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4.5 Star Rated

Out of 5 Stars
Overall by Medicare
2017

Medicare evaluates plans based on a 5-Star Rating system. Star Ratings are calculated each year and may change from one year to the next.

Good Hearing Promotes Good Health

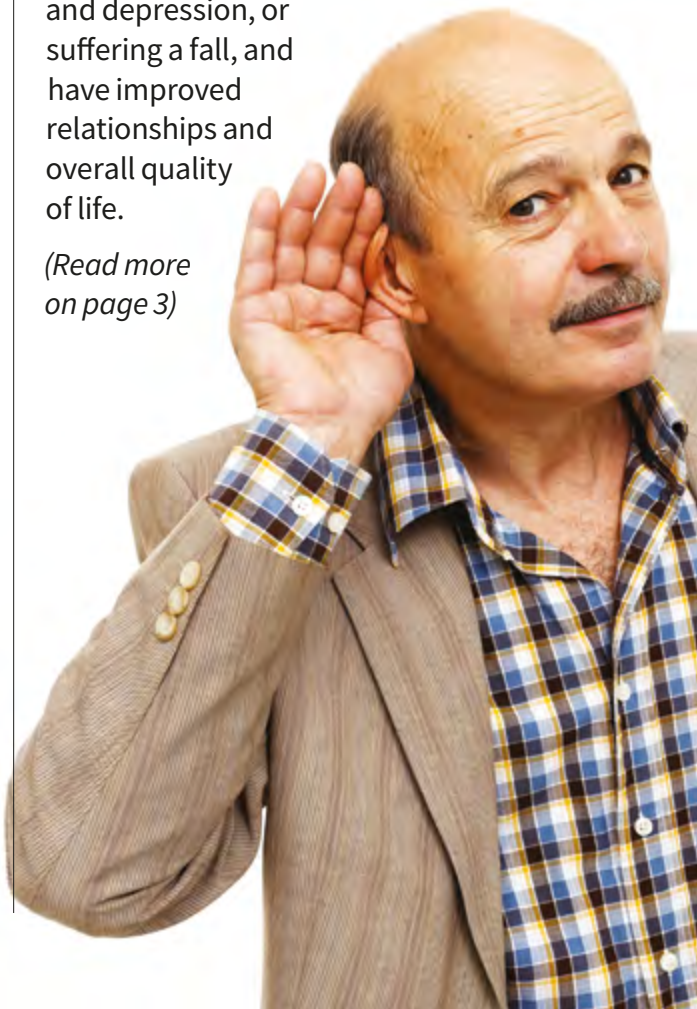
"If I hadn't had my hearing checked and learned that hearing aids worked better, I still wouldn't be able to hear."

MVP Medicare Advantage plan member

Staying fit, controlling your blood pressure, and managing your weight are what we normally think of when it comes to staying healthy. **But what about your hearing?**

Healthy hearing affects your overall wellness in many ways. Studies show that adults who treat their hearing loss are at a lower risk of developing dementia, Alzheimer's disease, and depression, or suffering a fall, and have improved relationships and overall quality of life.

(Read more on page 3)





Contact MVP

Call the MVP Medicare
Customer Care Center

1-800-665-7924

TTY: **1-800-662-1220**

Representatives are available

Monday–Friday

8 am–8 pm Eastern Time

October 1–February 14, call seven
days a week, 8 am–8 pm

Web: **mvphealthcare.com**



We Welcome Your Comments

Write to us at:

MVP Health Care

Marketing & Communications

220 Alexander Street

Rochester, NY 14607

Email: **MedicareLivingWell@
mvphealthcare.com**



To receive this newsletter
and other general
communications from

MVP by email instead of postal mail,
Sign In/Register for an MVP online
account at **mvphealthcare.com** and
select *Communication Preferences*
to opt in. You can update your
preferences at any time via your
online account. MVP will continue to
send documents about your health
plan contract and benefits by mail.

We are committed to protecting
your personal information. Your
email address will not be shared
with anyone else.



