

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.

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*, 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 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 at the MVP Wellness Center

Bodies in Motion 🎯 Ongoing Fitness Class Program Code: 4775
Mondays and Wednesdays, April 16–June 20 9:30–10:30 am
No class May 28
MVP Member: **No charge**; Non-Member: \$95
Focus on joint range of motion, muscle strength and endurance, flexibility, agility, balance, and coordination.

SilverSneakers® Circuit 🎯 Ongoing Fitness Class Program Code: 4776
Mondays and Wednesdays, April 16–June 20 10:45–11:45 am
No class May 28
MVP Member: **No charge**; Non-Member: \$95
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 at the MVP Wellness Center

**Attracting Pollinators to Your Garden
(Butterflies, Bees, and Hummingbirds)** Program Code: 4802
Tuesday, March 13 1:00–2:30 pm
MVP Member: **No charge**; Non-Member: \$10
Now is the time to plan for spring and summer. Learn about the plants and environment needed to lure pollinators to your garden.
Presenter: Ken Harbison, Master Gardener

Tai Chi 🎯 Ongoing Fitness Class Program Code: 4766
Tuesdays, April 17–June 19 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.

Corn Hill Architecture & History Presentation Program Code: 4795
Tuesday, April 17 10 am–12 pm
MVP Member: **No charge**; Non-Member: \$10
Learn about the rich history and architecture of Corn Hill.
Presenter: Cynthia Howk, Architectural Research Coordinator, The Landmark Society of Western New York

Living Well Health, Wellness, & Fitness Classes

Let's Travel! Eastern Canada's National Parks Travelogue

Program Code: 4810

Tuesday, April 24

10:30 am–12:00 pm

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

Take a virtual tour of 12 Canadian National Parks in Eastern Canada, including the first Viking settlement, Bay of Fundy, Acadian history, and beautiful scenery.

Presenter: Ken Harbison

Local Author Lecture: *The Queen of the Bremen* Program Code: 4870

Tuesday, May 8

1:30–3:00 pm

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

Local author, Marlies Adams DiFante, will relate her incredible experience of being a U.S. child trapped in Nazi Germany during World War II. Books will be available for purchase after the lecture.

Let's Travel! Alaska Travelogue

Program Code: 4803

Tuesday, June 26

1:00–2:30 pm

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

View one of the most beautiful and wild places on earth, from majestic mountains, waterfalls, and glaciers, to the Northern Lights and wildlife galore.

Presenter: Ken Harbison

✓ Wednesdays at the MVP Wellness Center

Bodies in Motion Ongoing Fitness Class

Program Code: 4775

Mondays and Wednesdays, April 16–June 20

9:30–10:30 am

No class May 28

MVP Member: **No charge**; Non-Member: **\$95**

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

SilverSneakers® Circuit Ongoing Fitness Class Program Code: 4776

Mondays and Wednesdays, April 16–June 20

10:45–11:45 am

No class May 28

MVP Member: **No charge**; Non-Member: **\$95**

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.

Living Well Health, Wellness, & Fitness Classes

Let's Talk About Weight Loss

Program Code: 4790

Wednesday, March 14

1:30–3:00 pm

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

Test your weight loss knowledge and find out what is really fact or fiction at this fun and interactive class.

Presenter: MVP Community Health Educator

Real Estate for Older Adults

Program Code: 4951

Wednesday, April 25

1:30–3:00 pm

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

Thinking about downsizing? Wondering how to sell your home for maximum value? Not sure where to start? Learn strategies for selling in today's fast-paced, ever-changing real estate market.

Presenter: Karen Menachof, Caring Transitions

Everything You Need to Know About Downsizing and More!

Program Code: 4911

Wednesday, May 9

1:30–3:00 pm

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

Discuss the reasons for downsizing, how to do it yourself, available resources, and how to get started.

Presenter: Karen Menachof, Caring Transitions

Digital Photo Dilemma?

Program Code: 4908

Wednesday, May 23

1:30–3:00 pm

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

Join this fun and informative seminar to learn how to store, share, and print your digital photos.

Presenter: Daniel Jones, DanielTeaches.com

✓ **Thursdays at the MVP Wellness Center**

**Make Healthy Happen with the Experts—
a special *Living Well* program series**

See page 16 for details!

