

# 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.



## Creating the Healthiest Communities

MVP is committed to making a positive impact on the health and well-being of everyone we serve. While the MVP Medicare Community Health Promotion team continues to grow our *Living Well* programs and community partnerships, we can give you the resources and support you need to improve your overall wellness, no matter where you live.

However you choose to include physical activity and wellness in your daily life, MVP can help.

- Your free **SilverSneakers** benefit offers a gym membership, fitness classes, and health workshops at 15,000 locations nationwide. See page 12 to get started.
- **There's an app for that!** When it comes to well-being, there are many apps available to help you on your wellness journey, including the newly launched SilverSneakersGO™.
- **Browse the Healthwise Knowledgebase** at [mvphealthcare.com](http://mvphealthcare.com) for fitness, nutrition, and health management tips. Select *Members*, then *Health & Wellness*.

# 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.

## Free *Living Well* Ongoing Fitness Classes

All are welcome! Join anytime during the sessions.

If you do not see a *Living Well* ongoing fitness class in your service area, take part in a SilverSneakers® fitness program close to you! See page 12 for details.

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

# Capital Region *Living Well* Programs

## 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 Striders Walking Club

Walk your way to wellness! As an MVP Strider you will stretch, gain strength with dynaband exercises led by the MVP Medicare Community Health Promotion team, walk the mall at your own pace, 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.



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

## Free *Living Well* Ongoing Fitness Classes Schedule

Mondays, February 25–May 13

Class Name	Time and Location	Call to Register
MVP Zumba Gold® Program Code: 5201	10:00–10:45 am <b>No class April 22</b> Saratoga Senior Center 5 Williams Street, Saratoga Springs	518-584-1621
MVP Chair Moves Program Code: 5229	10:45–11:30 am <b>New Time!</b> Village of Colonie Senior Center 2 Thunder Road, Albany	518-869-7172
MVP Aqua Moves Program Code: 5230	12:00–12:45 pm <b>No class May 6</b> Sunnyview Wellness Center Therapeutic Pool 1270 Belmont Avenue, Schenectady <b>No walk-ins. Must register for the entire session.</b>	518-388-2263
MVP Tai Chi Moves Program Code: 5231	1:15–2:00 pm Guilderland Senior Center 141 Bavarian Way, Altamont	518-280-7607

## Tuesdays, February 26–May 14 (or as noted below)

Class Name	Time and Location	Call to Register
MVP Drums Alive Program Code: 5232	10:30–11:15 am Sportime 2699 Curry Road, Schenectady	1-800-665-7924
MVP Zumba Gold® Program Code: 5202	11:00–11:45 am <b>February 26–April 2</b> National Museum of Dance 99 S. Broadway, Saratoga Springs	1-800-665-7924
MVP Bokwa® Dance Moves Program Code: 5208	11:00–11:45 am <b>April 16–May 14</b> National Museum of Dance 99 S. Broadway, Saratoga Springs	1-800-665-7924
MVP Zumba Gold® Program Code: 5203	1:00–1:45 pm <b>February 26–April 2</b> <b>No Class March 5</b> Clifton Park Senior Center 6 Clifton Common Blvd., Clifton Park	518-383-1343
MVP Chair Moves Program Code: 5233	1:00–1:45 pm <b>No class May 7</b> Niskayuna Senior Center 2682 Aqueduct Road, Schenectady	1-800-665-7924
MVP Bokwa® Dance Moves Program Code: 5209	1:00–1:45 pm <b>April 16–May 14</b> Clifton Park Senior Center 6 Clifton Common Blvd., Clifton Park	518-383-1343

## Wednesdays, February 27–May 15 (or as noted below)

Class Name	Time and Location	Call to Register
MVP Bokwa® Dance Moves Program Code: 5205	10:15–11:00 am <i>New Time!</i> <b>No Class March 6 or April 10</b> Alpin Haus Fitness Center 4852 NY-30, Amsterdam	1-800-665-7924

# Capital Region *Living Well* Programs

Wednesdays, February 27–May 15 continued.

Class Name	Time and Location	Call to Register
MVP Latin Moves Program Code: 5206	11:30 am–12:15 pm <b>No Class March 13</b> <i>New Location!</i> Queensbury Senior Center 742 Bay Road, Queensbury	518-761-8224
MVP Tai Chi Moves Program Code: 5234	1:00–1:45 pm Glenville Senior Center 32 Worden Road, Schenectady	1-800-665-7924
MVP Striders Walking Club at Colonie Center Program Code: 5204	9–10 am <b>March 13–May 15</b> Colonie Center 131 Colonie Center, Albany (meet in the lower level, center court in front of Boscov's) See page 25 for more information.	1-800-665-7924

