

Living Well Programs

The MVP Medicare Community Health Promotion team, in collaboration with our community partners, provides innovative health and wellness programs, educational opportunities, and physical activity programs that empower and motivate the individuals we serve to live healthy and vibrant lives.

Our programs incorporate elements of the seven dimensions of wellness—physical, emotional, intellectual, spiritual, occupational, social, and environmental health—for a holistic approach to well-being.



Capital Region *Living Well* Programs

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.

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.

Marvelous Maples

Five Rivers Environmental Education Center
56 Game Farm Road, Delmar

Thursday, March 29 1:00–2:30 pm No Cost

Program Code: 4947

Learn about all things maple during this interactive afternoon! We'll drill taps into maple trees, taste dripping, raw sap, and head into the Sugar Shack to see the syrup making process and sample completed pure maple syrups.



Tree Identification

Five Rivers Environmental Education Center
56 Game Farm Road, Delmar

Thursday, May 3 1:00–2:30 pm No Cost

Program Code: 4948

Join us for a leisurely walk in a living museum comprising over 450 acres of fields, forests, and wetlands. Learn about flora, insects, and trees that are indigenous to our region. Bring your binoculars!

Led by Friends of Five Rivers instructors

Walk distance: 1–1.5 miles

Intensity level: Moderate—you will be walking on a variety of terrain.



Capital Region *Living Well* Programs

Stockade Walking Tour

Schenectady County Historical Society

32 Washington Avenue, Schenectady

(Park in rear of building, next door at YMCA, or on-street)

Thursday, May 10 1:00–2:30 pm

Program Code: 4949



Enjoy a walking tour of America's oldest residential neighborhood. Led by a historical society guide, we will learn the stories behind Schenectady's magnificent period homes.

Tour will take place rain or shine, but will be cancelled and refunded in the event of thunder and lightning.

Walk distance: 1–1.5 miles

Intensity level: Moderate—you may be walking on uneven sidewalks

To register, call Stacie Hebert at **518-388-2596**.

MVP Member: No charge; **Non-member:** \$5

Checks are payable to **MVP Health Care** and should be sent at the time of registration to hold your place. No refunds for no-show. Please allow 48 hours for cancellation.

Mail check/money order to:

ATTN: STACIE HEBERT

MEDICARE COMMUNITY HEALTH PROMOTION

MVP HEALTH CARE

625 STATE ST.

SCHENECTADY, NY 12305

Healthy Cooking Demonstrations

In partnership with Whole Foods Market



Seasonal Flavors of Spring

Whole Foods Market

Colonie Center Mall, 1425 Central Avenue, Albany

Thursday, April 12 1:30–3:00 pm No Cost Program Code: 4945

Discover healthy dishes featuring fresh fruits and vegetables available in spring. Learn why eating seasonally is important to your health, the planet, and your wallet. Get tips on how to choose the best produce, as well as how to store and use it properly. Join a store tour after class to find the ingredients used, and recreate the featured recipes at home.

MVP Creative Arts— Hands-On Painting



Reap the benefits of creativity and wellness in a positive, relaxed environment. Explore your creativity and expressive freedom during this hands-on painting class. You will leave the session with an 11" x 14" finished canvas of your creation.

Tulips

Art in Mind Creative Wellness Studio

272 Saratoga Road, Glenville (Hannaford Plaza behind Midas)

Thursday, March 15 1:00–2:30 pm Program Code: 4946

To register, call Stacie Hebert at 518-388-2596.

MVP Member: \$10; **Non-member:** \$20

Checks are payable to **MVP Health Care** and should be sent at the time of registration to hold your place. No refunds for no-show. Please allow 48 hours for cancellation.

Mail check/money order to:

ATTN: STACIE HEBERT
MEDICARE COMMUNITY HEALTH PROMOTION
MVP HEALTH CARE
625 STATE ST.
SCHENECTADY, NY 12305

Capital Region *Living Well* Programs

Free MVP *Living Well* Presentations

To register, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: 1-800-662-1220).

