

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.

Healthy Cooking Demonstrations

In partnership with Whole Foods Market



Whole Foods Market, Colonie Center Mall, 1425 Central Ave., Albany

Seasonal Flavors of Summer

Thursday, July 19 1:30–3:00 pm Cost: FREE Program Code: 5050

Discover healthy dishes featuring fruits and vegetables readily available during the summer months. 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.

Educational Outdoor Programs and Walks



In partnership with Five Rivers Environmental Education Center

Five Rivers Environmental Education Center

56 Game Farm Road, Delmar

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.

MVP Makes Healthy Happen! All Ages! All Together!

A Special Intergenerational *Living Well* Program

This *Living Well* Program engages all generations and is brought to you compliments of MVP Health Care.

A Pond's Life

Monday, July 30 9:30–11:00 am Cost: FREE Program Code: 5052

Walk to one of the many ponds at Five Rivers and discover what lies beneath the surface. You'll use nets to collect a variety of living creatures, look at their varied shapes, sizes, and adaptations with hand lenses, and identify the creatures that call the pond a home.

Capital Region *Living Well* Programs

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.

MVP Creative Arts— Hands-On Painting



In partnership with Art in Mind Creative Wellness Studio

Art in Mind Creative Wellness Studio

272 Saratoga Road, Glenville (Hannaford Plaza behind Midas)

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 90-minute session with an 11" x 14" finished canvas of your creation.

Lighthouse

Thursday, August 16 1:30–3:00 pm

Program Code: 5051

To register, call Maria Migliori, Program Coordinator at **518-386-7936**.

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: MARIA MIGLIORI
MEDICARE COMMUNITY HEALTH PROMOTION
MVP HEALTH CARE
625 STATE ST.
SCHENECTADY, NY 12305



Capital Region *Living Well* Programs

Free MVP *Living Well* Presentation

Stress Busters

Schenectady Senior Center

Ancient Order of Hiberians, 1748 State Street, Schenectady

Tuesday, July 24

10:30–11:30 am

Program Code: 5056

Learn 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.

Step outside this summer!

Join the MVP Striders Walking Club in the Park



Central Park Schenectady

500 Ironquois Way, Schenectady

(meet in front of the pavilion)

Wednesdays, June 20–August 1

8:30–9:30 am

Program Code: 5039

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 with dynaband exercises, and reap the many benefits of walking, all while connecting with a great group of people. Receive an MVP Striders Walking Kit—including t-shirt, pedometer, and your M.A.P. (Motivating Action Plan) to success!

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

Capital Region *Living Well* Programs

Free *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.

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 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.

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 in the Park

Step outside and 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 and enjoying the fresh air of the great outdoors.

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. **MVP members will be given priority registration** for all *Living Well* programs; non-members may be placed on a waiting list. **Call the phone numbers below to register.** Type of ongoing fitness class may be subject to change

Class Schedule

Mondays, June 18–July 30

Class Name	Time and Location	Call to Register
MVP Zumba Gold® Program Code: 5037	10:00–10:45 am New Time! No class July 2 or July 9 Saratoga Senior Center 5 Williams St., Saratoga Springs	518-584-1621
MVP Chair Moves Program Code: 5038	10:30–11:15 am No class July 16 Village of Colonie Senior Center 2 Thunder Rd., Albany	518-869-7172
MVP Aqua Moves Program Code: 5036	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

Capital Region *Living Well* Programs

Tuesdays, June 19–July 31

Class Name	Time and Location	Call to Register
MVP Chair Moves Program Code: 5040	1:00–1:45 pm No class July 3 Niskayuna Senior Center 2682 Aqueduct Rd., Schenectady	1-800-665-7924

Wednesdays, June 20–August 1

Class Name	Time and Location	Call to Register
MVP Striders Walking Club in the Park Program Code: 5039	8:30–9:30 am No class July 4 Central Park Schenectady 500 Iroquois Path, Schenectady (meet in front of pavilion)	1-800-665-7924
MVP Drums Alive® Program Code: 5041	11:15 am–12:00 pm No class July 4 Alpin Haus Fitness Center 4852 NY-30, Amsterdam	1-800-665-7924
MVP Tai Chi Moves Program Code: 5042	1:00–1:45 pm No class July 4 Glenville Senior Center 32 Worden Rd., Schenectady	1-800-665-7924
MVP Latin Moves Program Code: 5043	1:00–1:45 pm No class July 4 Fraternal Eagles Club/Moreau 80 Main St., South Glens Falls	518-792-6007

Thursdays, June 21–August 2

Class Name	Time and Location	Call to Register
MVP Chair Moves Program Code: 5046	10:30–11:15 am No class July 19 Schenectady Senior Center Hibernian Hall Banquet Room 1748 State St., Schenectady	1-800-665-7924

Capital Region *Living Well* Programs

Thursdays, June 21–August 2 continued.

Class Name	Time and Location	Call to Register
MVP Chair Yoga Program Code: 5045	10:30–11:15 am Glen Falls Senior Center 380 Glens, St., Glens Falls	518-793-2189

Fridays, June 22–August 3

Class Name	Time and Location	Call to Register
MVP Gentle Yoga Moves Program Code: 5047	10:00–10:45 am Sunnyview Wellness Center First floor conference room 1270 Belmont Ave., Schenectady	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.