

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

Let's Talk About Sickle Cell

Program Code: 4985

June 25 1:30–3:00 pm

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

During this interactive class we'll discuss Sickle Cell disease, the Sickle Cell trait, and what you can do to “live well” with these conditions.

Presenter: MVP Community Health Educator

Bodies in Motion Ongoing Fitness Class

Summer Session Mondays and Wednesdays

July 9–August 15 9:30–10:30 am

Program Code: 4777

MVP Member: **No charge**; Non-Member: **\$60**

Fall Session Mondays and Wednesdays

September 10–November 14 9:30–10:30 am

Program Code: 4779

MVP Member: **No charge**; Non-Member: **\$100**

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

Instructor: Bonnie Bitetti

SilverSneakers® Circuit Ongoing Fitness Class

Summer Session Mondays and Wednesdays

July 9–August 15 10:45–11:45 am

Program Code: 4778

MVP Member: **No charge**; Non-Member: **\$60**

Fall Session Mondays and Wednesdays

September 10–November 14 10:45–11:45 am

Program Code: 4780

MVP Member: **No charge**; Non-Member: **\$100**

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.

Instructor: Bonnie Bitetti

✓ Tuesdays at the MVP Wellness Center

Let's Travel! Alaska Travelogue

Program Code: 4803

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

Living Well Health, Wellness, & Fitness Classes

Tuesdays at the MVP Wellness Center continued.

Tai Chi 🎯 Ongoing Fitness Class

Summer Session

July 10–August 14 1:30–2:30 pm

Program Code: 4767

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

Fall Session

September 11–November 13 1:30–2:30 pm

Program Code: 4768

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.

Instructor: Raphaela McCormack

✓ Wednesdays at the MVP Wellness Center

Bodies in Motion 🎯 Ongoing Fitness Class

Summer Session Mondays and Wednesdays

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Instructor: Bonnie Bitetti

Living Well Health, Wellness, & Fitness Classes

Wednesdays at the MVP Wellness Center continued.

Let's Talk About Weight Loss

Program Code: 4790

July 11 10:00–11:30 am

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

Online Shopping Security

Program Code: 4923

October 3 1:30–3:00 pm

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

Whether you already shop online or are thinking about starting, learn important tips for a more secure online shopping experience at this informative seminar.

Presenter: Daniel Jones, DanielTeaches.com

✓ Thursdays at the MVP Wellness Center

Dreamweavers

Program Code: 5010

June 28 10:30am–12:00 pm

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

Learn how your subconscious mind may be using your dreams to help you problem-solve in your waking hours. You will also receive a Dream Journal.

Presenter: MVP Community Health Educator

"Can-Do" Social Dancing

Program Code: 5034

September 13–October 18 2–3 pm

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

Gain the health benefits of dancing (improved cardiovascular health, balance, flexibility, and memory) as you learn to Swing, Salsa, Country Two-Step, Waltz, and Foxtrot. If you can walk, you can dance! Come with or without a partner.

Instructors: Esther Brill and R.J. Ruble, Can-Do Dancing!

Living Well Health, Wellness, & Fitness Classes

✓ Fridays at the MVP Wellness Center

Line Dancing Ongoing Fitness Class

Fall Session

September 14–November 16 9:30–10:30 am

Program Code: 4772

No class September 28 or October 5

MVP Member: **No charge**; Non-Member: **\$40**

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.

Relaxation Breathing and Meditation for Health

Program Code: 4988

July 20 10:00–11:30 am

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

Learn different techniques to reduce your stress and take a mindful mini vacation.

Presenter: Dylan Mariah, RN, LMHC

Argentine Tango: Intermediate

Program Code: 5029

September 14–November 16 10:45–11:45 am

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

Build on the fundamentals learned in the "basics" class session. Move from ochos and walking to the cross, to the molinete ("grapevine", "windmill"). All students of the "basics" class and other experienced tango dancers are welcome. Come with or without a partner. Smooth-soled shoes helpful.

Basic skills required: walking to the cross, front and back ocho.

Led by Agustin "Gus" Ramos of Flower City Tango.

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!

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, September 13–November 15 10–11 am Program Code: 4699

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

I-Square

400 Bakers Park, Rochester

Tuesdays, September 11–November 13

Session 1: 10–11 am

Program Code: 4762

Session 2: 11:15 am–12:15 pm

Program Code: 4763

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

Living Well Health, Wellness, & Fitness Classes

MVP Makes Healthy Happen. All Ages! All Together! **New Special *Living Well* Intergenerational Programming**

These *Living Well* programs engage all generations and are brought to you compliments of MVP Health Care®. MVP members will receive priority registration; non-members may be placed on a waiting list.

Participants can bring up to two grandchildren to each class.

MVP Members: **\$10** for member and one grandchild, per class
\$15 for member and two grandchildren, per class

Non-Members: **\$15** for participant and one grandchild, per class
\$20 for participant and two grandchildren, per class

Seating is limited and registration is required. Call Cheryl Minchella at 585-327-5752. If a class is full, you may be placed on a waiting list.

