

# 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.

# Hudson Valley Region *Living Well* Programs

## Free *Living Well* Ongoing Class Schedule

Class Name	Dates, Time, and Location	Call to Register
<b>Mondays</b>		
<b>MVP Tai Chi for Health</b> Program Code: 5536	<b>September 23–December 9</b> <b>10–11 am</b> (No class October 14, October 28, and November 4) Kingston Center of SUNY Ulster 94 Mary’s Avenue, Kingston	<b>845-897-6037</b>
<b>MVP Gentle Yoga Moves</b> Program Code: 5555	<b>September 23–October 21</b> <b>11–11:45 am</b> (No class October 14) Ulster County Senior Hub 5 Development Court, Kingston	<b>845-897-6037</b>
<b>MVP Chair Moves</b> Program Code: 5504	<b>November 11–December 16</b> <b>9:30–10:30 am</b> Desmond Campus for Adult Enrichment 6 Albany Post Road, Newburgh	<b>845-565-2076</b>
<b>Tuesdays</b>		
<b>A Matter of Balance</b> Program Code: 5547	<b>October 1–November 19</b> <b>9–11 am</b> Town of New Paltz Community Center 3 Veterans Drive, New Paltz	<b>845-897-6037</b>
<b>Wednesdays</b>		
<b>MVP Striders Walking Club</b> Program Code: 5505	<b>September 25–December 4</b> (No class November 27) <b>8:30–9:30 am</b> Poughkeepsie Galleria 2001 South Road, Poughkeepsie (Meet at food court)	<b>845-897-6037</b>

# Hudson Valley Region *Living Well* Programs

## Free *Living Well* Ongoing Class Schedule

Class Name	Dates, Time, and Location	Call to Register
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### *Wednesdays continued*

MVP Chair Moves Program Code: 5548	October 2–November 6 12:00–12:45 pm YMCA of Kingston and Ulster County 507 Broadway, Kingston	845-897-6037
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### **Thursdays**

MVP Zumba® Gold Toning Program Code: 5549	October 3–November 21 9:30–10:30 am BlaZIN Dance and Fitness 1222 Hopewell Avenue (Route 52), Fishkill	845-897-6037
MVP Striders Walking Club Program Code: 5506	October 10–October 31 12:15–1:15 pm Cary Institute of Ecosystem Studies 2801 Sharon Turnpike, Millbrook (Meet at the Recreation Field parking lot off Route 82)	845-897-6037

### **Fridays**

MVP Chair Moves Program Code: 5556	October 4–November 22 11–11:45 am Ulster County Senior Hub 5 Development Court, Kingston	845-897-6037
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# 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 20<sup>th</sup> 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.

# Hudson Valley Region *Living Well* Programs

## *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.

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## **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.