

# Living Well Health, Wellness, and Fitness Classes

The MVP Medicare Community Health Promotion team provides innovative health and wellness programs, educational opportunities, and physical activity programs that empower and motivate the individuals we serve to live healthy and vibrant lives. Our programs incorporate elements of the seven dimensions of wellness—physical, emotional, intellectual, spiritual, occupational, social, and environmental health—for a holistic approach to well-being.

**Classes are free or discounted** to MVP plan members.

**Registration is required**—follow the registration instructions listed with each class.

## 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**), or
- Visit **mvphhealthcare.com** and select *Members*, then *Health & Wellness*, then *Living Well Classes & Activities*, then *Sign up for Rochester Wellness Programs for active older adults*.

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 **Program Code** number
4. Mail check or money order to: Attn: Health and Wellness Programs, MVP Health Care, 220 Alexander Street, 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 Programs*

## **Tuesdays at the MVP Wellness Center**

### **BOOM Muscle/BOOM Mind**

**September 10–October 31**      **9:30–10:30 am**      Program Code: 5520

BOOM Muscle incorporates exercises that improve upper body conditioning. Move through muscle conditioning blocks and activity-specific drills to improve strength and functional skill. BOOM Mind takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind with peaceful music and invigorating movements, this class focuses on core muscles, lower body strength and balance.

Instructor: Marie Anselm

## **Wednesdays at the MVP Wellness Center**

### **Tai Chi**

**September 11–November 13**      **1:30–2:30 pm**      Program Code: 5521

Tai Chi is described as “meditation in motion.” Benefits can include improved balance, flexibility, and muscle strength. This class will cover Tai Chi Short Form or 24 Form. Please wear soft-soled shoes.

Instructor: Lori Scime

## **Thursdays at the MVP Wellness Center**

### **BOOM Muscle/BOOM Mind**

**September 10–October 31**      **9:30–10:30 am**      Program Code: 5520

BOOM Muscle incorporates exercises that improve upper body conditioning. Move through muscle conditioning blocks and activity-specific drills to improve strength and functional skill. BOOM Mind takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind with peaceful music and invigorating movements, this class focuses on core muscles, lower body strength and balance.

Instructor: Marie Anselm

## **Fridays at the MVP Wellness Center**

### **Line Dancing**

**September 13–November 15**      **9:30–10:30 am**      Program Code: 5522

Learn the basic steps and you’ll quickly be dancing the “Electric Slide” and other popular dances. No experience or partner required. Participants are advised to wear leather soled shoes.

Instructor: Will Herzog

# Living Well Health, Wellness, & Fitness Programs

## MVP Striders Walking Club— Two New Locations!



Make a date with fitness and walk your way to wellness!

The MVP Striders Walking club is a free walking program led by the MVP Medicare Health Promotion team. As an MVP Strider, you will stretch, gain strength with dynamic exercises, and reap the benefits of walking all while connecting with people who enjoy being active like you! Receive an MVP Striders Walking Kit – including t-shirt, pedometer, and more to help you on the road to success!

### MVP Striders Walking Club by the Lake

Durand Eastman Park

Lakeshore Boulevard, Rochester

Wednesdays, September 11–October 2

9:30–10:30 am

Program Code: 5517

To register for this location, call Cheryl Minchella at **585-327-5752**.

### MVP Striders Walking Club at Cobb's Hill Park

MVP Health Care Fitness Court at Cobb's Hill

Norris Drive, Rochester

Wednesdays, September 25–October 16

9:30–10:30 am

Program Code: 5508

To register for this location, call Marie Anselm at **585-327-2305**.

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## Make Healthy Happen at the MVP Health Care Fitness Court

Cobb's Hill Park, Norris Drive, Rochester

### Portion Distortion

Friday, October 4

10 am–12 pm

There is a difference between a portion and a serving. Stop by and see what recommended servings look like on a plate and grab a ring of tip cards for a quick guide to health eating!

