

Living Well Programs

Capital Region

Our Living Well programs are designed to educate and empower adults to live well. Gain awareness, motivation, and skills—choose one or more of these opportunities to improve your health. **All are welcome!**

Space is limited and registration is required. Call MVP Medicare Health Promotion at **518-386-7936** (TTY: **1-800-662-1220**).

Most programs are free, compliments of MVP Health Care.

Programs with fees are discounted for MVP members.

NEW LIVING WELL PROGRAM AND LOCATION

Hands-On Cooking Class at the Learning Center at Healthy Living Market and Café

3065 Route 50, Wilton Mall, Saratoga Springs

Fresh Yummy Tacos

Wednesday, June 29 2-3 pm

Program Code: 4168

Wednesday, July 27 2-3 pm

Program Code: 4169

Learn how to make healthy homemade tacos using the freshest available ingredients, from making salsa and guacamole to rolling out flour tortillas and cooking them to perfection. Helpful kitchen tips will be shared throughout the class. Come hungry!

MVP Members: \$10; Non-members: \$20

No refunds are given for missed classes.

Checks are payable to **MVP Health Care** and should be sent at the time of registration to hold a seat.

Mail check/money order to:

ATTN: MARIA FUDA, MEDICARE HEALTH PROMOTION

MVP HEALTH CARE

625 STATE ST

SCHENECTADY NY 12305

Living Well Programs

Cooking Demonstration Classes at Whole Foods Market Colonie Center, 1425 Central Avenue, Albany

Mediterranean Cooking with Fish

Friday, June 17 10:30 am-12:00 pm Program Code: 4118

A Mediterranean diet emphasizes eating fish, vegetables, whole grains, herbs, and olive oil. Learn how to prepare and cook fish for a healthy and mouth-watering main course.

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Summer Salads

Friday, July 15 10:30 am-12:00 pm Program Code: 4119

Create amazing summer salads that are full of fresh ingredients and great to eat in the summer heat.

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L.L. Bean Outdoor Discovery School Programs

MVP Medicare Health Promotion, in partnership with L.L. Bean Outdoor Discovery School, brings exciting new outdoor experiences to our Living Well programs!

MVP Nature Walk at Peebles Island

1 Delaware Avenue North, Waterford

Thursday, June 23 1:00-2:30 pm Program Code: 4126

Join us for a leisurely hike on some beautiful pathways, led by L.L. Bean Outdoor Discovery School guides. Bring water and a small snack.

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Birding at Five Rivers Environment Educational Center

56 Game Farm Road, Delmar

Thursday, July 21 1:00-2:30 pm Program Code: 4142

With more than 225 species in the area, you're sure to catch a glimpse of some beautiful birds during a tour led by L.L. Bean Discovery School guides. Bring binoculars and water. A bird guide book is also recommended.

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Fly Casting 101 Clinic at L.L. Bean

131 Colonie Center Mall, Albany

Thursday, August 4 1:00-2:30 pm Program Code: 4143

Here's your chance to learn a sport that you may end up loving for a lifetime. L.L. Bean's knowledgeable, friendly instructors will teach you the four-part cast, share helpful tips about casting, and give you time to practice and perfect your cast.

Living Well Presentations

Heart Health Myth Busters

Glen Eddy Retirement Community
1 Glenn Eddy Drive, Niskayuna

Thursday, June 9 3:30-4:30 pm Program Code: 4170

Think you already know everything about how to keep your heart healthy? Join this fun interactive program to test your knowledge. Review facts about the heart and learn ways to reduce your risk for heart disease.

Take Three Deep Breaths

William K. Sanford Town Library (Colonie)
629 Albany Shaker Road, Loudonville

Tuesday, June 14 1-2 pm Program Code: 4165

Explore how the breath can relax, re-energize, refresh, and bring a sense of calm to your life. Wear loose, comfortable clothing.

Summer Living Well Ongoing Fitness Program Highlights

There are **no fees** for these classes, compliments of MVP Health Care. **All are welcome!** Join anytime during the session.

Step Outside with the MVP Striders Club at the Crossings of Colonie!

580 Albany Shaker Road, Loudonville
Park in the first lot and meet at the flag pole.

Wednesdays, June 22–July 27 9–10 am Program Code: 4107

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

The MVP Striders Club is a free walking program led by the MVP Medicare 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 more—to help you on the road to success!

Registration is requested, but not required. Call MVP Medicare Health Promotion at **518-386-7936** (TTY: **1-800-662-1220**).

Have You Tried 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!

Available at three locations—join anytime! Registration is required.