MVPMCR0042 (05/2017)



**We'll be there,
when and
where you
need us.**

At MVP Health Care®, we strive to
have a positive impact on the health
and wellness of our members.

In this issue of *Living Well*, you'll
find important information about
ways we support, guide, encourage,
and empower you to take on life
and live well.

You'll also find information and tips
on how to get the most out of your
Medicare Advantage membership.

We think health care should
be about you. That's why we
are always working to simplify
your access to care, make the
health care process more human,
and build and strengthen our
relationship with you.

Thank you for being part of the
MVP Health Care family.

Denise V. Gonick
President & CEO, MVP Health Care

Material presented in this newsletter
is not intended to replace medical
advice, which should be obtained
from a qualified physician. If any
information in the *Living Well*
newsletter conflicts with provisions
of your Evidence of Coverage (your
contract), the provisions of your
contract take precedence over
Living Well articles and information.

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(Continued from page 1)

If you have hearing loss, you may
not be aware of it, especially if it has
happened over time. Talk to your
doctor or think about having your
hearing checked if:

- ✓ Your hearing is muffled or you
feel like your ears are plugged.
- ✓ You need to turn up the TV or
radio louder or others complain
about the volume.
- ✓ You have trouble understanding
what people are saying,
especially in a crowd.
- ✓ You feel dizzy.
- ✓ You get ringing, pain, or
pressure in your ears.

If your doctor confirms that you
have hearing loss, consider your
options to address your hearing
health. To help, MVP has partnered
with **TruHearing** to offer coverage
on high-quality, affordable hearing
aids as part of your MVP Medicare
Advantage plan. Your coverage
through TruHearing saves you

thousands of dollars on the average
retail price of hearing aids that
feature the latest digital technology
available, like more natural hearing,
reduced background noise and
feedback, and smartphone controls.

To learn more about your hearing
aid coverage, call TruHearing
at **1-855-547-9322**. Because
this benefit is fulfilled through
TruHearing, all appointments must
be scheduled through TruHearing.



**Now hear this—
how hearing aids
have helped other
MVP members:**

I can hear my granddaughter talking.

*I've noticed a marked improvement
in my hearing. My wife's stress level
has decreased significantly.*

*My TV sound is lower, I can hear
better talking to people, and I can
hear a lot of little things that surprise
me when I hear them now!*

Traveling this summer? Need to talk to a doctor about a sunburn, UTI, tick bite, or other medical concern while away from home?

myVisitNow—24/7 online doctor visits—from MVP Health Care has
you covered. See a doctor by video anywhere, anytime. Set up your
account today at **myvisitnow.com** and download the **myVisitNow**
mobile app...so you're ready for
when you may need care.

myVisitNow from MVP Health
Care is powered by American Well.
Regulatory restrictions may apply.



How to Read Your Medicare Medical and Hospital Claims Monthly Report

The Medicare Medical and Hospital Claims Monthly Report you receive from MVP is a summary of your claims for medical expenses, such as doctor visits, hospital stays, or tests. The report includes details about the care you received, what was paid by MVP, and how much you paid out-of-pocket or can expect to be billed by the provider if you did not pay at the time of service.

Medicare requires us to send you this report. It is written in standardized language that we are not allowed to change. When you get a report in the mail, remember:

- **This document is not a bill.** If you did not pay your share of the cost at the time of service, you will receive a bill from the provider for the amount listed as “Your Share.” This report does not note if you already paid the provider.
- **You will receive a report for the month in which your claim was processed, not the month of your visit or test.** Providers have up to a year to send us claims. The “Date of Service” is always listed on your report with the details about the care you received.

Be sure to keep your Monthly Reports for your records. You can also view them online—visit mvphealthcare.com and *Sign In* to manage your account, and select *Claims Status & History*. A complete *Help Guide to your Medicare Medical and Hospital Claims Monthly Report* is also available by visiting mvphealthcare.com and selecting *Member*, then *Medicare member*, then *Forms/Publications*.

If you have questions about this report, call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220).

A sample section of the report, with notes (in red) to explain what’s included.

