Living Well Health, Wellness, & Fitness Classes

MVP's Community Health Educators offer health education and physical activity programs at locations throughout the community. Classes are **free or discounted** to MVP plan members. Registration is required—**follow the registration instructions listed for each program or site.**

MVP Health Care Wellness Center

220 Alexander Street, Second Floor, Rochester

- **Free parking** is available on the second floor of the parking garage. Bring in your ticket for validation.
- Take the skyway from the garage to the main building.
- Go straight across the atrium to the MVP Health Care reception area.

To register for classes at the 220 Alexander Street location:

Call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**)

Visit **mvphealthcare.com** and select *Members*, then *Health & Wellness*, and then *Sign Up for Rochester Wellness Programs* under *Living Well Classes & Activities*.

Be sure to refer to the Program Code for each class.

For classes with a fee, unless otherwise noted:

1. Send your check/money order the same day that you register for the class.
2. Make checks/money orders payable to **MVP Health Care**.
3. In the memo line, include the class **Program Code** number.
4. Mail your check/money order to Attn: Health and Wellness Programs, MVP Health Care, 220 Alexander St., Rochester, NY 14607.

No refunds are given for missed classes. If you are unable to attend a class you registered for, please call the MVP Medicare Customer Care Center to allow others to attend.

Living Well Health, Wellness, & Fitness Classes

Mondays

New Class **Tai Chi for Arthritis: Demo** **Program Code: 4322**

March 27 1–2 pm

MVP Member and Non-Member: No Charge

Learn how Tai Chi may help your arthritis symptoms, improve your balance to reduce falls, and help with other chronic conditions. Observe Tai Chi for Arthritis movements and ask questions about the program series.

New Class **Tai Chi for Arthritis** **Program Code: 4323**

8-week series, Mondays and Wednesdays **April 3–May 24 1–2 pm**

MVP Member: No charge; Non-Member: $10 **Plan to attend all 16 classes**

Tai Chi for Arthritis is easy to learn, safe, and gentle. Most movements are done standing. You will receive a book of the movements taught during the class session. This class uses the Sun style of Tai Chi. Wear loose, comfortable clothing and sneakers.

Instructor: Certified Tai Chi for Arthritis instructor

Bodies in Motion **Program Code: 4502**

Ongoing Fitness Class

Mondays and Wednesdays **April 10–June 14 9:30–10:30 am**

MVP Member: No charge; Non-Member: $95 **No class May 29**

Focus on joint range of motion, muscle strength and endurance, flexibility, agility, balance, and coordination.

SilverSneakers Circuit **Program Code: 4499**

Ongoing Fitness Class

Mondays and Wednesdays **April 10–June 14 10:45–11:45 am**

MVP Member: No charge; Non-Member: $95 **No class May 29**

Increase heart and muscular endurance with a standing circuit workout alternated with low-impact aerobic choreography. A chair is offered for support, comfort, and head-to-toe stretching.

Tuesdays

Travel Well **Program Code: 4271**

March 21 10:00–11:30 am **MVP Member: No charge; Non-Member: $10**

Learn safe and simple measures to take before, during, and after an extended trip.

Presenter: MVP Community Health Educator

Tuesdays *(Continued)*

Let's Travel!
Peru and Machu Picchu Travelogue

Program Code: 4272

March 28 10:00–11:30 am MVP Member: No charge; Non-Member: $10

Uncover the mysteries of Peru and Machu Picchu, a 15th century Inca citadel on a mountain ridge and one of the world's most renowned archeological treasures.

Presenter: Ken Harbison

Tai Chi

Program Code: 4505

Ongoing Fitness Class

April 11–June 13 1:30–2:30 pm

MVP Member: No charge; Non-Member: $50

Tai Chi is described as "meditation in motion." Benefits can include improved balance, flexibility, and muscle strength. Introduces the Yang Style Short Form of Tai Chi.