Total Recall

Schenectady Senior Center

Ancient Order of Hibernians, 1748 State Street, Schenectady

Tuesday, March 20 10:45–11:45 am Program Code: **4971**

Glens Falls Senior Center, 380 Glen Street, Glens Falls

Friday, March 9 1–2 pm Program Code: **4983**

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 keep your brain sharp.

Fall Prevention

East Greenbush Library, 10 Community Way, East Greenbush

Thursday, March 22 1–2 pm Program Code: **4984**

A simple fall can change your life and even impact your ability to live independently. The good news is that falls are not a normal part of aging and most falls can be prevented. This class discusses fall risk factors and strategies to help you overcome them.

Stress Busters

William K. Sanford Town Library (Colonie)

629 Albany Shaker Road, Loudonville

Thursday, April 19 1–2 pm Program Code: **4950**

We will discuss how stress affects your body, both physically and emotionally, and review stretching and breathing exercises, simple meditation, and other ways to de-stress throughout your day.

Sleep from A to Zzz

Schenectady Senior Center

Ancient Order of Hibernians, 1748 State Street, Schenectady

Tuesday, April 24 10:45–11:45 am Program Code: **4972**

Understand how good sleep can help you maintain good overall health. Learn strategies to improve your sleep habits, how much is enough, the stages of sleep, and types of sleep difficulties.

Capital Region *Living Well* Programs

Living Well Ongoing Fitness Classes

These programs are free, compliments of MVP Health Care. All are welcome! Join anytime during the session.

Space is limited and registration is required; call the phone numbers listed to register. MVP members receive priority registration for all Living Well programs; non-members may be placed on a waiting list.

Featured Ongoing Fitness Programs

MVP Tai Chi Moves—Now at two locations!

Guilderland Senior Center, 141 Bavarian Way, Altamont

Mondays, February 26–May 14 1:15–2:00 pm Program Code: 4931

To register, call 518-280-7607.

Glenville Senior Center *New Location!*, 32 Worden Rd., Schenectady

Wednesdays, February 28–May 16 1:00–1:45 pm Program Code: 4978

No classes March 21 and April 18

To register, call 1-800-665-7924.

Join us for an introduction to Sun Style Tai Chi. Described as “meditation in motion,” this class consists of slow, continuous whole-body movements with controlled breathing and mental concentration to create an combined mind-body experience. Tai Chi can improve balance, flexibility, muscle strength, and posture. Wear flat-soled shoes and loose, comfortable clothing.

MVP Striders Walking Club—Now at two locations!

Registration is requested, but not required.

Call the MVP Medicare Customer Care Center at 1-800-665-7924.



Viaport Rotterdam (formerly Rotterdam Mall) *New Location!*

93 W. Campbell Road, Schenectady

Meet in Food Court

Mondays, March 12–May 14 8:30–9:30 am Program Code: 4980

Colonie Center Mall

131 Colonie Center, Albany

Meet in front of Boscov's, lower level

Wednesdays, March 14–May 16 9–10 am Program Code: 4891

Led by an MVP Community Health Educator, you will move through strength and balance exercises, and walk the mall at your own pace. Receive an MVP Striders walking kit including a T-shirt and pedometer, and connect with a great group of people.

Living Well Ongoing Fitness Programs



Due to the popularity of these classes, registration is recommended. **MVP members will be given priority registration.** Call the phone numbers listed to register. Type of ongoing fitness class may be subject to change.

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®

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 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 exercise. 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.

Capital Region *Living Well* Programs

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 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.

