

Living Well Programs Schedule

Most programs are free unless otherwise noted, and offered to all members and non-members alike, compliments of MVP.

Registration for all classes will open at 9 am on Tuesday, March 26.

Visit 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.

Western New York 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).

GROS Orchid Show Admission Voucher

Friday, April 26–Sunday, April 28

657 East Ave, Rochester

Brighten your day with a complimentary show admission voucher to view and learn about orchids. One per person.

Line Dancing

Tuesdays, April 9–June 11 9:30–10:30 am

St. John's Brickstone

1325 Elmwood Avenue, Rochester

Learn basic steps to several classic line dancing styles. No experience or partner necessary.

Feeling Fit

Thursdays, April 11–June 13 11:15 am–12 pm

St. John's Meadows

1 Johnsarbor Drive W, Rochester

This low impact workout tones, sculpts, and energizes the body using light hand weights, tubes and even chairs, so that you can work at a pace that is right for you.

George Eastman Mansion Tour

Tuesday, April 16 2–3 pm

George Eastman House

900 East Avenue, Rochester

Enjoy a guided tour to learn the history of this Rochester landmark and visit the museum at your leisure after.

Spring Woodland Hike

Tuesday, May 14

2–3 pm

RMSC Cumming Nature Center

6472 Gulick Road, Naples

Discover the signs of spring in the woods on this hike led by an expert naturalist.

Potted Herbs and Flowers

Wednesday, May 29

11 am–12 pm

St. John's Brickstone

1325 Elmwood Avenue, Rochester

Make your own potted herb and flower garden. Learn garden container basics and get healthy recipes to use your home-grown herbs in.

Hike at Thousand Acre Swamp

Friday, May 31

1–2:30pm

1587 Jackson Road, Penfield

Hike over trails and boardwalks through unique wetland ecosystems.

Kirby's Farm Market

Friday, June 7

10–11 am

9739 W Ridge Road, Brockport

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.

Striders Walking Club

Tuesdays, June 4–August 13

9:30–10:30 am

Perinton Park

99 O'Connor Road, Fairport

Wednesdays, June 5–August 14

9:30–10:30 am

Kershaw Park

155 Lakeshore Drive, Canandaigua

Move through strength and balance exercises, walk at your own pace, and reap the benefits of walking.

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



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