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mvphealthcare.com:
Navigation Made Easy—Part I

Program Code: 4348

June 13 10–12 pm Open to MVP members only

Part I will help you navigate:

- Creation and management of your MVP online account.
- Access to your personal plan and claims information.
- Where to find online forms and publications.

Bring your laptop or notebook and your MVP Member ID card. You will receive a manual to take home.

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mvphealthcare.com:
Navigation Made Easy—Part II

Program Code: 4349

June 20 10–12 pm Open to MVP members only

Part II will help you become a more informed health care consumer and provide access to:

- The programs and resources available to you through MVP Health Care.
- Our online tools to help you research doctors.
- The Healthwise® Knowledgebase, which will help you make well informed health decisions.

Bring your laptop or notebook and your MVP Member ID card. You will receive a manual to take home.

Wednesdays

New Class

Tai Chi for Arthritis

Program Code: 4323

8-week series, Mondays and Wednesdays **April 3–May 24** **1–2 pm**
MVP Member: No charge; Non-Member: $10 **Plan to attend all 16 classes**

Tai Chi for Arthritis is easy to learn, safe, and gentle. Most movements are done standing. You will receive a book of the movements taught during the class session. This class uses the Sun style of Tai Chi. Wear loose, comfortable clothing and sneakers.

Instructor: Certified Tai Chi for Arthritis instructor

Bodies in Motion

Program Code: 4502

Ongoing Fitness Class

Mondays and Wednesdays **April 10–June 14** **9:30–10:30 am**
MVP Member: No charge; Non-Member: $95 **No class May 29**

Focus on joint range of motion, muscle strength and endurance, flexibility, agility, balance, and coordination.

SilverSneakers Circuit

Program Code: 4499

Ongoing Fitness Class

Mondays and Wednesdays **April 10–June 14** **10:45–11:45 am**
MVP Member: No charge; Non-Member: $95 **No class May 29**

Increase heart and muscular endurance with a standing circuit workout alternated with low-impact aerobic choreography. A chair is offered for support, comfort, and head-to-toe stretching.

Funerals from a Consumer's Point of View

Program Code: 4356

April 26 **1:30–3:00 pm** **MVP Member: No charge; Non-Member: $10**

People can take a great burden off their loved ones if they preplan their funeral arrangements, learn about the related legal issues, and avoid making costly mistakes. Price guides will be given for comparison shopping.

Presenter: Dan Hollands, Funeral Consumers Alliance of Greater Rochester

Singing in the Rain: Weathering the Storm of Dementia with Humor, Love, & Patience

Program Code: 4318

May 3 **1:00–2:30 pm** **MVP Member: No charge; Non-Member: $10**

Vicky Ruppert and Ann Henderberg will talk about dementia, the difference between dementia and Alzheimer's, give tips for caregivers on what they have learned in traveling the journey, and talk about how they came to write their book, *Singing in the Rain: Weathering the Storm of Dementia with Humor, Love, & Patience*.

Wednesdays *(Continued)*

Osteo Moves

Program Code: 4260

June 4, 14, and 21 1:00–2:30 pm

MVP Member and Non-Member: No charge **Plan to attend all 3 classes**

A gentle fitness class designed for people with osteoarthritis and/or osteoporosis. You may want to consult with your doctor before attending to discuss any possible limitations. Wear comfortable clothes and sneakers. You will receive fitness equipment and handouts so that you can continue to do the exercises at home. Instructor: AFAA Certified Fitness Instructor.

Thursdays

MVP Bokwa®

Program Code: 4508

Ongoing Fitness Class

April 13–June 15 10:30–11:30 am

MVP Member: No charge; Non-Member: $50

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 and wonderful fitness program for all ages!

What is Facebook?

Program Code: 4466

June 15 1:30–3:00 pm

MVP Member: No charge; Non-Member: $10

You've heard about Facebook, but what is it? Learn about the history of Facebook, how to stay connected with family and friends, and the features and benefits of Facebook.

Presenter: Daniel Jones, **DanielTeaches.com**

What are Twitter, Instagram, and Pinterest?