Class Schedule

Mondays, February 26–May 14 (or as noted)

Class Name	Time and Location	Call to Register
MVP Striders Walking Club Program Code: 4980	8:30–9:30 am Classes held March 12–May 14 New Location! Viaport Rotterdam Food Court 93 W. Campbell Rd., Schenectady	1-800-665-7924
MVP Zumba Gold® Program Code: 4929	9:30–10:15 am No class March 19 Saratoga Senior Center 5 Williams St., Saratoga Springs	518-584-1621
MVP Chair Moves Program Code: 4889	10:30–11:15 am New Time! Village of Colonie Senior Center 2 Thunder Rd., Albany	518-869-7172
MVP Aqua Moves Program Code: 4930	12:00–12:45 pm Sunnyview Wellness Center Therapeutic Pool 1270 Belmont Ave., Schenectady No walk-ins. Must register for the entire session.	518-386-7936
MVP Tai Chi Moves Program Code: 4931	1:15–2:00 pm Guilderland Senior Center 141 Bavarian Way, Altamont	518-280-7607

Capital Region *Living Well* Programs

Tuesdays, February 27–May 15 (or as noted)

Class Name	Time and Location	Call to Register
MVP Zumba Gold® Program Code: 4832	11:00–11:45 am Classes held February 27–April 3 National Museum of Dance 99 S. Broadway, Saratoga Springs	1-800-665-7924
MVP Bokwa® Program Code: 4933	11:00–11:45 am Classes held April 10–May 15 National Museum of Dance 99 S. Broadway, Saratoga Springs	1-800-665-7924
MVP Zumba Gold® Program Code: 4935	1:00–1:45 pm Clifton Park Senior Center 6 Clifton Common Blvd., Clifton Park	518-383-1343
MVP Chair Moves Program Code: 4890	1:00–1:45 pm Niskayuna Senior Center 2682 Aqueduct Rd., Schenectady	1-800-665-7924

Wednesdays, February 28–May 16 (or as noted)

Class Name	Time and Location	Call to Register
MVP Striders Walking Club Program Code: 4891	9–10 am Classes held March 14–May 16 Colonie Center Mall In front of Boscov's, lower level 131 Colonie Center, Albany	1-800-665-7924
MVP Bokwa® Program Code: 4936	11:15 am–12:00 pm Classes held February 28–April 4 Alpin Haus Fitness Center 4852 NY-30, Amsterdam	1-800-665-7924
MVP Drums Alive® Program Code: 4893	11:15 am–12:00 pm Classes held April 11–May 16 Alpin Haus Fitness Center 4852 NY-30, Amsterdam	1-800-665-7924

Capital Region *Living Well* Programs

Wednesdays continued:

Class Name	Time and Location	Call to Register
MVP Tai Chi Moves Program Code: 4978	1:00–1:45 pm No classes March 21 and April 18 New Location! Glenville Senior Center 32 Worden Rd., Schenectady	1-800-665-7924
MVP Latin Moves Program Code: 4938	1:00–1:45 pm No class March 14 Fraternal Eagles Club/Moreau 80 Main St., South Glens Falls	518-792-6007
MVP Drums Alive Program Code: 4939	2:00–2:45 pm JCC of Schenectady Aerobics Studio 2565 Balltown Rd., Niskayuna	1-800-665-7924

Thursdays, March 1–May 17

Class Name	Time and Location	Call to Register
MVP Chair Moves Program Code: 4892	10:30–11:15 am New Location! Hibernian Hall Banquet Room 1748 State St., Schenectady	1-800-665-7924
MVP Chair Yoga Program Code: 4941	10:30–11:15 am No class March 15 Glen Falls Senior Center 380 Glens, St., Glens Falls	518-793-2189

Capital Region *Living Well* Programs

Fridays, March 2–May 18 (or as noted)

Class Name	Time and Location	Call to Register
MVP Gentle Yoga Moves Program Code: 4942	10:00–10:45 am No class April 20 Sunnyview Wellness Center First floor conference room 1270 Belmont Ave., Schenectady	1-800-665-7924
MVP Zumba Gold® Program Code: 4943	1:00–1:45 pm Classes held March 2–April 6 Belltrone Senior Center 6 Winners Circle, Colonie	1-800-665-7924
MVP Bokwa® Program Code: 4944	1:00–1:45 pm Classes held April 13–May 18 Belltrone Senior Center 6 Winners Circle, Colonie	1-800-665-7924



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.