



# Winter 2022

## Living Well Virtual Programs Schedule

The MVP Medicare Community Health Promotion team, in collaboration with our community partners, is pleased to provide you with innovative health and well-being programs. MVP Living Well programs are open to all unless otherwise noted. Most programs are free, compliments of MVP Health Care.

Visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar) to register for all classes.

**Space is limited and registration is required.**

### Ongoing Virtual Fitness Programs

Our virtual programs are best viewed using a laptop or tablet device with Internet access. Once registered, you will receive a link to the virtual class via email in advance of the class. Make sure your email address is entered correctly and you check your spam folder.

#### **MVP Gentle Yoga Moves**

**Program Code: 6037**

**Mondays, January 10–March 14 (No class January 17) 9–10 am**

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. This is a 10-week program.

**Intensity Level:** Easy to moderate, seated and floor options, and modification offered for all levels.

#### **MVP Power and Balance Moves**

**Program Code: 6036**

**Tuesdays, January 11–March 15 9:30–10:30 am**

Designed for all levels of fitness! This circuit training class includes low-impact aerobics, weight training, and balance exercises to enhance strength, coordination, and endurance. This is a 10-week program.

**Intensity Level:** Moderate to advanced, modifications are offered for all levels.

#### **MVP Chair Moves**

**Program Code: 6038**

**Tuesdays, January 11–March 15 1–2 pm**

Stay as mobile and strong as possible! This chair-based class emphasizes strengthening, limbering and stretching exercises for upper and lower limbs. This is a 10-week program.

**Intensity Level:** Easy to moderate; seated and standing options, weights optional.

*Ongoing Virtual Fitness Programs continued.*

### **MVP Latin Moves and Toning**

**Program Code: 6039**

**Wednesdays, January 12–March 16 12–1 pm**

A fun, friendly, aerobic workout anyone (including beginners) can do. This class combines fast and slow low-impact exercises, set to Latin and dance rhythms and incorporates light weights to focus on strengthening your muscles. This is a 10-week program.

**Intensity Level:** Moderate to advanced, modifications offered for all levels.

### **MVP Tai Chi Moves**

**Program Code: 5960**

**Wednesdays, January 12–March 16 1:30–2:30 pm**

Join us for an introduction to Tai Chi! Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, and muscle strength.

**Intensity Level:** Low intensity; low impact, suitable for beginners and advanced practitioners.

### **BOOM MUSCLE/BOOM MIND**

**Program Code: 5961**

**Thursdays, January 13–March 17 9:30–10:30 am**

MUSCLE incorporates weights and cardio intervals for full body conditioning. MIND fuses yoga and Pilates-inspired floor moves for core strength, flexibility, and relaxation. Combine both classes for a versatile workout!

**Intensity Level:** Moderate to advanced; weight and cardio intervals with modifications offered.

### **MVP Chair Moves**

**Program Code: 5962**

**Thursdays, January 13–March 17 11 am–12 pm**

Stay as mobile and strong as possible! This chair-based class emphasizes strengthening, limbering and stretching exercises for upper and lower limbs. A chair at home will be needed, weights are optional.

**Intensity Level:** Easy to moderate; seated and standing options, weights optional.

### **MVP Bokwa® Dance Moves**

**Program Code: 6040**

**Thursdays, January 13–March 17 1–2 pm**

Africa’s answer to Zumba! This energizing cardio routine uses the shape of 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! This is a 10-week program.

**Intensity Level:** Easy to moderate, modifications are offered for all levels.

### **Tai Chi for Diabetes**

**Program Code: 6041**

**Fridays, January 14–March 18 10–11 am**

Tai Chi is a gentle exercise proven to strengthen muscles, improve stamina, blood circulation, balance and relaxation. There are many forms of Tai Chi, this specially designed program by medical and Tai Chi experts focuses on the health benefits for people with diabetes. It is suitable for people with no prior knowledge of Tai Chi.

**Intensity Level:** Low intensity, low impact.

## Featured Virtual Programs

Our virtual programs are best viewed using a laptop or tablet device with Internet access. Once registered, you will receive a link to the virtual class via email in advance of the class. Make sure your email address is entered correctly and you check your spam folder.