Program Code: 4470

June 22 1:30–3:00 pm

MVP Member: No charge; Non-Member: $10

Join this fun and informative introduction to three of the most popular social networks on the Internet—Twitter, Instagram, and Pinterest. Learn all about tweeting, hashtags, boards, pins, posts, and more!

Presenter: Daniel Jones, **DanielTeaches.com**

Fridays

Line Dancing

Program Code: 4495

Ongoing Fitness Class

April 21–June 16 9:30–10:30 am **No class May 26 & June 2**

MVP Member: No charge; Non-Member: $50

Learn the basic steps and you'll quickly be dancing the "Electric Slide" and other popular dances. No experience or partner required. Leather soled shoes recommended.

Led by dance instructor Will Herzog.

Special *Living Well* Programs for Women

Learn about useful financial tips and important health topics, tailored to you!

MVP Health Care Wellness Center
220 Alexander Street, Second Floor, Rochester
Thursdays 10:00–11:30 am

Estate Planning

Program Code: 4357

May 4 **MVP Member: No charge; Non-Member: $10**

Learn how to provide your family legal stability for the future.

Presenter: Nicholas Proukou, Attorney, Woods Oviatt Gilman, LLP

Medicaid and Long Term Care Asset Protection

Program Code: 4358

May 11 **MVP Member: No charge; Non-Member: $10**

This program will discuss the five year Medicaid look back period, planning options based on the look back, and strategies for saving assets.

Presenter: Nicholas Proukou, Attorney, Woods Oviatt Gilman, LLP

Finances for Women Transitioning Into Retirement

Program Code: 4359

May 18 **MVP Member: No charge; Non-Member: $10**

Talk about the financial concerns facing women who are getting ready for retirement or who have recently retired.

Presenter: Jessica Millan, Edward Jones

Boosting Bone Health

Program Code: 4360

May 25 **MVP Member: No charge; Non-Member: $10**

Learn how to maintain and gain bone strength.

Presenter from Elizabeth Wende Breast Care

The Best Ways to Stay Healthy

Program Code: 4361

June 1 **MVP Member: No charge; Non-Member: $10**

An overview of what women 65+ can do to stay independent and healthy. We will discuss healthy eating, maintaining a healthy weight, and preventive health care measures for women.

Presenter: Anna Morreale, BSN, RN, ONC, Rochester Regional Health

Westside YMCA–MVP Health Care Living Well Center

920 Elmgrove Road, Rochester

The MVP Health Care Living Well Center is a partnership between MVP, the YMCA, the United Way, and Lifespan. The purpose of the Center is to promote successful aging by providing an engaging atmosphere that creates a sense of community and encourages life-long learning.

To register for classes, call the Westside YMCA MVP Living Well Center at **585-341-3075** or MVP Medicare Health Promotion at **585-327-2569**. Be sure to refer to the Program Code for each class.

Let's Get Organized

Monday, March 20 12:30–1:30 pm Program Code: 4256

Start spring with less clutter, and better organization and time management skills. Learn how a little investment of time can improve your quality of life, decrease your stress, and give you more time to do the things you really enjoy.

Living Well Programs in the Community

MVP Gentle Yoga Moves

Have you heard about the health benefits of yoga, but are not quite sure what to expect in a class? Have you taken yoga in the past, but need to take a more gentle approach?

Experience the benefits of increased flexibility, strength, and balance, as well as a sense of peace and calm through a complete series of seated and standing yoga poses. Wear loose, comfortable clothing and sneakers.

Always talk to your doctor before taking any exercise class.

All are welcome for these programs, compliments of MVP! Class size is limited and registration is required.

Irondequoit Public Library 1290 Titus Avenue, Rochester

Tuesdays, March 14–May 16 10:30–11:30 am Program Code: 4251

To register, call the Irondequoit Public Library at **585-336-6060** or visit **irondequoitlibrary.org** and select *See More Programs Here* under *Today at the Library* in the left-hand column.

