

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.

Wednesdays at the MVP Wellness Center

Let's Travel! Adirondack Quest Travelogue

Program Code: 5186

June 12 10-11 am

Get a glimpse of paths less-traveled in the Adirondacks. Learn about the Adirondack Quest, a program to encourage people to experience the diversity and natural beauty of the Adirondack State Park, and how you can participate. Typical recreational activities are hiking, backpacking, camping, canoeing, snowshoeing, and mountain biking.

Presenter: Ken Harbison

Thursdays at the MVP Wellness Center

"Can-Do" Social Dancing

Program Code: 5253

April 25–June 27 2-3 pm (no class May 9 and May 16)

Gain the health benefits of dancing—improvements in cardiovascular health, balance, flexibility, and memory— as you learn social dances in a group setting, with an emphasis on Swing dance. If you can walk, you can dance!

Instructor: Esther Brill

Fridays at the MVP Wellness Center

Line Dancing

Program Code: 5254

April 26–June 28 9:30-10:30 pm (no class May 3 and May 10)

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

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/money order to:
ATTN: HEALTH AND WELLNESS PROGRAMS
MVP HEALTH CARE
220 ALEXANDER ST
ROCHESTER, NY 14607-4002

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.

Changes coming to the MVP Health Care Wellness Center New Year! New Fitness Opportunities!

2019 is an exciting time of transition for our Rochester Wellness Center programs. There will be changes to some of our regularly scheduled classes, as well as new offerings in the months ahead. The Medicare Community Health Promotion team is committed to bringing relevant, dynamic fitness programs to our members and the community!

We want to hear from you!

As we update our fitness class schedule, we'd like to know what kind of programming would interest you. Answer the questions below either by email to manselm@mvphealthcare.com, or by mail to the address above. We appreciate your feedback!

1. Which fitness programs would you be most likely to attend?

- Dance Strength and Resistance Training Cardio Yoga
 Tai Chi/QiGong Other: _____

2. What time of day are you most likely to attend fitness classes?

- Mornings: 8 am–12 pm Afternoons: 12–4 pm Evenings: 4–7 pm

3. Where do you prefer to attend MVP fitness classes?

- MVP Wellness Center, Rochester A private fitness studio
 A community location setting Other: _____

Other thoughts on MVP Wellness Center program opportunities:

Living Well Health, Wellness, & Fitness Classes

Ongoing *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 Health Care.

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

Brickstone by St. John's

1325 Elmwood Avenue, Rochester

Thursdays, May 2–June 20 10–11 am

Program Code: 5147

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

I-Square

400 Bakers Park, Rochester

Tuesdays, April 30–June 18 10–11 am

Program Code: 5136

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. Wear loose, comfortable clothing and bring a yoga mat.

Always talk to your doctor before taking any exercise class.

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.

I-Square

400 Bakers Park, Rochester

Tuesdays, April 30–June 18 11:15 am–12:15 pm

Program Code: 5137

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

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 snow or shine, but will be stopped in the event of thunder and lightning.

There is no fee for this program, compliments of MVP Health Care.

Channing H. Philbrick Park Hike

In partnership with L.L. Bean Outdoor Discovery School

Channing H. Philbrick Park

1 Linear Park Drive, Penfield

Wednesday, April 24

1–2 pm

Program Code: 5217

Enjoy the start of spring on this guided hike along Irondequoit Creek led by an experienced L.L. Bean guide.

Intensity: Moderate—walking on trails with some uneven ground.

Registration is required. Call Marie Anselm at 585-327-2305.

Registrants will receive a confirmation letter with further instructions regarding meeting place and parking prior to the class. Please arrive 15 minutes before the scheduled program start time.

MVP Striders Walking Club—at Two Locations!

Make a date with fitness and walk your way to wellness! The MVP Striders Club is a free walking program for adults led by the Medicare Community Health Promotion team. As an MVP Strider, you will reap the many benefits of walking while connecting with a great group of people. Receive and MVP Striders Walking Kit to help you on the road to success!



Striders by the Lake at Durand Eastman Park

Lakeshore Boulevard, Rochester

Wednesdays, May 1–July 24 9–10 am

Program Code: 5178

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

Striders Walking Club Canandaigua

Kershaw Park, 155 Lakeshore Drive, Canandaigua

Tuesdays, June 25–July 30 9:30–10:30 am

Program Code: 5187

Registration is required. Call Marie Anselm at 585-327-2305.