The provider name.	Date of your visit or test.	The rate MVP providers agree to accept.	The amount MVP pays.	The amount you pay.	
Dr. James C. White Claim Number: 111111111100 In-network provider	Date of service	Amount the provider billed the plan	Total cost (amount the plan approved)	Plan's Share	Your Share
Evaluation and management of an established patient where the provider of service meets two of the following three criteria: expanded problem, focused history expanded problem, focused exam low (billing code 99213)	4/7/17	\$100.00	\$70.00	\$55.00	\$15.00 You pay \$15.00 for services from an in-network provider.
Venipuncture/specimen collection (billing code 36415)	4/7/17	\$15.00	\$0	\$0	\$0 You pay \$0 for service.
Totals:		\$115.00	\$70.00	\$55.00	\$15.00

Definition of the billing code that your provider used.

If the Total Cost (the amount the plan approves) is listed as \$0, this service has been denied. Any amount for which you are responsible to pay will be shown under Your Share. If the Your Share amount is \$0, you are not responsible for any payment.

Please note: You may receive two Monthly Reports in the same month if you were enrolled in different MVP Medicare Advantage plans in 2016 and 2017. Providers have up to a year to send us claims for services you receive.

\$ Get Help With Your Health Care Costs

The federal and state governments offer assistance programs that can lower out-of-pocket expenses related to your health care costs. Based on your income, you may qualify for one or more of these programs:

- **The Medicare Savings Program** can help lower the monthly Medicare Part B premium that is deducted automatically from your Social Security check, typically \$104.90 per month for 2017. Those who qualify may save up to \$1,258.80 per year.
- **The Medicare Part D Low Income Subsidy (also called “Extra Help”)** Program can help lower your monthly prescription drug premium and drug co-pays.
- **Other community programs and services**, including help with nutrition, utilities, finances, legal issues, housing, in-home care, tax relief, transportation, employment, veteran-specific, and discount pricing.

MVP and its trusted partner, Human Arc, can help you with the initial application or re-application process for these programs through a service called **PremiumAssist**. If you’re eligible, you will receive a notice in the mail from Human Arc. Human Arc also can help determine if you qualify for other local or national public and private assistance programs to help with other financial hardships, from heating bills to in-home care.

You may also qualify for help from **State Pharmaceutical Assistance Programs** that can help pay for prescription drug coverage. To see if you are eligible in New York, call the EPIC (Elderly Pharmaceutical Insurance Coverage) program at 1-800-332-3742; in Vermont, call VPharm at 1-800-250-8427. To learn more about any of these programs, call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220).

Working with Your Doctor

It's important to be a partner in your health care and work with your doctors, nurses, and other health care providers. By talking to your doctor and taking an active role, you will better understand and get more out of your care.

Plan Ahead

- Write down what is most important to discuss with your doctor so you talk about that first.
- Have a list of your medications, including vitamins, supplements, and over-the-counter drugs.
- Bring a family member or friend to help you listen and ask questions.

Talk!

- Ask questions if you don't understand something.
- Be honest with your doctor about what you can do or if a suggested treatment may be difficult.

Remember, MVP Medicare plan members can earn a **Wellness Rewards incentive** for keeping up with important doctor visits and screenings. Schedule a "Welcome to Medicare" or "Annual Wellness Visit" with your doctor, ask your doctor to complete a simple screening form, and send the completed form to MVP to get your \$75 MasterCard gift card reward!

- Learn more about your medications—what they do, how to take them, and if there are any possible side effects. (For more information about taking your medications properly, see page 7.)
- Make sure you're up to date on any recommended screenings or preventive tests.
- Understand what you are supposed to do to best take care of yourself.

Take Action

- Fill new prescriptions or schedule any tests that your doctor orders.
- Call your doctor if you notice changes to your health or new symptoms that concern you.

Taking Medications as Prescribed

It's important to take medications exactly as your doctor prescribes in order for them to help you. It's especially important to take medicines for conditions that may not have symptoms, like high blood pressure, diabetes, high cholesterol, or osteoporosis.