Living Well Health, Wellness, & Fitness Classes

✓ Fridays at the MVP Wellness Center

Argentine Tango: The Basics

Program Code: 4832

Fridays, April 6–May 11

10:45–11:45 am

MVP Member: **No charge**; Non-Member: **\$30**

Learn the basic dance vocabulary and music while practicing walking, balance, posture, and proper technique. A simple repertoire will get you dancing right away. Come with or without a partner. Smooth-soled shoes helpful.

Taught by Agustin “Gus” Ramos, Flower City Tango

Line Dancing Ongoing Fitness Class

Program Code: 4770

Fridays, April 20–June 22

9:30–10:30 am

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

Dulcimer Concert and Presentation with Mitzie Collins

Program Code: 4741

Friday, April 27

1:30–3:00 pm

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

Listen to renowned instrumentalist, Mitzie Collins, as she plays her hammered and mountain dulcimers, and gives a presentation about these beautiful instruments.

Featured *Living Well* Series at the MVP Wellness Center

Tai Chi for Arthritis

Program Code: 4740

8-week series, plan to attend all 16 sessions.

Mondays and Wednesdays, April 2–May 23

2–3 pm

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

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

Presenter: Certified Tai Chi for Arthritis Instructor

Living Well Health, Wellness, & Fitness Classes

Make Healthy Happen with the Experts

A special *Living Well* program series

Enjoy a healthy snack and join our expert speakers for a series of presentations that will give you tools to make better daily decisions for your well-being!

SNACK. CONNECT. LEARN.

Thursdays at the MVP Health Care Wellness Center

220 Alexander Street, Second Floor, Rochester

MVP Member: **No charge**; Non-Member: **\$10 per class**

To register, call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**).

Thyroid and Bone Health— What's the Connection?

Program Code: **4745**

Thursday, April 5

2–3 pm

Thyroid issues can increase with age, and some of these problems can affect your bone health. Learn how to recognize symptoms and what treatments are available.

Presenters: Anna Morreale, RN and Anne Finn, PT, Rochester Regional Health

Knowledge is Power: Breast Care and New Advances in Imaging Technology for Men and Women

Program Code: **4750**

Thursday, April 12

2–3 pm

Be empowered to make good decisions about screenings and follow-up treatments.

Presenter: Kathy Staunton, Elizabeth Wende Breast Care

Care for Your Joints and Keep Moving

Program Code: **4746**

Thursday, April 19

2–3 pm

Learn how to keep yourself functional and flexible.

Presenters: Anna Morreale, RN and Anne Finn, PT, Rochester Regional Health

Let's Talk About Back Care

Program Code: **4830**

Thursday, April 26

2–3 pm

This interactive program explores how to take care of your back and ways to reduce pain and injury.

Presenter: MVP Health Care Community Health Educator

Living Well Health, Wellness, & Fitness Classes

Ways to Deal with Pain

Program Code: 4747

Thursday, May 3

2–3 pm

Learn pain-relief techniques you can use in addition to medication.

Presenters: Anna Morreale, RN and Anne Finn, PT, Rochester Regional Health

Ask the Dietitian: About Pre and Probiotics

Program Code: 4954

Thursday, May 10

2–3 pm

Learn how these bacteria are good for your health.

Presenter: Diana Monaco, Registered Dietitian, FDA

Fit for Life!

Program Code: 4748

Thursday, May 17

2–3 pm

Learn gentle exercises designed to keep you fit and independent. Dress comfortably and be ready to move!

Presenters: Anna Morreale, RN and Anne Finn, PT, Rochester Regional Health

Depression: The Latest Treatments

Program Code: 4811

Thursday, May 24

2:00–3:30 pm

Learn to recognize symptoms of depression and how to make choices that have a positive effect on your health and well-being.

Presenter: Dylan Mariah, RN, Licensed MH Counselor



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 Classes

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. Registrants are expected to attend all sessions.