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(Educational Outdoor Programs and Walks, continued from page 19)

Kittelberger's Behind the Scenes Tour and Flower Demo

Kittelberger Florist and Gifts

263 North Avenue (Route 250), Webster

Monday, June 3 1–3 pm

Program Code: 5128

Family owned and operated since 1928, join Kittelberger's staff for a walking tour of the store, greenhouse, and behind-the-scenes buildings, and then enjoy a flower arranging demonstration of the fresh blooms and greenery.

Presenter: Michael Miller, tour guide and florist

Intensity: Easy to moderate—participants must be able to stand and walk for at least two hours.

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

MVP Creative Arts

Painting with a Twist—Webster

Lavender and Pink Wisteria

Webster Woods Plaza

807 Ridge Road, Webster

Friday, April 5 10 am–1 pm

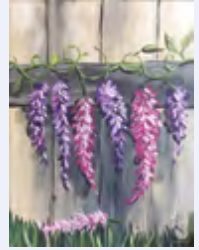
Program Code: 5223

MVP Members: \$15; Non-members: \$25

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.

Class size is limited and registration is required.

Call Cheryl Minchella at 585-327-5752.



Get Gardening Series

This series will provide valuable knowledge for you to reap the most from your garden, no matter your skill level.

Space for these programs is limited and registration is required.

Call Marie Anselm at 585-327-2305.

Selecting Successful Seeds

Harris Seeds

355 Paul Road, Rochester

Wednesday, April 17 9:30–10:30 am

Program Code: 5247

Learn how to select the best seeds for your garden for successful growing, no matter what your growing conditions.

Presenter: Daniel Eggert

Garden Site Assessment

MVP Health Care Wellness Center

220 Alexander Street, Second Floor, Rochester

Wednesday, May 8 10–11 am

Program Code: 5185

Set up your garden for success with the tools to assess gardens and landscapes. Learn about soil properties, site mapping, water management, sun/shade, identity and state of existing plants, and wildlife considerations.

Presenter: Ken Harbison

Make and Take Container Gardens

Brickstone by St. John's

1325 Elmwood Avenue, Rochester

Wednesday, May 29 2:00–3:30 pm

Program Code: 5246

MVP Members: \$10; Non-members: \$15

Make and take your own container gardens! Dig into plant varieties that will thrive in a container and learn how to care for them for a low-maintenance, small space garden of your own.

Instructor: Marie Anselm

Garden Tour of Harris Seeds

Harris Seeds

355 Paul Road, Rochester

Wednesday, July 17 9:30–10:30 am

Program Code: 5270

Enjoy a tour of Harris Seeds' trial gardens to learn about a wide mixture of exciting plant varieties. Program will be held rain or shine but will be stopped in the event of thunder or lightning.

Instructor: Daniel Eggert

Healthy Cooking Demonstrations

Salt-Free Cooking

Stuart's Spices



754 Clinton Avenue S., Rochester

Wednesday, April 24 1:30–3:00 pm

Program Code: 5220

MVP Members: \$10; Non-members: \$15

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 Finnefrack, Stuart's Spices

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

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

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.

MVP Members: \$15 per class. **To register**, call Cheryl Minchella at 585-327-6752.

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.

Chocolate Spring Fling

Friday, April 12 11 am–1 pm

Program Code: 5194

Discover the many health benefits of chocolate as we experience it in every part of Chef Amie's menu.

Spring Splendor

Friday, May 17 11 am–1 pm

Program Code: 5195

Chef Amie will guide you through cooking with fresh herbs and spices to create healthy and flavorful meals using the best of what spring has to offer.

Restaurant Favorites Made Healthy

Friday, June 14 11 am–1 pm

Program Code: 5196

Join Chef Amie as she re-creates restaurant favorites to be healthier and easier to prepare at home.

Seasonal Flavors Cooking Demonstration Classes at St. John's

Brickstone by St. John's
1325 Elmwood Avenue, Rochester



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

Seasonal Flavors Featuring Mushroom Mania

Wednesday, May 22 1:00–2:30 pm Program Code: 5188

Seasonal Flavors Featuring Spring Herbs and Veggies

Wednesday, June 12 1:00–2:30 pm Program Code: 5189