If you're having problems taking your medicines as prescribed, think about why you're having trouble and talk to your doctor or pharmacist.

Remembering your medications:

- Use a pill box to hold one week's worth of pills at a time.
- Make a schedule for taking your medications, including how much and when to take each one. Or plan to take your medicines as part of your daily routine, like when you brush your teeth or make coffee.
- Ask your doctor about prescriptions that combine two drugs into one pill or come in a longer-acting form to reduce the number of pills you take each day.
- Manage your refills. Some pharmacies will automatically refill prescriptions you take regularly and remind you to pick them up. Or use the CVS Caremark Mail Service Pharmacy—prescriptions will be sent to your home.

Medication costs:

- Ask your doctor if there is a lower-cost prescription that would work for you. Tier 1 of the MVP Medicare Part D Formulary (List of Covered Drugs) includes select medications for diabetes, blood pressure control, glaucoma, gout, bone health, heartburn and ulcers, mental health conditions, pain management, cholesterol control, and thyroid conditions at low or no cost to you.
- Save money with the CVS Caremark Mail Service Pharmacy. For drugs you take regularly, you may be able to get a three-month supply for only two co-pays.
- Don't use less of your medicine, such as taking half a dose or using it every other day. Talk to your doctor or pharmacist about other options for help.

Side effect problems:

- Ask your doctor if a different medication will work for you, or if you should take your dose differently, like with a meal or water.
- There may be certain drugs or supplements you should not take, due to side effects or possible drug interactions.

Even if you start to feel better, keep taking your medication. Never stop taking a prescription until you talk to your doctor.



The Medication Therapy Management Program (MTMP) is your chance to speak with an MVP Pharmacist on the phone and review all of the medications you take. If you'd like to join the program, call 1-866-942-7754 or email RxAdvisor@mvphealthcare.com.

Successful Hospital-to-Home Planning

Whether you are admitted to the hospital for a planned surgery or an expected event, it's important to make sure you plan for the right follow-up care and extra support when you return home. Being prepared can help reduce the chance that you need to return to the hospital because of a problem.

Work with the hospital discharge staff to make a follow-up plan.

- Get a list of your medications, discuss how you take them, and ask about new prescriptions or changes.
- Tell the discharge planner if you have any special needs (like transportation) that could impact your follow-up care.
- Include your family, friends, or others who are able to help.

Schedule follow-up appointment(s) with your doctor(s) within seven days after you leave the hospital.

- Ask about your condition and any potential problems you may have with following your discharge plan.
- Review any changes to your prescriptions.
- Make sure you understand what you need to do to take care of yourself.

For more information about hospital-to-home planning, including an action plan and helpful checklist, visit mvphealthcare.com and select *Members*, then *Medicare members*, then *Live Well*, and then *Successful Hospital Discharge Planning* under *Living Well Toolkit*.

Always carry important information with you about any health conditions, medications, and doctor and pharmacy contact information. Fill out the *My Health Information* card on page 9 and keep it in your wallet.



My Health Information—Important Contacts



My Primary Doctor

Name: _____

Phone: (_____) _____

My Pharmacy

Name: _____

Phone (_____) _____

My Specialist

Name: _____

Phone: (_____) _____

Family or friend to call for help

Name: _____

Phone (_____) _____

Clip and Save

Fold Here

My Health Information—Important Contacts

Health Conditions:

Allergies:

Medications:

MVP Partnering with naviHealth, Inc. to Coordinate Post-Hospital Care

After a hospital stay or during recovery from surgery, like a knee or hip replacement, you may go to a facility for skilled care (rehabilitation) or need additional services for recuperating at home. MVP has partnered with naviHealth, Inc., (naviHealth) to help you, your caregivers, and your doctors coordinate the best setting for the care you need.

naviHealth care coordinators are licensed nursing and therapy professionals. Beginning July 1, you may meet with a naviHealth representative in the skilled nursing facility (or rehabilitation center) or receive information from naviHealth in the mail about the care you need after your hospital stay. These services are available to help you recover faster and get back to living well!