### Stop Slips, Trips, and Falls

Friday, October 18

10 am–12 pm

Falls are serious. The pain and injury falls cause can impact mobility and independence. Learn how to create a strategy to reduce fall risks and hazards.

# Living Well Health, Wellness, & Fitness Programs

## Ongoing *Living Well* Fitness 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 gentler 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 Health Care.

**Class size is limited and registration is required.** Registrants are expected to attend all sessions.

#### **Brickstone by St. John's**

Program Code: 5148

1325 Elmwood Avenue, Rochester

Thursdays, September 26–November 14

10–11 am

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

#### **I-Square**

Program Code: 5138

400 Bakers Park, Rochester

Tuesdays, September 24–November 12

10–11 am

To register for this location, call Cheryl Minchella at **585-327-5752**.

### **New! MVP Yoga Mat Moves**

Experience the benefits of increased flexibility, strength, and balance, as well as breath awareness and mindfulness through a complete series of standing and floor poses.

Intensity: Moderate—**participants must have the ability to get up and down from the floor without assistance.** Some poses will involve being on hands and knees. Wear loose, comfortable clothing. **Bring a yoga mat.**

Always talk to your doctor before taking any exercise class.

#### **I-Square**

Program Code: 5139

400 Bakers Park, Rochester

Tuesdays, September 24–November 12

11:15 am–12:15 pm

To register for this location, call Cheryl Minchella at **585-327-5752**.

# Living Well Health, Wellness, & Fitness Programs

## Special Hearing Loss Programs

Brickstone by St. John's Community Room *(Hearing Loop available)*  
1325 Elmwood Avenue, Rochester

### All About Hearing Loss: A Guide to Living with Imperfect Hearing



Wednesday, September 11 1–2:30 pm

Program Code: 5322

Did you know that hearing loss is not “one of a kind?” Learn about the different types of hearing loss, their causes, how hearing loss can impact your quality of life, and the value of education and support.

Presenter: Michelle Gross, Hearing Loss Association of America, Rochester Chapter

**Registration is required.** Call Dawn Rivera at **585-271-1000**.

### Hearing Loss and Mental Health: Is There a Connection?

Wednesday, October 23 1–2:30 pm

Program Code: 5333

Hearing loss and mental health issues interface when withdrawal from social situations leaves individuals isolated and less likely to keep brain activity stimulated. Untreated hearing loss puts people at greater risk of a variety of mental health concerns: mood and anxiety disorders, and dementia. Emerging research on the connections between mental health and hearing loss necessitate the need to learn more and live healthier. This presentation will address the importance of addressing hearing loss in a variety of ways to protect mental health and well-being.

Presenter: Barbara Isaman-Bushart, MSW; M.Div

**Registration is required.** Call Dawn Rivera at **585-271-1000**.

# Living Well Health, Wellness, & Fitness Programs

## Educational Outdoor Programs and Walks

Dress in layers, wear comfortable, durable shoes, and bring a bottle of water, sunscreen, hat, or insect repellent as needed. No pets are allowed. Programs will take place rain or shine, but will be stopped in the event of thunder and lightning.

Always talk to your doctor before starting any exercise program.

### Fungi and Foliage

**Rochester Museum & Science Center's Cumming Nature Center**  
**6472 Gulick Road, Naples**

**Friday, September 27**      **10 am–12 pm**      Program Code: **5524**

Experience fall in the Finger Lakes on this naturalist-led hike with expert Cumming Nature Center staff. Learn about the landscapes of the Finger Lakes, including seasonal fungi, tree species, and foraged teas. Participation includes entry to Cumming Nature Center, which participants are invited to enjoy at their leisure after the hike.

Adults only. The program will take place rain or shine but will move indoors in the event of thunder or lightening.

**Effort level:** Moderate—hiking on uneven terrain.

**This program is reserved for MVP members only.** There is no charge, compliments of MVP.

To register, call Marie Anselm at **585-327-3205**.