### Coffee Hour Connection

**Program Code: 5966**

**Biweekly, Wednesdays, January 19–March 2 9–10 am**

Grab a hot beverage and join us for a socially engaging coffee hour! This biweekly meeting is a virtual space to socialize with others and do fun wellness activities.

### A Matter of Balance

**Program Code: 6049**

**Mondays and Fridays, January 21–February 18 9:30–11:30 am**

Learn to view falls and fear of falling as controllable. Set realistic goals to increase activity. Reduce fall risks at home. Exercise to increase strength and balance. **MVP Medicare Members only.**

### Mindfulness Based Stress Reduction

**Program Code: 6050**

**Daily, January 24–March 4**

This six-week, self-guided program aims to help participants to reduce and relieve stress through Mindfulness Based Stress Reduction (MBSR) practices. Each week you will receive these MBSR practices and resources directly to your email inbox to learn how to reduce stress in your daily lives and increase your ability to:

- Cope with stress, pain, illness, and everyday challenges
- Handle situations with grace and composure
- Be fully present and alive in the moment

Participants are encouraged to use the Individual Activity Checklist provided to keep track of their progress in completing daily/weekly activities throughout this program. **Everyone who returns their completed Individual Activity Checklist will be entered to win a prize!**

### STOP Slips, Trips, and Falls

**Program Code: 5943**

**Monday, January 24 1–2:30 pm**

**Falls are serious!** The pain and injury falls cause can impact mobility and independence. Create a strategy today to reduce your fall risks and hazards.

### Winter Ecology

**Program Code: 6202**

**Tuesday, January 25 2–3 pm**

Learn how to spot animal tracks and signs of wildlife in the winter woods so you can observe and appreciate your surroundings this winter. Led by an expert naturalist.

*Featured Virtual Programs continued.*

### **The Power of Journaling**

**Program Code: 5944**

**Wednesday, January 26 1–2:30 pm**

Journaling is a great way to manage stress, better understand yourself, and catalog your life's events. This program will inspire and motivate you to embark on your journaling journey. Bring a journal and a pen to this virtual class.

### **Home Gym Set-Up and Work Out**

**Program Code: 6009**

**Thursdays, January 27–February 17 2–3 pm**

Feel confident working out from home with instruction from a personal trainer! Learn basic suggested equipment, how to use it, safe exercises and proper exercise form. This class will include instruction and opportunities for guided work outs. All levels are welcome.

### **Healthy and Hearty Winter Soups**

**Program Code: 6052**

**Friday, January 28 12–1:30 pm**

**In partnership with Cornell Cooperative Extension.** In this live interactive cooking demonstration, you'll learn secrets of creating the ultimate comfort food. Gain confidence in assembling timeless, classic stocks and broths which form the basis for nourishing soups and stews. Learn to make a lightened version of a Creamy Broccoli Soup and a Basic Beef Stew together and share a variety of other tried and true recipes to warm your soul. Registered participants will receive healthy, scrumptious recipes and a list of ingredients ahead of time so they can join in the fun.

### **Understanding Blood Pressure and Cholesterol**

**Program Code: 5972**

**Monday, January 31 12–1 pm**

Our blood pressure and cholesterol numbers are affected by many things from age to heredity to foods that we eat. Join us as we discuss the importance of healthy blood pressure and cholesterol levels for our overall health and well-being as well as how and when to get our levels checked. Learn the new "normal" numbers for blood pressure and cholesterol and ways to lower your numbers through lifestyle and nutrition changes.

### **Blood Pressure Challenge**

**Program Code: 5973**

**Daily, January 31–March 11**

Join the Blood Pressure Challenge during this heart health month! This six-week, self-guided program encourages participants to know their numbers and take control of their health. High blood pressure usually has no signs or symptoms but can lead to a heart attack or stroke if left untreated. Check your blood pressure weekly either using a blood pressure kiosk at work, at your local pharmacy, or a home blood pressure cuff\*, and log your blood pressure checks online. Every week you will receive healthy blood pressure tips directly to your email inbox to support you on your journey. **Everyone who completes this challenge will be entered to win a prize!**

\*If you are a Medicare Advantage plan member living with hypertension (high blood pressure), your plan offers **a home blood pressure cuff at no additional cost to you.** Once you register for this program, you will receive a confirmation email with more information on how to order a free blood pressure cuff.