## Thursdays, February 28–May 16

Class Name	Time and Location	Call to Register
MVP Chair Moves Program Code: 5235	10:30–11:15 am <b>No class March 14 or May 9</b> Schenectady Senior Center Hibernian Hall Banquet Room 1748 State Street, Schenectady	1-800-665-7924
MVP Chair Yoga Program Code: 5207	11:30 am–12:15 pm <i>New Time!</i> <b>No class March 14</b> Glens Falls Senior Center 380 Glens Street, Glens Falls	518-793-2189

## Fridays, March 1–May 17

Class Name	Time and Location	Call to Register
MVP Gentle Yoga Moves Program Code: 5236	9:45–10:30 am <i>New Time!</i> Sunnyview Wellness Center First floor conference room 1270 Belmont Avenue, Schenectady	1-800-665-7924

## Get Moving with the MVP Striders Walking Club!

### Colonie Center

131 Colonie Center, Albany

Program Code: 5204

Meet in the lower level, center court in front of Boscov's

**Wednesdays, March 13–May 15      9–10 am**

Make a date with fitness and walk your way to wellness! As an MVP Strider you will stretch, gain strength with dynaband exercises led by the MVP Medicare Community Health Promotion team, walk the mall at your own pace, and reap the many benefits of walking, all while connecting with a great group of people. Receive an MVP Striders Walking kit to help you on the road to success!



**Registration is recommended.** Call 1-800-665-7924.

## Healthy Cooking Demonstration and Education Classes

In partnership with Honest Weight Food Co-op

**Honest Weight Food Co-op**

100 Watervliet Avenue, Albany

**Class size is limited and registration is required.** Call 1-800-665-7924.



### Clean Comfort Foods

Program Code: 5259

**Thursday, March 14      1:30–3:00 pm**

**Cost: Free**

Check out some of our favorite comfort foods with a twist—all made with whole, unprocessed ingredients! Learn to create delicious Swedish meatballs without gluten (GF), lemon-almond green beans (GF/vegetarian), and stuffed mushrooms with spinach and sun-dried tomatoes (GF/vegetarian) that you'll want to make again and again!

### Healthy Foods Shopping Tour

Program Code: 5262

**Thursday, May 9      1:30–3:00 pm**

**Cost: Free**

Learn what makes Honest Weight the place for local, fresh, organic, fair trade, homegrown, honest food! During this informative tour, you will learn about the co-op's history and mission, the way it strives for environmental sustainability, and lots of fun facts and food insights. Enjoy samples of unique offerings along the way!

# Capital Region *Living Well* Programs

## MVP Makes Healthy Happen! All Ages! All Together! Special Intergenerational *Living Well* Programs

These *Living Well* programs engage all generations and are brought to you compliments of MVP Health Care.

**Art in Mind Creative Wellness Studio**  
272 Saratoga Road, Glenville  
(in Hannaford Plaza behind Midas)



### Spring Cardinals—Hands-On Canvas Painting

**Saturday, April 13 10:00–11:30 am**

Program Code: 5260

Reap the benefits of creativity and wellness, regardless of your artistic abilities. You will leave this 90-minute session with an 11" x 14" finished canvas of your creation. **This program is designed for ages 7 and up.**

**MVP Members:** \$10 per person; **Non-Members:** \$20 per person

### Delicious Homemade Cinnamon Rolls: Hands-On Baking Class

**Saturday, May 4 10:00–11:30 am**

Program Code: 5261

Learn how to make homemade yeast rolls from scratch! You will sample these delicious rolls at the studio and take the mix you create to bake at home. You will also learn healthy recipe alternative options and the difference between quick breads and homemade yeast breads. **This program is designed for ages 7 and up.**



**MVP Members:** \$15 per person; **Non-Members:** \$25 per person

### **Registration is required for each program.**

Call Maria Migliori at **518-386-7936**.

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/money order to:**

ATTN: MARIA MIGLIORI

MVP MEDICARE COMMUNITY HEALTH PROMOTION

625 STATE ST

SCHENECTADY, NY 12305-2111

## 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.

### Scandalous Schenectady

Program Code: 5257

#### Schenectady County Historical Society

32 Washington Avenue, Schenectady

Thursday, May 23 2–3 pm



Every city has its share of scandal! This tour through the historic Stockade recalls some of Schenectady's more nefarious characters. Bold bootlegging, cruel kidnappings, and maybe even a few mysterious murders...this tour has it all!

**Walk Distance:** 1 mile

**Intensity:** Easy—flat surface with some uneven sidewalks.

**MVP Members:** \$5; **Non-Members:** \$10

**Registration is required.** Call Liz Pizzo at 518-388-2263.

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/money order to:**

ATTN: LIZ PIZZO

MVP MEDICARE COMMUNITY HEALTH PROMOTION

625 STATE ST

SCHENECTADY, NY 12305-2111

### Tree Identification

Program Code: 5258

#### Five Rivers Environmental Education Center

56 Game Farm Road, Delmar

Friday, May 31 1:00–2:30 pm Cost: Free



Join us for a leisurely walk in a living museum of more than 450 acres of fields, forests, and wetlands. Learn about the 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:** Moderate—you will be walking on a variety of terrain.

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