

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 for fitness, nutrition, and health management tips. Select *Members*, then *Health & Wellness*.

Hudson Valley 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 for all classes.

Call MVP Medicare Community Health Promotion at 845-897-6037.

Free *Living Well* Ongoing Fitness Classes

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 Beginner Tai Chi Moves

Join us for an introductory class to explore the many benefits of Tai Chi. This class consists of slow, continuous whole-body movements that use controlled breathing and mental concentration to create an awareness of how we move and adjust ourselves to the immediate environment. Practicing Tai Chi can improve balance, flexibility, muscle strength, and posture. It also has been shown to reduce the risk of falling. Wear flat-soled shoes and loose, comfortable clothing.

MVP Gentle Cycling Moves

This indoor cycling class is designed for active, older adults of all skill levels. Intensity options are given throughout the class. If you are new to cycling, please arrive 15 minutes early for proper bike fit. Please bring a bottle of water and a towel.

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.

To register for any of these *Living Well* Programs, call 845-897-6037.

Free *Living Well* Ongoing Classes Schedule

Class size is limited and registration is required.

Mondays, March 25–May 13

Class Name	Time and Location	Call to Register
MVP Beginner Tai Chi Moves Program Code: 5267	10:30–11:15 am YMCA of Kingston and Ulster County 507 Broadway, Kingston	845-897-6037

Tuesdays, April 9–May 14

Class Name	Time and Location	Call to Register
MVP Striders Walking Club on the Dutchess Rail Trail Program Code: 5213	9–10 am Dutchess Rail Trail 36 Railroad Ave., Hopewell Junction See page 16 for more information	845-897-6037

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

Class Name	Time and Location	Call to Register
MVP Striders Walking Club at Poughkeepsie Galleria Program Code: 5214	8:30–9:30 am Poughkeepsie Galleria 2001 South Road, Poughkeepsie <i>Class Kick-off March 6</i> See page 16 for more information	845-897-6037
MVP Gentle Cycling Moves Program Code: 5266	10:00–10:45 am YMCA of Kingston and Ulster County 507 Broadway, Kingston <i>Last Class April 3</i>	845-897-6037

Hudson Valley Region *Living Well* Programs

Featured *Living Well* Programs

Join the MVP Striders Walking Club—at two locations!

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

The MVP Striders Walking Club is a free walking program lead by the MVP Medicare Community Health Promotion team. As an MVP Strider you will stretch, gain strength, 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!



Indoors at Poughkeepsie Galleria

2001 South Road, Poughkeepsie

Kick-off Wednesday, March 6

Then every Wednesday through May 15

Program Code: 5214

8:30–9:30 am

Step outside this Spring at the Dutchess Rail Trail

36 Railroad Avenue, Hopewell Junction

Tuesdays, April 9–May 14

9–10 am

Program Code: 5213

Program will take place rain or shine, but will be stopped in the event of severe weather or canceled upon delay or closure of Wappingers Central School District.

Osteo Moves—Three Part Series

A gentle fitness class designed for people with osteoarthritis and/or osteoporosis. You may want to consult with your doctor before attending to discuss any possible limitations. Wear comfortable clothes and sneakers. You will receive fitness equipment and handouts so you can continue to do the exercises at home. Led by an AFAA Certified Fitness Instructor.

Plan to attend all three sessions at the location you choose.

Marlboro Free Library

251 US-9W, Marlboro

Fridays, April 5, 12, and 19

1:30–2:30 pm

Program Code: 5250

Wildflower at Wallkill

2 Hawthorne Drive, Middletown

Mondays, April 15, 22, and 29

2–3 pm

Program Code: 5273

To register for any of these *Living Well* Programs, call 845-897-6037.

MVP Creative Arts—Hands-On Painting

In partnership with Pinot's Palette—Fishkill

Pinot's Palette

992 Main Street, Suite 8, Fishkill *(in Main Street Plaza)*

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!

Spring Lake View

Tuesday, March 19 1:00–3:30 pm

Program Code: 5251

MVP Members: \$10; Non-Members: \$22

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

Mail check/money order to:

ATTN: SYDNEY LEONE

MVP MEDICARE COMMUNITY HEALTH PROMOTION

1 SUMMIT CT STE 200

FISHKILL, NY 12524



Hudson Valley Region *Living Well* Programs

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.

Nature Walk

Dover Stone Church

3128 NY-22, Dover Plains (*Across from the elementary school*)

Tuesday, April 16 11:30 am–1:00 pm

Program Code: 5269

Rain Date: Tuesday, April 23

The ancient cavern Stone Church is a unique destination. The tucked away meadow showcases trails winding through a tree-lined lane, along a babbling brook and waterfall, and into a stone cave.

Walk distance: 1.5 miles **Intensity:** Easy—some rocky areas may be wet

Guided Tour of Innisfree Gardens

Innisfree Gardens

362 Tyrrel Road, Millbrook

Tuesday, May 14 12:00–1:30 pm

Program Code: 5268

Rain Date: Thursday, May 16

Recognized as one of the world's ten best gardens, Innisfree is an icon of 20th century landscape design. Learn the story of Innisfree: the extraordinary garden, the people who created it, and the nonprofit that stewards this unique resource.

MVP Members: \$5; **Non-Members:** \$15

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

Mail check/money order to:

ATTN: SYDNEY LEONE

MVP MEDICARE COMMUNITY HEALTH PROMOTION

1 SUMMIT CT STE 200

FISHKILL, NY 12524

To register for any of these *Living Well* Programs, call 845-897-6037.

Free *Living Well* Presentations

Fall Prevention Seminar

St. Anna Apartments Community Room

12 Woodys Way, Poughkeepsie

Wednesday, February 27 12:15–1:00 pm Program Code: **5264**

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 can be prevented. This class discusses many factors that can contribute to falls and will give you strategies to overcome them. Please wear loose, comfortable clothing.

Sleep from A to Zzz

(Offered at two locations)

East Fishkill Community Library

348 Route 376, Hopewell Junction

Thursday, February 28 2–3 pm Program Code: **5184**

Town of Wappinger Senior Center

20 Middlebush Road, Wappingers Falls

Tuesday, March 5 1–2 pm Program Code: **5211**

Understand how sleep helps maintain your overall health. Learn strategies to improve sleep habits, how much is enough, the stages of sleep, types of sleep difficulties, and sleep improvement strategies.

Top 10 Choices for a Healthier You

Willow Towers

355 Pelham Road, New Rochelle

Monday, March 11 2:15–3:15 pm Program Code: **5263**

Talk about the lifestyle choices you can make to be a healthier you, such as staying active, eating mindfully, and connecting with your community.

Hudson Valley Region *Living Well* Programs

(Free Living Well Presentations continued)

Health Foods That Aren't

Tuckahoe Senior Center (*Assumption Hall*)

125 Wallace Street, Tuckahoe

Tuesday, March 12

1–2 pm

Program Code: 5210

Learn to separate food fact from fiction and make wise food choices as we discuss foods and drinks that are commonly thought of as "healthy," but really may be high in calories, fat, sugar, or sodium.

Journaling: Where Do I Begin

Town of Esopus Library

128 Canal Street, Port Ewen

Wednesday, March 27

6:30–7:30 pm

Program Code: 5274

Journaling is a great way to manage stress, better understand yourself, and catalog your life's events. Don't know where to begin? This workshop will provide the "tools" to inspire and motivate you to embark on your journaling journey. We'll discuss the reasons for keeping a journal, themes of journals, and writing "rules." Writing exercises will be provided to get you started!