Brickstone by St. John's

1325 Elmwood Avenue, Rochester

Thursdays, April 26–June 28 10–11 am

Program Code: 4698

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

I-Square

400 Bakers Park, Rochester

Tuesdays, April 24–June 26 10–11 am

Program Code: 4760

Tuesdays, April 24–June 26 11:15 am–12:15 pm

Program Code: 4761

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

One Stitch at a Time: Knitting and Crocheting for Your Health

Studies show there are health and well-being benefits associated with knitting and crocheting, including improved eye-hand coordination, increased ability to focus, concentrate and problem solve, and a decrease in cognitive decline, stress, anxiety, depression, and chronic pain.

If you knit or crochet, join us as we engage in our craft to reap these benefits and learn other relaxation techniques. Each session begins with a relaxation exercise followed by an hour of yarn crafting and ends with a gentle stretching practice.

Basic knitting and crocheting skills required. Bring in your own new or current project. **Plan to attend all sessions.**

Brickstone by St. John's

1325 Elmwood Avenue, Rochester

Tuesdays, May 1–June 26 1:30–3:00 pm

Program Code: 4829

To register, call Cheryl Minchella at 585-327-5752.

Living Well Health, Wellness, & Fitness Classes

Living Well Programs in the Community

New Program and Location!

Pike Stained Glass Lecture and Studio Tour

Pike Stained Glass was founded in 1908 by William Pike. The 4,000 square foot studio is centrally located in downtown Rochester and has been run by the family for 110 years.

To register for the Pike Stained Glass programs, call Cheryl Minchella at **585-327-5752**.

Stained Glass Lecture at the MVP Health Care Wellness Center

Valerie O'Hara, Director of Pike Stained Glass Studios, will discuss the history of stained glass and the family's studio. See the many ways humans have expressed themselves through the medium of stained glass windows throughout history, and the effect of changing economic circumstances and artistic, religious, and social attitudes.

MVP Health Care 220 Alexander St., Second Floor, Rochester

Friday, June 1 11 am–12 pm

Program Code: **4969**

Pike Stained Glass Studio Tour

Learn how the Pike family started their stained glass business and continued it for 110 years and three generations. Enjoy a behind-the-scenes look at where stained glass windows are designed, and how they are fabricated and repaired.

Additional information about meeting place and parking will be sent prior to the tour.

Friday, June 22 11 am–12 pm

Program Code: **4912**

Salt-Free Cooking

Back by popular demand—sample salt-free dishes and learn tips for using herbs, spices, and seasoning blends to make the most of your cooking while reducing your salt intake.

Instructor: Vicki Finnefrock, Stuart's Spices

Stuart's Spices

754 Clinton Avenue S., Rochester

Thursday, May 17 1:30–3:00 pm

Program Code: **4952**

MVP Member: **\$10**; Non-Member: **\$15**

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

Living Well Health, Wellness, & Fitness Classes

Special *Living Well* Programming for Veterans Cooking with Heroes Hands-On Cooking Class: Lunch in Tuscany

Cooking with Heroes is a fun and educational cooking program run by veterans, for veterans!

Don't have time to fly to Italy for lunch? Join Chef Ellen Adams to learn how to prepare your own Italian feast!

EquiCenter **3247 Rush Mendon Road, Honeoye Falls**

Friday, May 18 **11:00 am–1:30 pm**

Program Code: 4871

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

Outdoor *Living Well* Programs

Dress in layers and wear comfortable shoes. Bring water, sunscreen, a hat, and bug spray as needed. Adults only; no pets. Programs will take place rain or shine, but will be stopped in the event of thunder or lightening.

There are no fees for these programs, compliments of MVP!

Registration is required. Call the phone numbers listed. Registrants will receive a confirmation letter with further instructions regarding a meeting place and parking prior to the classes.

Walking Tours with the Landmark Society of Western New York

To register, call Suzanne Feather at 585-327-5743.

Fairport Historic Walking Tour

Discover the history and architecture of the town of Fairport.

Led by Cynthia Howk of The Landmark Society.

Intensity: Moderate—must be able to stand and walk approximately 1.5–2 miles on sidewalks, some of which can be uneven.

Tuesday, June 12 **10 am–12 pm**

Program Code: 4791

Canandaigua Historic Walking Tour

Enjoy the unique sights of the popular Finger Lakes city of Canandaigua.