St. John's Brickstone 1325 Elmwood Avenue, Rochester

Thursdays, April 27–June 29 10:00–11:30 am Program Code: 4177

To register, call Dawn Rivera at **585-271-1000**.

New Fitness Series and Location

MVP Tai Chi Moves

Palmyra Community Center, 424 Stafford Street, Palmyra

Are you curious about tai chi and thinking you'd like to try it? The movements can be used for relaxation, meditation, improvement of posture, and development of coordinated whole body strength.

Presented by Ron Nigro, who has extensive experience both studying and teaching tai chi, these weekly classes will focus on several linked postures of tai chi and will include information about the theory and fascinating body mechanics on which tai chi is based.

Wear loose, comfortable clothing and sneakers.

All are welcome! Class size is limited and registration is required.
To register:

- Call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: 1-800-662-1220), or
- Visit **mvphealthcare.com** and select *Members*, then *Live Healthy*, and then *Health Promotion Activities*.

Tai Chi Moves Weekly Classes

Thursdays, May 11 – June 15 9–10 am **Program Code: 4531**

MVP Striders Walking Club in the Park

Make a date with fitness and walk your way to wellness! As an MVP Strider, you will be led in warm-up exercises and guided by the MVP Medicare Community Health Promotion team, 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 more—to help you on the road to success!

Bring a bottle of water, sunscreen, hat, or insect repellent as needed. Dress in layers and wear comfortable, durable shoes. No pets are allowed.

Walks will take place rain or shine, but will be canceled in the event of thunder and lightning.

Registration is required. Call Suzanne Feather at **585-327-5743**. Join the group at any time!

MVP Striders in the Park—May Session

Cobb's Hill Park Reservoir, 1550 Highland Ave., Rochester

Tuesdays, May 2, 9, 16, and 23 9–10 am Program Code: 4316

The Cobb's Hill Reservoir is a favorite spot for walkers who do laps around the sparkling water-filled basin. The trail is .67 of a mile paved circular route. Restrooms are ***not*** available on site.

MVP Striders in the Park—June Session

Fellow's Road Park, 499 Fellows Rd., Fairport

Tuesdays, June 6, 13, 20, and 27 9–10 am Program Code: 4317

The Fellows Road Park trail is a one mile, partially paved, fairly flat circular route. Restrooms are available on site.

This program is designed for walkers who like to walk at a moderate to fairly fast pace.

Coming this Summer!

Walk with Ease, a new six-week walking group for people with arthritis or who like to walk at a slower pace. Look for more details in the summer issue of your *Living Well* newsletter.

New Location and Program!

Intergenerational Baking Classes

Perinton Recreation and Parks, 1350 Turk Hill Rd., Fairport

Instructors: Diane Riesenberger, Perinton Recreation and Parks; Suzanne Feather, MVP Community Health Educator

To register, call Suzanne Feather at **585-327-5743**. The grandparent will register themselves and give the name and age for the grandchild(ren) they will be bringing. You will receive information on where to send your payment.

Baking Buddies #1

Baking with Your Grandchild
(for grandparents with grandchildren ages 4–6)

Saturday, June 10 9:30–11:00 am **Program Code: 4491**

Bring one grandchild (age 4–6) and bake together. Participants will receive a cookbook with a cover that they can color while their food bakes.

Cost: $10 (one grandparent + one grandchild).

Baking Buddies #2

Baking with Your Grandchild
(for grandparents with grandchildren ages 7–10)

Saturday, June 10 1:00–2:30 pm **Program Code: 4492**

Bring one or two grandchildren (ages 7–10) and bake together. Participants will receive a cookbook with a cover that they can color while their food bakes.

Cost: $10 (one grandparent + one grandchild); or $15 (one grandparent + two grandchildren.

New Location and Program!

The Landmark Society of Western New York

133 South Fitzhugh St., Rochester

Park in the lots on either side of the building. No street parking is allowed.