### Apples! Apples! Apples!

**Kirby's Farm Market**  
**9739 Ridge Road W., Brockport**

**Friday, October 11**      **10–11:30 am**      Program Code: **5550**

Learn about apple cultivation and nutrition benefits on a tour of this local destination orchard. Tour the orchard and pick your own apples by wagon ride, then enjoy an apple and cider tasting. With every bite and sip, you will appreciate New York's most popular fruit!

**Effort level:** Moderate—walking on uneven terrain. Must be able to get into and out of wagon with steps.

**Fee:** no charge for MVP members, \$5 for non-members

To register, call Marie Anselm at **585-327-3205**.

# Living Well Health, Wellness, & Fitness Programs

## MVP Creative Arts

Painting with a Twist

Greece Stone Ridge Plaza, 1586 W. Ridge Road, Greece

### Fall Wonderland

Friday, October 11

10 am–1 pm

Program Code: 5518

Let your inner artist shine and create your own masterpiece with step-by-step instruction. No art experience needed! All painting supplies and artist instruction are provided. No refunds are given if you cannot attend the class, but you may send someone else to attend the class in your place.

**Fee:** \$15 for MVP members, \$25 for non-members

**Class size is limited.** Call Cheryl Minchella at **585-327-5752** to register.



Follow MVP Health Care on Facebook to stay up-to-date on our health and wellness programs, community events, and how MVP is working to create the healthiest communities.

# Living Well Health, Wellness, & Fitness Programs

## Healthy Cooking Demonstrations at The Cooking School at Tops



### Eating Well for the Health of It!

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 eat well.

**MVP Members:** \$15 per class. Call Cheryl Minchella at **585-327-5752** to register.

**Non-Members:** Call The Cooking School at Tops at **585-663-5449** for class fees and to register.

No refunds are given for missed classes, but you may send someone else to attend a class in your place.

### Late Summer Bounty

Friday, September 13      11 am–1 pm      Program Code: 5197

With our gardens coming to an end for the season, learn how to make freezable soups and breads to last through the chilly fall months.

### Autumn Abundance

Friday, October 18      11 am–1 pm      Program Code: 5198

Chef Amie will be preparing dishes using seasonal vegetables to ensure your body is getting important vitamins and nutrients year 'round.

### Family Favorites Recipe Makover

Friday, November 15      11 am–1 pm      Program Code: 5199

Join Chef Amie as she recreates family favorites to be healthier and shares makeover tips.



# Living Well Health, Wellness, & Fitness Programs

## Seasonal Flavors Cooking Demonstration Classes at St. John's



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

Join us for cooking demonstrations and tastings highlighting local and seasonal produce. Classes sponsored by St. John's Dining Services and MVP Health Care.

Space is limited and **registration is required**. Call Dawn Rivera at **585-271-1000** to register.

### Seasonal Flavors Featuring Soups, Stews, and Chowders

Thursday, September 26 1–2:30 pm Program Code: 5191

### Seasonal Flavors Featuring Squash-tober Fest IV

Thursday, October 24 1–2:30 pm Program Code: 5192

### Seasonal Flavors Featuring Thanksgiving Made Healthy

Thursday, November 21 1–2:30 pm Program Code: 5193

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## Stuart's Spices Cooking Demonstration Classes



Stuart's Spices

754 Clinton Avenue S., Rochester

Join us for cooking demonstrations and tastings at Stuart's Spices, Rochester's source for locally ground spices and hand-crafted seasoning blends.

**Fee:** \$10 for MVP members; \$15 for non-members

**Registration is required.** Call Cheryl Minchella at **585-327-5752** to register.

Wednesday, September 18 1:30–3 pm Program Code: 5321

We have all heard that a Mediterranean diet is a healthy diet. What about the diet makes it healthy? And how can you flavor your food without adding calories and fat? One answer is using the right herbs and spices! Learn about the spice profiles common to the Mediterranean countries and how to easily incorporate them into your cooking. Explore the flavors of Morocco, the Middle East, Greece and North Africa. Food tastings will incorporate food from these countries.

Instructor: Vicki Finnefrock, Stuart's Spices