Guilderland YMCA
250 Winding Brook Drive, Guilderland

Mondays, June 20–August 1 2:00–2:45 pm Program Code: 4159

To register, call **518-456-3634**

Alpin Haus Fitness Center
4852 NYS Route 30, Amsterdam

Tuesdays, June 21–August 2 11:15 am–12:00 pm Program Code: 4152

To register, call **518-386-7936**

JCC of Schenectady
2565 Balltown Road, Niskayuna

Tuesdays, June 21–August 2 2:00–2:45 pm Program Code: 4155

To register, call **518-386-7936**

Living Well Ongoing Fitness Classes



MVP’s Community Health Educators provide health education and physical activity programs for active adults at many locations throughout our service area. All are welcome. Join in at any time during the session. There are **no fees** for these programs, compliments of MVP.

If you do not see a Living Well ongoing fitness class in your area, take part in a SilverSneakers® Fitness Program close to you! See page 15 for details.

For more information, call MVP Medicare Health Promotion at **518-386-7936** (TTY: **1-800-662-1220**).

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.

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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!

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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.

Living Well Ongoing Fitness Classes

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.

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MVP Cycling Moves

Improve your cardiovascular fitness while riding to great music!

This indoor cycling class is designed for active older adults. Intensity options are given throughout class for varying fitness levels. If you are new to cycling, please arrive 15 minutes early for proper bike set-up.

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MVP Dance Moves

Come dance with us! This class offers a variety of dance styles (jazz, modern, salsa, ballet), focusing on coordination, balance, and reflexes. Flat leather-soled shoes are recommended.

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MVP Latin Moves

A fun, friendly aerobic workout anyone can do, including beginners!

This class combines fast and slow low-impact exercises set to Latin rhythms.

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MVP Striders 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.

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MVP Tai Chi Moves

Join us for an introduction to Yang 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, **weekly** registration is required. **EXCEPTION: Aqua Moves participants must register for the entire session.**

To register, call the phone numbers provided. Type of ongoing fitness class may be subject to change.

Living Well Ongoing Fitness Classes

Class Schedule

Mondays, June 20–August 1

Class Name	Time and Location	Call to Register
MVP Latin Moves Program Code: 4150	11:00–11:45 am No Class July 4 Saratoga Senior Center 5 Williams St., Saratoga Springs	518-584-1621
MVP Aqua Moves Program Code: 4151	12:00–12:45 pm No Class July 4 Sunnyview Wellness Center Therapeutic Pool 1270 Belmont Ave., Schenectady No walk-ins. Must register for the entire 8-week session.	518-386-7936
MVP Bokwa® New Class! Program Code: 4159	New Time! 2:00–2:45 pm No Class July 4 Guilderland YMCA Group Exercise Room 250 Winding Brook Dr. Guilderland	518-456-3634

Tuesdays, June 21–August 2

Class Name	Time and Location	Call to Register
MVP Bokwa® Program Code: 4152	11:15 am–12:00 pm Alpin Haus Fitness Center 4852 NY-30, Amsterdam	518-386-7936
MVP Dance Moves Program Code: 4153	1:00–1:45 pm Shenendehowa Adult Community Center 6 Clifton Common Ct., Clifton Park	518-383-1343
MVP Chair Yoga Program Code: 4154	1:00–1:45 pm No Class July 5 Niskayuna Senior Center 2682 Aqueduct Rd., Schenectady	518-386-7936
MVP Bokwa® New Class! Program Code: 4155	2:00–2:45 pm JCC of Schenectady Aerobics Studio 2565 Balltown Rd., Niskayuna	518-386-7936

Living Well Ongoing Fitness Classes

Wednesdays, June 22–August 3 (or as noted below)

Class Name	Time and Location	Call to Register
MVP Striders Club Program Code: 4107	9–10 am New Site! Classes held June 22–July 27 The Crossings at Colonie 580 Albany Shaker Rd., Albany Park in the first lot and meet at the flag pole	518-386-7936
MVP Tai Chi Moves Program Code: 4160	12:30–1:15 pm Glenville YMCA Community Room 127 Droms Rd., Schenectady	518-399-8118
MVP Latin Moves Program Code: 4156	1:00–1:45 pm Fraternal Eagles Club/Moreau 80 Main St., South Glens Falls	518-792-6007

Thursdays, June 23–August 4

Class Name	Time and Location	Call to Register
MVP Cycling Moves Program Code: 4157	10:15–11:00 am JCC of Schenectady Spin Studio 2565 Balltown Rd., Niskayuna	518-386-7936
MVP Chair Yoga Program Code: 4161	10:15–11:00 am Glens Falls Senior Center 380 Glens St., Glens Falls	518-793-2189
MVP Chair Moves Program Code: 4162	1:00–1:45 pm No Class July 7 Village of Colonie Senior Center 2 Thunder Rd., Albany	518-869-7172

Fridays, June 24–July 29

Class Name	Time and Location	Call to Register
MVP Tai Chi Moves Program Code: 4163	10:00–10:45 am Sunnyview Wellness Center First Floor Conference Room 1270 Belmont Ave., Schenectady	518-386-7936