Living with Arthritis

“Arthritis” is not a single disease—it is a general way to talk about joint pain or joint disease. There are more than 100 different types of arthritis and related conditions, and one out of five adults has some kind of arthritis. It is most common among women and occurs more frequently as people get older.

It’s important to talk to your doctor if you experience common arthritis joint symptoms like swelling, pain, stiffness, and decreased range of motion. Symptoms may come and go, range from mild to severe pain, and get in the way of doing daily activities.

If you’ve been diagnosed with arthritis, work with your health care team and take steps to manage your disease.

Pay attention to how you feel.

Track your symptoms, pain levels, and medications to review with your doctor.

Manage your pain. Take medications as directed by your doctor, use heat or cold to relax muscles or reduce swelling, and rest when you feel tired or have increased joint pain, swelling, or stiffness.

Eat healthy. Certain foods can help fight inflammation, strengthen bones, and boost the immune system—try adding salmon, tuna, soy beans, extra virgin olive oil, berries, low-fat dairy products, broccoli, green tea, citrus, whole grains, beans, and nuts to your diet.

Stay active. Exercise helps

manage your arthritis pain, improves joint movement, strengthens the muscles that support your joints, and increases weight loss. Try activities that are easy on the joints, like walking, water workouts, stationary or recumbent cycling, yoga and tai chi, and resistance training.

If you experience more regular or worsening chronic arthritis pain, talk to your doctor about how to best manage your condition.

Learn more about arthritis and what you can do to help manage your symptoms at an upcoming *Living Well* program.

Arthritis Overview and Adaptations

Thursday, June 22
1–2 pm

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

Or get moving with the SilverSneakers fitness program or a *Living Well* ongoing fitness class—see page 17 for details.

Maintaining Healthy Bones as You Age

As you age your bones get thinner naturally, but sometimes a condition called osteoporosis may set in. Osteoporosis often does not show any symptoms and is not diagnosed until after a fracture occurs.

While bone loss may be part of aging, there are many things you can do to keep your bones strong and prevent fractures.

Exercise Regularly

Weight-bearing activities have been shown to increase bone density and strength. Examples include walking, dancing, resistance exercises, and aerobics. Check out a SilverSneakers fitness center near you, or try a *Living Well* physical activity class—see page 13 for more details. Talk to your doctor before starting an exercise program.

Don’t Smoke

Smoking reduces bone density and can lead to increased bone loss.

Limit Alcohol Use

Heavy alcohol use can slow down bone growth. Heavy use is defined as more than two drinks per day for men and more than one drink per day for women.

Eat a Diet Rich in Calcium and Vitamin D

A well-balanced diet that includes foods rich in calcium

and vitamin D can slow bone loss. Good sources include:

Dairy Products

Low-fat and non-fat milk, yogurt, cheese

Fatty Fish

Salmon, tuna, mackerel, sardines

Vegetables

Spinach, broccoli, kale, Chinese cabbage, dark leafy greens

Fortified Foods

Juices, cereals, breads, tofu

If you do not get enough calcium and vitamin D from the foods you eat, talk to your doctor about whether you should take a supplement.

Prevent Falls

Making your home fall-proof is important to reduce your risk of falls and fractures. Be sure to remove throw rugs and clutter, keep your house well-lit, use handrails on stairways or to help you move around in the bathroom, and wear shoes or socks with non-skid bottoms.

... Talk to your doctor about your risk for osteoporosis and what preventive measures are right for you, including a bone mineral density screening.



New SilverSneakers® Fitness Centers

For a complete listing of SilverSneakers fitness locations near your home, visit silversneakers.com and select *Find a Location* under *Join In*, or call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY: 1-800-662-1220).



Catskill
Muscle Hypertrophy
Gym
518-444-4292

Garnerville
New York Sports Club
845-786-3996

St. Albans
Raw Strength & Fitness
802-528-5995

Tarrytown
Snap Fitness
914-499-3999

Vestal
Southern Tier
Physical Therapy
607-754-1776

West Nyack
New York Sports Club
845-358-1818

White Plains
YWCA of White Plains
914-949-6227

New to MVP? Have questions about how your MVP Medicare plan benefits work? Come to a Member Orientation!