Led by Cynthia Howk of The Landmark Society.

Intensity: Moderate—must be able to stand and walk approximately 1.5–2 miles on sidewalks, some of which can be uneven.

Tuesday, June 19 **10 am–12 pm**

Program Code: 4792

Living Well Health, Wellness, & Fitness Classes

Granger Homestead and Carriage Museum Tour

Join a museum docent in a guided tour of the historic Granger Homestead and barn in Canandaigua.

Intensity: Moderate—must be able to climb stairs, stand, and walk inside the homestead, and around the grounds over uneven terrain.

295 N. Main Street, Canandaigua

Tuesday, June 19 1–3 pm

Program Code: 4809

Registration is required. Call Suzanne Feather at 585-327-5743.

Spring Hawk Migration and Live Raptor Presentation at Braddock Bay Park

Gather at the hawk watch area at Braddock Bay Park to learn about the hawks, eagles, and falcons that grace our skies during spring migration. Meet some of our local birds of prey!

Presenter: Deana Ford, Braddock Bay Raptor Research

Intensity: Easy/moderate—a short walk over uneven ground.

Braddock Bay Park

199 E. Manitou Road, Greece

Friday, April 20 10 am–12 pm

Program Code: 4869

Registration is required. Call Suzanne Feather at 585-327-5743.

MVP Striders Walking Club by The Lake

Make a date with fitness and walk your way to wellness! As an MVP Strider, you will reap the many benefits of walking 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!

Join the group at any time! Always talk to your doctor before starting any exercise program.

Durand Eastman Park

Lake Shore Boulevard, Rochester

Wednesdays, June 6–27 9:30–10:30 am

Program Code: 4813

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



Living Well Health, Wellness, & Fitness Classes

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.

Registration is required. 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 will be given priority.**

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

Please send your class fee 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.

Spring Casseroles

Enjoy easy and delicious one-dish recipes to welcome spring!

Friday, April 13 1–3 pm

Program Code: 4799

Ancient Grains Made New

Rediscover delicious and nutritious ancient grains.

Friday, May 11 1–3 pm

Program Code: 4800

A Taste of Spain

Enjoy cooking exciting dishes from Spain, made easier.

Friday, June 8 1–3 pm

Program Code: 4801

Seasonal Flavors Cooking Demonstration Classes at St. John's Meadows/Briarwood



1 Johnsarbor Drive W., Rochester

Join us for cooking demonstrations and tastings highlighting local and seasonal produce. Participants will receive a booklet of recipes. Program 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. Be sure to reference the program code of each class. If a class is full, you may be placed on a waiting list.

Seasonal Flavors Featuring Meatless Pizza

Thursday, May 3 1:00–2:30 pm

Program Code: 4895

Living Well Health, Wellness, & Fitness Classes

Cooking Demonstration Classes at St. John's Meadows/Briarwood continued:

Seasonal Flavors Featuring Ancient Grains & Specialty Breads

Thursday, June 7 1:00–2:30 pm

Program Code: 4894

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.

Registration is required. MVP members call Cheryl Minchella at 585-327-5752. Please have your MVP Member ID number and the program code. If a class is full, you may be placed on a waiting list. Non-members call The Cooking School at Tops at 585-663-5449.

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

MVP members: \$15; Non-members: call The Cooking School at Tops for fee

Clever Kitchen Hacks for 2018

People who frequently cook meals at home eat healthier and consume fewer calories. Chef Amie will share a variety of clever culinary tricks to help you plan ahead and master getting healthy meals on the table.

Friday, April 20 11 am–1 pm

Program Code: 4970

Cooking for One or Two

Cooking for one or two has some unique challenges, especially when it comes to eating healthy. Chef Amie will share some ideas for being more efficient when planning and cooking meals, to help you streamline and maintain good eating habits.

Friday, May 11 11 am–1 pm

Program Code: 4974

Summer Solstice Party

The Summer Solstice, the longest day of the year, is June 20. Join Chef Amie in getting summer off to a healthy start with these fresh, almost no-cook recipes, to share and celebrate with friends and family.

Friday, June 15 11 am–1 pm

Program Code: 4975