai Chi for Health</td>
<td>September 23–December 9 10–11 am (No class October 14, October 28, and November 4) Kingston Center of SUNY Ulster 94 Mary’s Avenue, Kingston</td>
<td>845-897-6037</td>
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<tr>
<td>Program Code: 5536</td>
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<tr>
<td>MVP Gentle Yoga Moves</td>
<td>September 23–October 21 11–11:45 am (No class October 14) Ulster County Senior Hub 5 Development Court, Kingston</td>
<td>845-897-6037</td>
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<tr>
<td>Program Code: 5555</td>
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<tr>
<td>MVP Chair Moves</td>
<td>November 11–December 16 9:30–10:30 am Desmond Campus for Adult Enrichment 6 Albany Post Road, Newburgh</td>
<td>845-565-2076</td>
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<tr>
<td>Program Code: 5504</td>
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<tr>
<td><strong>Tuesdays</strong></td>
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<tr>
<td>A Matter of Balance</td>
<td>October 1–November 19 9–11 am Town of New Paltz Community Center 3 Veterans Drive, New Paltz</td>
<td>845-897-6037</td>
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<tr>
<td>Program Code: 5547</td>
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<tr>
<td><strong>Wednesdays</strong></td>
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<tr>
<td>MVP Striders Walking Club</td>
<td>September 25–December 4 (No class November 27) 8:30–9:30 am Poughkeepsie Galleria 2001 South Road, Poughkeepsie (Meet at food court)</td>
<td>845-897-6037</td>
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<tr>
<td>Program Code: 5505</td>
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## Hudson Valley Region *Living Well* Programs

### Free *Living Well* Ongoing Class Schedule

<table>
<thead>
<tr>
<th>Class Name</th>
<th>Dates, Time, and Location</th>
<th>Call to Register</th>
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<tbody>
<tr>
<td><strong>Wednesdays continued</strong></td>
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<tr>
<td>MVP Chair Moves</td>
<td>October 2–November 6&lt;br&gt;12:00–12:45 pm&lt;br&gt;YMCA of Kingston and Ulster County&lt;br&gt;507 Broadway, Kingston</td>
<td>845-897-6037</td>
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<td>Program Code: 5548</td>
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<td><strong>Thursdays</strong></td>
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<tr>
<td>MVP Zumba® Gold Toning</td>
<td>October 3–November 21&lt;br&gt;9:30–10:30 am&lt;br&gt;BlaZIN Dance and Fitness&lt;br&gt;1222 Hopewell Avenue (Route 52), Fishkill</td>
<td>845-897-6037</td>
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<tr>
<td>Program Code: 5549</td>
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<tr>
<td>MVP Striders Walking Club</td>
<td>October 10–October 31&lt;br&gt;12:15–1:15 pm&lt;br&gt;Cary Institute of Ecosystem Studies&lt;br&gt;2801 Sharon Turnpike, Millbrook (Meet at the Recreation Field parking lot off Route 82)</td>
<td>845-897-6037</td>
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<tr>
<td>Program Code: 5506</td>
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<tr>
<td><strong>Fridays</strong></td>
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<tr>
<td>MVP Chair Moves</td>
<td>October 4–November 22&lt;br&gt;11–11:45 am&lt;br&gt;Ulster County Senior Hub&lt;br&gt;5 Development Court, Kingston</td>
<td>845-897-6037</td>
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<tr>
<td>Program Code: 5556</td>
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Living Well Programs in the Community

Take a Stand to Prevent Falls
MVP is proud to sponsor and participate a variety of events taking place in the Hudson Valley in support of Fall Prevention Awareness Day on September 23. Join MVP and our partners at events throughout the region help prevent falls.

For more information about any of these events, call MVP Medicare Community Health Promotion at 845-897-6037.

Stay Active and On Your Feet!
Joseph G. Caputo Community Center 95 Broadway, Ossining
Monday, September 23 10 am–1 pm

Stand with Us: Fall Prevention Expo
Putnam Hospital Center 670 Stoneleigh Avenue, Carmel
Wednesday, September 25 12–3 pm

How to Fall Well
Bounce Trampoline Sports 2 Neptune Road, Poughkeepsie
Thursday, September 26 10:30 am–12 pm

Fall Prevention Awareness Day
Montgomery Senior Center 36 Bridge Street, Montgomery
Friday, September 27 9:30 am–12:30 pm
Hudson Valley Region *Living Well* Programs

**Living Well Educational 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 canceled in the event of thunder and/or lightning.

To register, call MVP Medicare Community Health Promotion at 845-897-6037.

**Guided Tour of The Frances Lehman Loeb Art Center**

Frances Lehman Loeb Art Center  
124 Raymond Avenue, Poughkeepsie  
*(Free street parking along Raymond Avenue or on campus in North or South lot)*  
Friday, October 4  2:30–4 pm  
Program Code: 5507

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

Observe highlights of a collection of more than 20,000 objects (paintings, sculpture, drawings, prints, and photographs) from ancient Egypt through the present, including a collection of Hudson River School landscapes and a variety of works by European and American 20th century painters such as Georgia O’Keeffe, Pablo Picasso, Jackson Pollock, and Mark Rothko.

**Guided Tour of West Point Foundry and Putnam History Museum**

63 Chestnut Street, Cold Spring  
Tuesday, October 8  10:30 am–12 pm  
Program Code: 5511

Fee: $5 for MVP members; $10 for non-members

Gain a glimpse into a historic and beautiful landscape! Join us for a tour of the museum and a stroll through the ruins of the West Point Foundry Preserve.

**Tree Identification Seminar**

Vassar Ecological Preserve  
51 Vassar Farm Lane, Poughkeepsie  
Wednesday, October 9  10:30 am–12 pm  
Program Code: 5533

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

Join us for a leisurely walk among streams, wetlands, forests, and old fields that are home to an abundance of wildlife. Learn about the trees and wildlife that are indigenous to our region. Bring your binoculars! Led by Julie Hart of the Dutchess Land Conservancy.

Walk distance: 1–1.5 miles  
Effort level: Moderate—you will be walking on a variety of terrain.
Living Well Educational Programs and Walks

Beginner Bird Walk and Construct Your Own Bluebird House
Stony Kill Farm
79 Farmstead Lane, Wappingers Falls
(park and meet across from big red barn)
Thursday, October 10  9–11 am  Program Code: 5534
Fee: $10 for MVP members; $20 for non-members
Registration for this program must be received by September 26.
Learn about bluebirds throughout this beginner bird walk followed by an interactive and hands-on, create your own Bluebird House activity.
Walk distance: Less than 1 mile
Effort level: Moderate—you will walk on a relatively level surface, ability to stand required.

Cooking Demonstration and Tour of Common Ground Farm
Common Ground Farm (on the Stony Kill property)
79 Farmstead Lane, Wappingers Falls
(park and meet across from big red barn)
Wednesday, October 16  10 am–12 pm  Program Code: 5535
Fee: $5 for MVP members; $10 for non-members
During this hands-on learning experience, we will tour the fields, harvest crops, and then work with a chef to create a delicious seasonal dish emphasizing the use of sustainable local ingredients.

Featured Living Well Presentation
Sleep from A to ZZZ
Desmond Campus for Adult Enrichment
6 Albany Post Road, Newburgh
Wednesday, November 20  11 am–12 pm  Program Code: 5502
Sleep is good for your health! Learn the stages of sleep, how much is enough, types of sleep disorders, and the strategies and benefits of getting a good night’s sleep.
Call 845-565-2076 to register.