*Featured Virtual Programs continued.*

### **STOP Slips, Trips, and Falls (3-part series)**

**Program Code: 5945**

**Wednesdays, February 2, 9, and 16 1–2:30 pm**

This 3-part series will help you create strategies to decrease your risk of falling and teach simple, effective strength and balance exercises. This is a 3-part series meeting on three consecutive Wednesdays. Wear loose and comfortable clothing and supportive footwear. **MVP Members only.**

**Equipment:** Sturdy chair, preferably without armrests.

### **MVP WellBeing Rewards Overview**

**Program Code: 6208**

**Monday, February 7 2–3 pm**

Get all the details of our Medicare MVP WellBeing Rewards program that allows MVP members the opportunity to earn up to \$200 in gift cards! Learn how to get started earning WellBeing Rewards including setting up and accessing your WellBeing Rewards portal and how to redeem reward points.

### **Build Your Own Terrarium Workshop**

**Program Code: 5955**

**Tuesday, February 8 2–3 pm**

Virtually come together for a great time creating your very own terrarium. Led by instructor Kathleen Rullo from Jardin Terrariums, you will learn the surprising history of terrariums, as well as how to care for and build one! All workshops are lead through Zoom and materials will be shipped directly to you in advance.

**Cost:** \$15 per person (includes terrarium materials and workshop).

### **Planning Your Garden**

**Program Code: 6204**

**Wednesday, February 9 10–11 am**

Set your garden up for success with this class on garden planning including site preparation, soil testing, and planting considerations.

### **Mindful Tea Tasting**

**Program Code: 6203**

**Wednesday, February 23 9:30–10:30 am**

Learn mindful techniques to keep you grounded in the present and reduce stress, then put them into practice through an interactive tea tasting. Tea samples will be mailed to registrants in advance. Due to shipping times, please register at least two weeks in advance to ensure you receive your tea samples in time for the program.

### **Let's Avoid a Fracture! MVP Osteo Moves (3-part series)**

**Program Code: 5946**

**Wednesdays, February 23–March 9 1–2:30 pm**

A three-part series for people with osteoporosis or osteoarthritis that teaches strategies such as gentle exercise as a means of effective self-management. This is a 3-part series meeting on 3 consecutive Wednesdays. Wear loose and comfortable clothing and supportive footwear. **MVP Members only.**

**Equipment:** Sturdy chair, preferably without armrests.

### **Mental Health Awareness**

**Program Code: 5951**

**Thursday, March 3 1–2 pm**

Self-care is the best care! Join us as we debunk mental health myths and explore the facts while also discussing ways to care for our emotional well-being.

*Ongoing Virtual Fitness Programs continued.*

**Living a Healthy Life with a Chronic Condition**

**Program Code: 5953**

**Thursday, March 10 1–2 pm**

This presentation will discuss strategies for positively managing chronic conditions to help you live a healthy life.

**MVP WellBeing Rewards Overview**

**Program Code: 6209**

**Monday, March 14 11 am–12 pm**

Get all the details of our Medicare MVP WellBeing Rewards program that allows MVP members the opportunity to earn up to \$200 in gift cards! Learn how to get started earning WellBeing Rewards including setting up and accessing your WellBeing Rewards portal and how to redeem reward points.

**Key Life Decisions: Are You Prepared?**

**Program Code: 5947**

**Thursday, March 17 1–2:30 pm**

This presentation will provide an opportunity to hear a financial planner, estate planning attorney, and funeral director discuss how a team approach can help you build a life plan.

**To register: [https://edwardjones.zoom.us/webinar/register/WN\\_6xnyJ2EQhCT73tn7i7-ng](https://edwardjones.zoom.us/webinar/register/WN_6xnyJ2EQhCT73tn7i7-ng)**