



In-Person Western New York

Farmers' Market Photo Challenge

Monday, June 1–October 31

It's Farmers' Market season in New York, and we want to see your most vibrant market moments. Snap a photo featuring any fruit or vegetable at a farmers' market and share your favorite recipe or go-to way to use it. Each month, we'll select four winners to receive \$10 to the Rochester Public Market. Two runners-up each month will receive MVP Health Care swag. Fresh, local produce deserves to shine!

Striders at Perinton Park

Tuesdays, June 2–August 11 9:30–10:30 am

Perinton Park
99 O'Connor Road, Fairport

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.

Striders at Kershaw Park

Wednesdays, June 3–August 12 9:30–10:30 am

Kershaw Park
155 Lakeshore Drive, Canandaigua

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 benefits of walking.

Streams and Watershed Hike

Wednesday, July 15 1:30–3 pm

Cumming Nature Center
6472 Gulick Road, Naples

Explore creeks, streams, and maybe even beaver dams, through the CNC woods to observe the role of watersheds in local ecosystems.

Hike with Rush Recreation Parks Association

Thursday, July 23 2–3 pm

One Hundred Acres Nature Park
220 Rush Scottsville Road, Rush

See native plant species and possible wildlife in a hike through this park located along the Genesee River. Led by a member of Rush Recreation Parks Association.

Sonnenberg Gardens Tour

Wednesday, July 29 1:30–3 pm

Sonnenberg Gardens
250 Gibson Street, Canandaigua

Learn about the history of Sonnenberg Gardens on a tour of the estate. This accessible tour allows for walking opportunities and/or tram service to view the gardens.

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