Hudson Valley Region

Wednesday, June 7 **10 am**
MVP at Hudson Valley Mall
(Near Macy's)
1300 Ulster Ave., Kingston

Thursday, June 15 **11 am**
MVP Health Care
1401 Route 300, Ste 1079, Newburgh

Thursday, June 15 **10 am**
Poughkeepsie Galleria
Community Room
Route 9, Poughkeepsie

Tuesday, July 11 **10 am**
MVP at Hudson Valley Mall
(Near Macy's)
1300 Ulster Ave., Kingston


Capital District Region

Thursday, June 8 **2 pm**
Saratoga Springs Senior Center
5 Williams St., Saratoga Springs

Friday, June 16 **2 pm**
Jewish Community Center
2565 Balltown Rd., Schenectady

Wednesday, June 21 **1:30 pm**
John J. Bach Branch Library
(Albany Public Library)
455 New Scotland Ave., Albany
Bring your own questions for an
interactive Q&A.

Reserve a seat today!

 Call **1-800-665-7924**
Monday–Friday
8 am–8 pm Eastern Time
(TTY: 1-800-662-1220)



Living Well Programs

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.

Offered throughout the year, wellness education programs cover topics such as healthy eating and lifestyle, managing stress, improving sleep habits, and strengthening memory. Movement classes include Bokwa, yoga, Tai Chi, and walking groups.

Most programs are free, compliments of MVP Health Care. Programs with fees are discounted for MVP members. **All are welcome!**


For more information about MVP Medicare *Living Well* programs, call the MVP Medicare Community Health Promotion team at **518-386-7936** (TTY: 1-800-662-1220).

New! Hudson Valley Region Living Well Programs

MVP Community Health Promotion is excited to offer *Living Well* programs in the Hudson Valley, New York area. Check future issues of your *Living Well* newsletter for more health education and fitness classes in the community.

A gym membership and fitness classes are also available through the SilverSneakers Fitness program as part of your MVP membership. See page 12 for details.

There are **no fees** for these programs, compliments of MVP! Space is limited and registration is required.

 Call MVP Community Health Promotion at **845-897-6037** (TTY: **1-800-662-1220**).

Poughkeepsie Public Library

93 Market Street, Poughkeepsie

Top Ten Choices for a Healthier You

Thursday, June 8 10–11 am

Program Code: 4541

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

LaGrange Library

488 Freedom Plains Road (Route 55) Suite 109, Poughkeepsie

Total Recall

Tuesday, June 20 1–2 pm

Program Code: 4518

Explore how memory works and changes we can anticipate as we age. Learn easy techniques to improve your memory, what foods can help, and how to keep your brain sharp.

Let's Get Organized

Tuesday, July 18 1–2 pm

Program Code: 4519

Learn how a little investment of time and energy can improve your quality of life, decrease your stress, and give you more time to do the things that you really enjoy.

Sleep from A to Zzz

Tuesday, August 15 1–2 pm


Program Code: 4520

Understand the benefits of sleep to maintaining good, overall health. Learn strategies to improve sleep habits, how much is enough, the stages of sleep, types of sleep difficulties, and sleep strategies.

Capital Region Living Well Programs

Most programs are free, compliments of MVP Health Care.
Programs with fees are discounted for MVP members.

Space is limited and registration is required.

 Call MVP Medicare Community Health Promotion at **518-386-7936** (TTY: **1-800-662-1220**).

Cooking Demonstration Classes

Whole Foods Market

Colonie Center Mall, 1425 Central Ave., Albany

Join us to learn how you can easily eat healthy and live well! Participants will sample each dish and be invited to tour the store following the demonstration to find the ingredients needed to create the recipes at home.

There are **no fees** for these programs, compliments of MVP Health Care and Whole Foods Market.

