



Community Living Well

Upcoming Program

Men's Lunch Speaker Series

Second Wednesday of the month
September 9–December 9
12–1:30 pm

Victor Parks and Recreation
7891 Leigh Crossing, Victor, NY

If you're a retired gentleman looking for a reason to get out of the house, look no further: come join us for lunch. This men's lunch group series will have a different speaker each week with light refreshments provided. Join us each month, or the months that interest you most, to get out and learn new things with new people.

September 9—Hiking. Whether you are an experienced hiker, a casual walker, or simply curious about the outdoors, don't miss this informative presentation from the Genese Valley Chapter Adirondack Mountain Club.

October 14—Apple Tasting. Come enjoy a local apple tasting of different varieties. Find your favorite apple and new ways to incorporate fruit into your diet.

November 11—Physical Therapy, Prehab. Many people are familiar with rehab, but have you heard of prehab? Learn about prehab—which can help prevent injuries or prepare you for a speedy recovery—from MVPT Physical Therapy.

December 9—Social. This month will be strictly social! We'll forgo a speaker to spend the afternoon enjoying lunch ahead of winter holidays.



Visit mvphealthcare.com/calendar for more information and to register.

Registration is recommended. Need help registering for a program?
Email livingwellprograms@mvphealthcare.com.