

# Living Well Programs Schedule

The MVP Health Promotions team, in collaboration with our community partners, is pleased to provide you with innovative health and well-being programs. **MVP Living Well virtual programs are offered to all members and non-members alike, unless otherwise noted.**

**Registration for all classes will open at 9 am on Tuesday, August 27.**

**Visit [mvphealthcare.com/calendar](http://mvphealthcare.com/calendar) to register for all classes and for full class details. Space is limited and registration is required.**

For questions or assistance registering for classes, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY 711). Class schedules are subject to change. Visit [mvphealthcare.com/calendar](http://mvphealthcare.com/calendar) for final program details.

## Ongoing Virtual Fitness Programs

### Gentle Yoga Moves

**Mondays, September 9–November 11**  
**8:30–9:30 am**

Increase flexibility, strength, and balance through a series of seated and standing yoga poses.

### Chair Moves: Hybrid

**Tuesdays, September 10–November 12 1–2 pm**

A chair-based class that emphasizes strengthening and stretching exercises for upper and lower limbs.

### Bokwa Punch and Strike®

**Wednesdays, September 11–November 13**  
**8–8:45 am**

An energizing cardio routine that uses the shape of letters and numbers for dance steps.

### Pelvic Floor Health

**Thursdays, September 12–October 31**  
**11:30 am–12:15 pm**

Strengthen muscles in the pelvic floor for increased abdominal strength and pelvic control. Exercises will be performed seated on a mat.

### Stretch and Strengthen

**Thursdays, September 12–November 14**  
**10–11 am**

Move through timed exercises at your own pace to stretch and strengthen for a complete work-out!

### Tai Chi for Wellness

**Fridays, September 13–November 15**  
**9:30–10:30 am**

Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

### Power and Balance Total Body Circuits

**Tuesdays, September 17–November 19 9–10 am**

Timed exercises for total body resistance training, core and balance exercises, and low-impact aerobics.

## Featured Virtual Programs

### Powerful Tools for Caregivers

**Tuesdays, September 10–October 15 2:30–4 pm**

The Powerful Tools for Caregivers class series helps caregivers take better care of themselves while providing for a friend or relative. By taking care of your own health and well-being, you become a better caregiver.

### Knowledge is Power: Breast Care and Imaging Technology

**Tuesday, September 24 1–2 pm**

Learn how the latest advancements are helping doctors find early breast cancers and saving lives.

### Walktober Challenge

**Daily, September 30–October 27**

This self-guided walking challenge encourages you to set a four-week step goal with tips and tricks to help.

### Stop! Slips, Trips, and Falls

**Tuesdays, October 1–October 15 1–2:30 pm**

Falls are serious! The pain and injury falls cause can impact mobility and independence. Learn practical coping solutions and exercises to diminish your fear of falls and reduce your fall risks and hazards.

### Sleep from A to Zzz

**Thursday, October 10 12–1 pm**

Increase your understanding of the benefits of sleep to maintain overall health and learn strategies to improve sleep habits.

### Bladder Control

**Tuesday, November 5 12–1 pm**

In partnership with Mohawk Valley Physical Therapy. Learn potential causes of decreased bladder control and possible solutions.

### Living with Diabetes

**Thursday, November 7 12–1 pm**

In collaboration with Cornell Cooking Extension. This cooking class will focus on diabetes management through diet.

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## Capital District In-Person Programs

Always check with your doctor before beginning an exercise program. For accommodations of persons with special needs, call **1-800-665-7924** (TTY 711).

### Orchard Discounts

Daily, September 7–October 6  
Riverview Orchards  
660 Riverview Road, Rexford

Indian Ladder Farms  
342 Altamont Road, Altamont

Register to receive up to a \$15 discount toward any purchase: **one per person and while supplies last.**

### Striders Outdoor Walking Club at Clifton Park YMCA

Mondays, September 9–October 28 9–10 am  
1 Wall Street, Clifton Park

Move through strength and balance exercises and walk at your own pace.

Chair Yoga at Queensbury Senior Center  
Tuesdays, September 10–November 12 10–11 am  
Queensbury Senior Center  
742 Bay Road, Queensbury

A great way to stay strong, limber, balanced, and healthy! Classic yoga poses, breathing, and meditation are adapted for the chair.

Chair Moves: Hybrid  
Tuesdays, September 10–November 12 1–2 pm  
Niskayuna Senior Center  
2682 Aqueduct Road, Niskayuna

A chair-based class that emphasizes strengthening and stretching exercises for upper and lower limbs.

Zumba Gold and Toning at Clifton Park Senior Center  
Wednesdays, September 11–November 20 1–2 pm

Clifton Park Community Senior Center  
6 Clifton Common Court, Clifton Park  
Fast and slow low-impact exercises set to Latin and dance rhythm and incorporating light weights.

Intermediate Tai Chi for Health and Fall Prevention  
Wednesdays, September 11–November 13 1:15–2 pm

Glenville Senior Center  
32 Worden Road, Glenville  
The benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

Strength and Striders at SUNY Schenectady Fitness Court  
Wednesdays, September 11–October 30 9–10 am  
Mohawk-Hudson Bike Trail Access Point  
78 Washington Avenue, Schenectady

Moving through a total body circuit workout, we will incorporate weights, balance exercises, and low impact cardio—walking at your own pace.

Strength and Striders at Malta Community Park  
Thursdays, September 12–October 31 9–10 am  
285 Plains Road, Malta

Moving through a total body circuit workout, we will incorporate weights, balance exercises, and low impact cardio—walking at your own pace.

Bokwa® at Saratoga Senior Center  
Fridays, September 13–November 15 9–9:45 am  
Saratoga Senior Center  
290 West Avenue, Saratoga Springs

An energizing cardio routine that uses the shape of letters and numbers for dance steps.

Water Aerobics at Clifton Park YMCA  
Mondays, October 7–December 9 10:15–11 am  
Southern Saratoga YMCA Pool  
1 Wall Street, Clifton Park

Improve your agility, strength, and core support in the water! This shallow water class teaches core exercises to improve balance and posture.

Haunted Walking Tour of the Schenectady Stockade  
Wednesday, October 9 6–7:30 pm  
Schenectady County Historical Society Museum  
32 Washington Ave, Schenectady

Join resident historian from Schenectady County Historical Society for tales about folks of all backgrounds who have lived in the Stockade neighborhood.

Dining with Diabetes at Honest Weight Co-op  
Mondays, October 21, 28, and November 4 5:30–7 pm  
100 Watervliet Ave, Albany

In collaboration with Cornell Cooperative Extension of Albany County. Join us to learn skills for promoting good health while living with or caring for someone with type 2 diabetes. Food demonstrations, taste samples, and recipes will be shared during each class.

Paint Your Own Winter Light-Up Mason Jar for Stress Relief  
Thursday, November 14 2–3:30 pm  
Art in Mind Creative Wellness Studio  
123 Saratoga Road, Glenville

Join the experienced educators from Art in Mind Creative Wellness Studio for a stress-relieving class in learning how to paint on a glass mason jar that will light up to beautifully glow! You will be taken through the steps of painting a winter scene. The class will include a light kit and ribbon/charm to embellish the jar. No experience is necessary. **Cost \$18 (\$45 value).**

Visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar) to see more program opportunities in this region and to register online for all classes!



LivingWell