These are **no fees** for these programs, compliments of MVP. **All are welcome!**

Registration is required; you must register separately for each program. To register, call Suzanne Feather at **585-327-5743**.

Presenter: Cynthia Howk, Architectural Research Coordinator, The Landmark Society of Western New York

Corn Hill Architecture and History Presentation

Friday, June 30 9:30–10:30 am **Program Code: 4459**

Learn about the rich history and architecture of the Corn Hill area.

Corn Hill Walking Tour

Friday, June 30 11 am–12 pm **Program Code: 4460**

Join a guided one-hour tour throughout the Corn Hill neighborhood.

Eat Smart Hands-On Classes at the New York Wine and Culinary Center (NYWCC)

800 S. Main St., Canandaigua

These programs include hands-on cooking and instruction at the New York Wine and Culinary Center.

To register or to cancel: call Suzanne Feather at **585-327-5743**. Please have your MVP Member ID number (if applicable) and the Program Code. Space is limited. If a class is full, you may be placed on a waiting list.

MVP members: $20 per class; Non-members: $40 per class

Please send payment immediately after calling to register. No refunds. Mail checks, payable to MVP Health Care, to: Attn: Eat Smart Series-Suzanne Feather, MVP Health Care, 220 Alexander St., Rochester, NY 14607. Write the program code(s) on the memo line of your check.

All Day Breakfast Foods

Friday, April 7 1–3 pm **Program Code: 4277**

Why be constrained by a time-table? Enjoy delicious breakfast food day or night.

Bread Making Basics

Friday, April 28 1–4 pm **Program Code: 4273**

Learn the baking secrets to making a great loaf of bread every time. Please note: this is a three-hour class.

Seafood Savvy

Friday, May 19 1–3 pm **Program Code: 4274**

We all know that seafood is good for us, but it can be expensive, too. Learn to make seafood dishes that are both budget-friendly and delicious.

Barbecue Side Dishes

Friday, June 23 1–3 pm **Program Code: 4275**

Healthy, tasty barbecue side dishes are a must for the summer ahead!

Eating Well for the Health of It! Cooking Demonstration Classes at The Cooking School at Tops

3507 Mt. Read Boulevard, Rochester

This series will provide you with the resources and tools to help you learn how to eat healthy and well.

MVP members: To register, call Cheryl Minchella at **585-327-5752** or email **cminchella@mvphealthcare.com**.

Non-members: To register, call The Cooking School at Tops at **585-663-5449**.

Clever Kitchen Hacks

Friday, April 28 11 am–1 pm **Program Code: 4486**

Personal Chef Brenda will share a variety of clever culinary tricks to help you prep meals for eating healthy and making your life easier. We will discuss storing and freezing, DIY techniques and recipes, organizing, and meal planning to save you time and money. Enjoy favorite recipes for tasting and cheat-sheets to take home.

MVP members: $15; **Non-members:** Call The Cooking School at Tops for fee

Summer Salads and Sandwiches

Friday, June 2 11 am–1 pm **Program Code: 4487**

Celebrate summer with picnic-ready salads and sandwiches that will have you grabbing your sunglasses to head outside. All you need to add is a tall glass of refreshing iced tea!

MVP members: $15; **Non-members:** Call The Cooking School at Tops for fee

Seasonal Flavors Cooking Demonstration Classes at St. John's

Join us for cooking demonstrations and tastings highlighting local and seasonal produce.

Participants will receive a booklet of recipes. Programs sponsored by St. John's Dining Services and MVP Health Care.

Space is limited and registration is required. To register, call Dawn Rivera at: **585-271-1000**.

Seasonal Flavors featuring Farm Style Cooking

Thursday, May 4 1:00–2:30 pm **Program Code: 4325**

St. John's Meadows/Briarwood, 1 Johnsarbor Drive W., Rochester

Seasonal Flavors featuring Fruit Salads and Specialty Breads

Thursday, June 1 1:00–2:30 pm **Program Code: 4326**

St. John's Brickstone, 1325 Elmwood Ave., Rochester