

Living Well Programs Schedule

Registration for all classes will open at 9 am on Tuesday, June 25.

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).

Yoga and Meditation at the Harbor

Sundays, through September 29 8:30–10 am
220 Harborside Drive, Schenectady

Join us for free, outdoor Meditation and Yoga on Sunday mornings at the Mohawk Harbor Amphitheater.

Troy Waterfront Farmers Market Tokens

Saturdays, through October 26 9 am–2 pm

Troy Waterfront Farmers Market Booth
1 Monument Square, Troy

Enjoy \$10 worth of Troy Waterfront Farmers Market Tokens compliments of MVP Living Well Programs, while supplies last.

Schenectady Greenmarket Tokens

Sundays, through November 17 10 am–2 pm

Schenectady Greenmarket
108 Jay Street, Outside City Hall

Enjoy \$10 worth of Schenectady Greenmarket tokens compliments of MVP Living Well Programs, while supplies last.

\$20 off Kayak Rentals Vouchers

July 1–August 31 Weekdays 11 am–6 pm
Weekends 10 am–6 pm

Upstate Kayak Rentals
Schenectady Mohawk Harbor
200 Harborside Dr, Schenectady

Upstate Kayak Rentals
Waterford Boat Launch
First and Front St, Waterford

Register to receive \$20 off your kayak rental at Upstate Kayak Rentals compliments of MVP Living Well Programs, while supplies last.

Water Aerobics at Niskayuna Town Pool

Mondays, July 1–22 6:45–7:45 pm

Niskayuna Town Pool
2682 Aqueduct Road, Schenectady

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

Chair Moves: Hybrid

Tuesdays, July 9–August 13 1–2 pm

Niskayuna Senior Center
2682 Aqueduct Road, Niskayuna

This chair-based class emphasizes strengthening, limbering, and stretching exercises.

Tai Chi at Tawasentha Park

Wednesdays, July 10–August 28 9–10 am

Tawasentha Park
188 NY-146, Guilderland

Join us at the Tawasentha fitness court studio for an outdoor, beginner level tai chi class. Described as “meditation in motion,” the benefits of Tai Chi can include improved balance, flexibility, fall prevention, and muscle strength.

Intermediate Tai Chi for Health and Fall Prevention

Wednesdays, July 10–August 14 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

Thursdays, July 11–August 15

11:45 am–12:45 pm

Malta Community Center
1 Bayberry Drive, Ballston Spa

Gain strength, coordination, and improve your balance as you move through a total body circuit workout, which will incorporate weights, balance exercises, and low-impact cardio-walking at your own pace.

The Changing River Landscape

Saturday, August 3 10–11:30am

Mabee Farm Historic Site
1100 Main St. Rotterdam Junction

Join resident historian from Schenectady County Historical Society at Mabee Farm for a easy guided nature walk to learn about the rushing waters that have brought countless transformations to the Mohawk River Valley. This tour includes the historical farmhouse and barns built in 1705.

Paint Your Own Canvas Tote Bag For Stress Relief

Thursday, August 8 2–3:30pm

123 Saratoga Rd. Glenville

In partnership with Art in Mind Studio. Join us to receive step-by-step instructions to create your own 14”X14” painted canvas tote bag great for shopping at your local farmers market and all your summer adventures, all while reaping the many health benefits of creative expression including stress relief.

Visit mvphealthcare.com/calendar to see more program opportunities in these regions and to register online for all classes!



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