Summer Grilling: Healthy Marinades and Rubs

Friday, June 23 10:30 am–12:00 pm

Program Code: 4473

Learn to create unique seasoning blends to use as a marinade or rub for all of your summer grilling needs. We will demonstrate rubs and marinades that will taste great on tofu, seafood, chicken, pork, and beef—and you'll be able to take one home with you.

Savory Summer Bounty

Friday, July 21 10:30 am–12:00 pm

Program Code: 4474

Using the freshest local and organic fruits and vegetables, learn to make quick and easy dishes that are perfect for the summer season.

William K. Sanford Town Library (Colonie)

629 Albany Shaker Rd. Loudonville

Arthritis Overview and Adaptations

Thursday, June 22 1–2 pm

Program Code: 4605

This program will talk about the three most common types of arthritis and what to do to cope with arthritis symptoms, like pain. Learn how to reduce your risk for developing arthritis, what to do to feel better if you have arthritis, nutritional information, ways to adapt your environment to stay independent, and exercises to help you feel better.

Academy for Lifelong Learning

Empire State College Campus, 113 West Ave., Saratoga Springs

Total Recall

Wednesday, July 26 1–2 pm

Program Code: 4608

Explore how memory works and changes we can anticipate as we age. Learn easy techniques to improve your memory, what foods can help, and how to keep your brain sharp.



**Step outside this summer!
Join the MVP Striders Walking Club
at Schenectady Central Park**

500 Iroquois Way, Schenectady (meet in front of the pavilion)

Wednesdays, June 28–August 2 8:30–9:30 am Program Code: 4594

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!

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 anytime during the session.** There are **no fees** for these programs, compliments of MVP Health Care.

Don't see an ongoing fitness class near you? Check out the SilverSneakers® Fitness program—see page 12 for details.



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

Due to the popularity of these classes, registration is recommended. Call the phone numbers provided to register. The type of ongoing fitness class may be subject to change.

Class Descriptions

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!

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 Latin Moves and 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.

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.

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.

Class Schedule

All are welcome! You can join anytime during the session.

Mondays, June 26–July 31

Class Name	Time and Location	Call to Register
MVP Drums Alive® Program Code: 4590	1:30–2:15 pm East Greenbush YMCA Group Exercise Room 20 Community Way, East Greenbush	518-386-7936

Tuesdays, June 27–August 1 (No classes July 4)

Class Name	Time and Location	Call to Register
MVP Bokwa® Program Code: 4591	11:15 am–12:00 pm Alpin Haus Fitness Center 485 NY-30, Amsterdam	518-386-7936
MVP Chair Moves Program Code: 4593	1:00–1:45 pm Niskayuna Senior Center 2682 Aqueduct Rd., Schenectady	518-386-7936

Wednesdays, June 28–August 2

Class Name	Time and Location	Call to Register
MVP Striders Walking Club Program Code: 4594	New Site! 8:30–9:30 am Central Park (Meet in front of the pavilion) 500 Iroquois Path, Schenectady	518-386-7936
MVP Latin Moves Program Code: 4595	1:00–1:45 pm Fraternal Eagles Club/Moreau 80 Main St., South Glens Falls	518-792-6007
MVP Bokwa® Program Code: 4596	2:00–2:45 pm JCC of Schenectady Aerobics Studio 2565 Balltown Rd., Niskayuna	518-386-7936

Thursdays, June 29–August 3

Class Name	Time and Location	Call to Register
MVP Chair Yoga Program Code: 4597	10:15–11:00 am Glens Falls Senior Center 380 Glens St., Glens Falls	518-793-2189
MVP Chair Moves Program Code: 4598	1:00–1:45 pm Village of Colonie Senior Center 2 Thunder Rd., Albany	518-869-7172

Fridays (as noted below)

Class Name	Time and Location	Call to Register
MVP Tai Chi Moves Program Code: 4599	10:00–10:45 am Classes held June 23–July 21 Sunnyview Wellness Center First Floor Conference Room 1270 Belmont Ave., Schenectady	518-386-7936
MVP Zumba Gold® Program Code: 4600	1:00–1:45 pm Classes held June 30–August 4 Beltrone Senior Center 6 Winners Circle, Albany	518-386-7936