Creative (and Healthy) Food Crafting for Grandparents and Grandkids

The Cooking School at Tops

3507 Mt. Read Boulevard, Rochester

Share quality time with your special guest as you “play” with your food and reinforce a positive, healthy eating lifestyle. Appropriate for children 6–10 years old.

Friday, July 20 10:00–11:30 am

Program Code: 5023

Easy Weaving

SewGreen@Rochester

438 W. Main Street, Rochester

Experience the joy of weaving on a small cardboard loom with a needle and yarn. Fun for ages five and up.

Tuesday, August 28 11 am–1 pm

Program Code: 5032

Fun with Felt

SewGreen@Rochester

438 W. Main Street, Rochester

Make a mask using felt, trim, buttons—your imagination is the limit! Fun for all ages.

Wednesday, August 29 1–3 pm

Program Code: 5033

MVP Makes Healthy Happen. All Ages! All Together! New Special *Living Well* Intergenerational Programming

This *Living Well* program engages all generations and is brought to you compliments of MVP Health Care®. MVP members will receive priority registration; non-members may be placed on a waiting list.

There is **no fee** for this program, compliments of MVP. Donations to Wild Wings are welcomed.

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

Wild Wings Nature Center Tour and Live Owl Presentation

Mendon Ponds Park

27 Pond Road, Honeoye Falls Meet at the gift shop

Enjoy a walking tour of the Nature Center grounds, viewing birds of prey and a bobcat. Then head into the classroom for a live owl presentation.

Presenter: Terry Kozakiewicz, Wild Wings

Intensity: Easy—a short walk on paved and level ground.

Friday, July 13 11am–12 pm

Program Code: 4998

New! Living Well at the Farmer's Market

Rochester Public Market

280 Union Street N., Rochester

Registrants will receive a confirmation letter with further instructions regarding meeting places prior to the class.

Fun with Food for All Ages

Thursday, July 12 10 am–12 pm (15 minute sessions) Program Code: 5060

Registration is required. Call the MVP Medicare Customer Care Center at 1-800-665-7924.

Stop by and make a quick and yummy snack in a cone.

Instructors: Diane Riesenberger and Suzanne Feather

Tour of the Rochester Public Market

Thursday, July 26 9–10 am

Program Code: 5061

Registration is required. Call the MVP Medicare Customer Care Center at 1-800-665-7924.

For more than a century, the Rochester Public Market has been one of the most iconic and interesting places in Rochester. This hour-long tour highlights the history of the market, its importance in the community, and ideas for buying and eating healthy!

Guide: Rochester Public Market staff

Intensity: Easy/Moderate—must be able to stand and walk for an hour on pavement.

Walworth Farm Market at Ginegaw Park

3600 Lorraine Drive, Walworth

Tuesday, July 17 3–6 pm

No registration required.

Stop by the MVP Health Care table for fun food demos, samples and recipes! An MVP Health Care Medicare Sales representative will be there to answer Medicare health insurance questions.

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 Health Care. Call the phone numbers listed with each program to register. Registrants will receive a confirmation letter with further instructions regarding meeting places and parking prior to the class. Please arrive 15 minutes before the scheduled program start time.

L.L. Bean Outdoor Discovery School Programs

There are **no fees** for these L.L. Bean programs, compliments of L.L. Bean and MVP Health Care.

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

Mendon Ponds Hike

Thursday, June 21 10 am–12 pm

Program Code: 4818

Hike with an experienced L.L. Bean guide through beautiful Mendon Ponds Park.

Intensity: Moderate—hiking on trails with some hills and uneven ground.

Corbett's Glen Hike

Thursday, July 19 10 am–12 pm

Program Code: 4819

Hike through the hills and valleys of Corbett's Glen Nature Park, led by an experienced L.L. Bean guide.

Intensity: Moderate to Vigorous—hiking on mulched trails with some steep hills and valleys.

Granger Homestead and Carriage Museum Tour

295 N. Main Street, Canandaigua

Tuesday, June 19 1–3 pm

Program Code: 4809

Join a museum docent on a guided tour of the historic Granger Homestead, carriage house, and barn.

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

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

Living Well Health, Wellness, & Fitness Classes

Kittelberger's Behind the Scenes Tour and Flower Demo

Kittelberger Florist and Gifts

263 North Avenue (Route 250), Webster

Monday, July 9 10 am–12 pm

Program Code: 5000

Family owned and operated since 1928, join Kittelberger's staff for a walking tour of the store, greenhouse, and behind-the-scenes buildings, then enjoy a flower arranging demonstration of the fresh blooms and greenery. Class participants receive a 10% discount on one item the day of the program.

