



Living Well 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 to register for all classes. Space is limited and registration is required.

Registration for all Spring classes will open at 8 am on Tuesday, March 28.

Western NY In-Person Programs

GROS Orchid Show Admission Voucher

In partnership with Genesee Regional Orchid Society. Brighten your day with a complimentary show admission voucher to view and learn about orchids. One per person for the duration of the show. Show your printed or digital voucher at the door to redeem.

Program Code: 6854

Friday, March 31 - Sunday, April 2

RMSC's Eisenhart Auditorium: 657 East Ave, Rochester, NY 14607

Rochester Region

Line Dancing

Learn basic steps to several classic line dancing styles to be dancing in no time! No experience or partner necessary.

Program Code: 6834

Tuesdays, 9:30-10:30 am, April 11 through June 13

St. John's Brickstone: 1325 Elmwood Avenue, Rochester, NY 14620

Rochester Region

Botanical Hike at Helmer Nature Center

Join us for a talk about Haudenosaunee (Iroquois) names and uses for plants, focusing on the Seneca who lived in the vicinity of Monroe County. Hikers will look at local trees and herbaceous plants and learn their medicinal, food, and/or functional uses. Participants will also be able to view a few historical items made of plants, as well, and get a small introduction to the Haudenosaunee people and culture.

Intensity: Moderate, hiking on unpaved trails with some incline and steps in spring conditions

Program Code: 6838

Tuesday, April 18, 1:30-2:30 pm

Helmer Nature Center: 154 Pinegrove Ave, Rochester, NY 14617

Rochester Region

Braddock Bay Raptor Days Voucher

In partnership with Braddock Bay Raptor Research. Receive a complimentary adult admission pass valid for the full weekend to view and learn about birds of prey. Show your printed or digital voucher at the door to redeem.

Program Code: 6837

Friday, April 28-Sunday, April 30

Braddock Bay Park: 199 East Manitou Road, Greece, NY 14468

Rochester Region

Signs of Spring Hike

Discover the first signs of spring on this hike led by an expert naturalist. Hike will begin on time; we cannot guarantee you will be able to join the group hike in the event of late arrival.

Intensity: Moderate to high, hiking on unpaved trails with some incline in spring conditions

Program Code: 6839

Wednesday, May 3, 2-3 pm

RMSC Cumming Nature Center: 6472 Gulick Road, Naples, NY

Rochester Region

Build Your Own Container Garden

Make your own container garden to enjoy all season. This class will cover garden container basics for those who love to garden with less commitment and space.

Program Code: 6842

Tuesday, May 23, 1-2 pm

St. John's Brickstone: 1325 Elmwood Avenue, Rochester, NY 14620

Rochester Region

Get in Leafy Greens

Enjoy and learn about some of the first fresh produce of the season – leafy greens. Participants will leave with a bundle of leafy greens and recipes to prepare them.

Program Code: 6847

Friday, June 2, 10-11 am

Kirby's Farm Market: 9739 W Ridge Road, Brockport, NY 14420

Rochester Region

Striders Walking Club at Perinton Park

Make a date with fitness and walk your way to wellness! The MVP Striders Walking Club is a free walking program. As an MVP Strider you will move through strength and balance exercises, walk at your own pace, and reap the many benefits of walking. This is a five-week in-person program that will meet on Tuesdays. Meet at upper parking lot next to the canal.

Intensity: Low to moderate, walk at your own pace

Instructor: Marie Anselm

Program Code: 6844

Tuesdays, 9:30-10:30 am, June 6-August 8

Perinton Park: 99 O'Connor Road, Fairport, NY 14450

Rochester Region

Striders Walking Club at Kershaw Park

Make a date with fitness and walk your way to wellness! The MVP Striders Walking Club is a free walking program. As an MVP Strider you will move through strength and balance

exercises, walk at your own pace, and reap the many benefits of walking. This is a five-week in-person program that will meet on Tuesdays.

Meet at the picnic table on the north side of the bath house near the main parking lot.

Intensity: Low to moderate, walk at your own pace

Instructor: Marie Anselm

Program Code: 6845

Tuesdays, 9:30-10:30 am, June 7-August 9

Kershaw Park: 155 Lakeshore Drive, Canandaigua, NY 14424

Rochester Region