Presenter: Michael Miller, tour guide and florist

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

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

Durand Eastman Park Guided Nature Walk

570 Lake Shore Blvd, Rochester (Meet at the Zoo Road parking lot)

Monday, July 16 9:30–11:00 am

Program Code: 5016

Join Cornell Cooperative Extension Master Gardener, Bob Beabout, for a walking tour of Durand Eastman Park. Learn about the park history as well as the trees and wildlife along the way.

Intensity: Easy to moderate—you will be walking on mostly level, unpaved trails with uneven ground.

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

MVP Striders Walking Club by the Lake

Durand Eastman Park Lake Shore Boulevard, Rochester

Wednesdays, September 12–October 3 9:30–10:30 am Program Code: 5019

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 MVP Medicare Health Promotion team. 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!

Always talk to your doctor before starting any exercise program.

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

New! MVP Creative Arts Programs

One Stitch at a Time: Knitting in the Round

Brickstone by St. John's

1325 Elmwood Avenue, Rochester

Tuesday, September 4 and Thursday, September 6

1:30–3:00 pm

(You must be able to attend both sessions)

Program Code: 5035

Studies show there are health and well-being benefits associated with knitting and crocheting, including increased ability to focus, concentrate, and problem solve, and a decline in stress, anxiety, and depression.

Join us as we engage in our craft and learn to “knit in the round” as you knit a hat in this beginner level class. The pattern will be provided in class.

Pre-requisite skills: You must be able to knit, purl, and bind off.

Please bring the following: Worsted weight yarn (#4), Size US 7 circular needle (16 inches), Size US 7 set of double pointed needles, stitch marker, yarn needle, button (size suitable for width of brim).

Instructor: Joan Metzger

Class size is limited and registration is required.

Call Cheryl Minchella at 585-327-5752.

Hats for Heroes: Knitting and Crocheting for a Cause

Brickstone by St. John's

1325 Elmwood Avenue, Rochester

Tuesdays, September 11–November 13 1:30–3:00 pm Program Code: 5030

If you know how to knit and/or crochet, join us as we make hats for our local veterans. All hats will be donated to the Veterans Outreach Center. Patterns will be provided or if you have a favorite hat pattern, feel free to use it. Yarn will also be provided, but donations of worsted weight yarn (#4) are being accepted.

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

Special *Living Well* Programming for Veterans

Cooking with Heroes Hands-On Cooking Class

Cooking with Heroes is a fun and educational cooking program run by veterans, for veterans! Classes are based on healthy and cost-efficient recipes that anyone wanting to improve their diet can make in their own kitchen.

Mexican Fiesta

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

Friday, September 14 **11:00 am–1:30 pm** Program Code: **4872**

Let's go south of the border for a Mexican fiesta! Learn to make a variety of favorite Mexican dishes, including fresh salsa, guacamole, vegetable and cheese quesadillas, chicken enchiladas, Mexican rice, grilled Mexican street corn, and dulce de leche cake. Olé!

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

Registration is required. Call the MVP Medicare Team at **1-800-324-3899**.

Stuart's Spices Cooking Demonstrations

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.

Instructor: Vicki Finnefrock, Stuart's Spices

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

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

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

Crockpot Cooking

Thursday, September 27 **1:30–3:00 pm** Program Code: **5027**

Busy? Need to get dinner on the table and avoid unhealthy take-out food? More cooks are looking to one-pot meals for easy assembly and clean-up. Sample one-pot main dishes that rely on quality spice blends for satisfying flavor.

Healthy Holiday Cooking

Wednesday, October 24 **1:30–3:00 pm** Program Code: **5028**

Trying to avoid high calorie, high salt, sugar-laden dishes for the holidays? Explore spice blends that can boost flavor while allowing you to cut back on diet-challenging ingredients.

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.

Call Dawn Rivera at 585-271-1000.

Seasonal Flavors Featuring Healthy and Low(er) Calorie Desserts

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

Thursday, July 12 1:00–2:30 pm

Program Code: 4896

Seasonal Flavors Featuring Healthy and Nourishing Soups

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

Thursday, September 13 1:00–2:30 pm

Program Code: 4897

Seasonal Flavors Featuring Squash-tober Fest III

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

Thursday, October 18 1:00–2:30 pm

Program Code: 4898

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



3507 Mt. Read Boulevard, Rochester

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

MVP members: **\$15**; Non-members: **call The Cooking School at Tops for fee**
Registration is required. MVP members call Cheryl Minchella at **585-327-5752**.
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.

Healthy Kitchen Tips

Friday, September 21 11 am–1 pm

Program Code: **5020**

Make life easier with clever and healthy kitchen tips. Discover a few chef secrets and favorite tricks to make your time in the kitchen enjoyable and successful.

Fall Comfort Fare Made Healthy

Friday, October 12 11 am–1 pm

Program Code: **5021**

You will reap the benefits of healthy eating and still feel the pleasures of fall comfort foods. You will want to cozy up with these hearty, healthy, and delicious recipes.



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.