

Rochester Well-Being Classes

The MVP Medicare Community Health Promotion team, in collaboration with our community partners, provides innovative health and well-being programs, educational opportunities, and physical activity programs that empower and motivate the individuals we serve to live healthy and vibrant lives.

Our programs incorporate these dimensions of wellness—physical, emotional, intellectual, spiritual, occupational, social, and environmental health—for a holistic approach to well-being.

Living Well programs are open to all unless otherwise indicated. Programs are low or no cost. Programs with fees are discounted for MVP members. MVP members receive priority registration for all *Living Well* programs, but may still be placed on a waiting list. Non-members may also be placed on a waiting list, depending on registration.

For programs with fees, checks payable to **MVP Health Care** should be sent at the time of registration to hold your place.

Please include the **Program Code** number in the memo line. No refunds for no-shows. Please allow 48 hours for cancellation.

Mail payments to:

ATTN: MEDICARE COMMUNITY HEALTH PROMOTION
MVP HEALTH CARE
220 ALEXANDER ST
ROCHESTER NY 14607

Space in *Living Well* classes is limited. Registration is required.

To register for a *Living Well* class:

- Call the MVP Medicare Customer Care Center at **1-800-665-7724** (TTY: 1-800-662-1220), or the phone number listed with the class.
- Visit mvphealthcare.com/RochesterPrograms. Refer to the **Program Code** for the class.

Living Well Classes at the MVP Health Care Wellness Center

MVP Health Care Wellness Center

220 Alexander Street, Second Floor, Rochester

Free parking is available on the second floor of the parking garage. Bring your parking ticket for validation.

Take the skyway from the parking garage to the main building and go straight across the atrium to the MVP Health Care reception area.

BOOM MUSCLE/BOOM MIND

MUSCLE incorporates exercises that boost overall fitness. Move through muscle conditioning blocks and cardio activity drills to improve strength and functional skills. MIND takes the best from yoga and Pilates, and combines them into one fusion class. Designed to relax the body and mind. The focus of this class is on core muscles, lower body strength, and balance.

Instructor: Marie Anselm

Tuesdays and Thursdays, April 21–June 25

9:30–10:30 am

Program Code: **5611**

Tai Chi

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. Wear soft-soled shoes.

Instructor: Lori Scime

Wednesdays, April 22–June 24

1:30–2:30 pm

Program Code: **5612**

Line Dancing

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

Fridays, April 24–June 26

9:30–10:30 am

Program Code: **5613**

Living Well Ongoing 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.

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

1325 Elmwood Avenue, Rochester

Thursdays, April 30–June 18

10–11 am

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

Program Code: **5571**

I-Square

400 Bakers Park, Rochester

Tuesdays, April 28–June 16

10–11 am

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

Program Code: **5573**

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 level: 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 and bring a yoga mat.

I-Square

400 Bakers Park, Rochester

Tuesdays, April 28–June 16

11:15 am–12:15 pm

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

Program Code: **5575**

Rochester Well-Being Classes

Educational Outdoor Programs

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.

MVP Striders Walking Club by the Lake

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. Reap the many benefits of walking while connecting with a great group of people. Receive an MVP Striders Walking Kit—including a t-shirt, pedometer, and more—to help you on the road to success.

Durand Eastman Park Program Code: 5584
Lakeshore Boulevard, Rochester

Wednesdays, May 13–July 15 9–10 am

There is **no cost** for this program. **Registration is required.**
Call Cheryl Minchella at **585-327-5752**.

Braddock Bay Raptor Migration

Meet some of our local birds of prey! 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. Bring your own binoculars or share a borrowed pair from Braddock Bay Raptor Research.

Intensity level: moderate—walking on uneven terrain in spring weather conditions. Adults only; no pets allowed.

Braddock Bay Park Program Code: 5610
199 E. Manitou Road, Greece

Wednesday, April 29 10 am–12 pm

Open to MVP members and non-members. There is **no cost** for this program. **Registration is required.** Call Marie Anselm at **585-327-2305**.

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

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

Seasonal Flavors Featuring Breakfast

Brickstone by St. John's Program Code: 5598
1325 Elmwood Avenue, Rochester

Wednesday, May 20 1–2:30 pm

Seasonal Flavors Featuring Meatless Main Meals

Brickstone by St. John's Program Code: 5599
1325 Elmwood Avenue, Rochester

Wednesday, June 24 1–2:30 pm

There is **no cost** for these classes. **Registration is required.**
Call Dawn Rivera at **585-271-1000**.

MVP Creative Arts

Painting with a Twist: Rochester's Municipal Park

Create your own masterpiece with step-by-step instruction, no art experience needed! All supplies and instruction are provided.



Painting with a Twist Program Code: 5601
1586 W. Ridge Road, Stone Ridge Plaza, Greece

Wednesday, May 6 10 am–1 pm

Fee: \$15 for MVP members; \$25 for non-members
Registration is required. Call Cheryl Minchella at **585-327-5752**.
No refunds are given if you cannot attend the class, but you may send someone else to attend the class in your place.

Unique Educational Programs

Green Tea Class and Tasting

Discover green tea varieties, their origins, and how to prepare them, including how to whisk matcha. Enjoy tea samples and leave as an expert on green tea.

This class is reserved for MVP members only.

Leaf Tea Bar

650 South Avenue, Rochester

Monday, March 23 10–11:30 am Program Code: 5614

Monday, March 23 2:30–4 pm Program Code: 5615

There is **no cost** for this program. **Registration is required.**

Call Marie Anselm at **585-327-2305**.

Tour of the Susan B. Anthony Museum & House

The Museum & House was the home of the legendary American civil rights leader and the headquarters of the National American Woman Suffrage Association when Susan B. Anthony was its president. Visit the home where she lived and worked and be inspired by this champion of human rights for all.

This tour is reserved for MVP members only.

Susan B. Anthony Museum & House Program Code: 5608
17 Madison Street, Rochester

Friday, June 26 10–11 am

There is **no cost** for this program. **Registration is required.**

Call Cheryl Minchella at **585-327-5752**.

Get Gardening! Series

Whether you're a beginner or expert grower, these classes will provide you with valuable knowledge and hands-on learning for you to be active and successful in your garden this growing season.

Open to MVP members and non-members. **Registration is required.** Call Marie Anselm at **585-327-2305**.

Seed Starting Basics

Learn the basics of seed starting from experts at Harris Seeds. Gain the information you need to grow your own plants from seed and start seeds of your own in this class.

Harris Seeds Program Code: 5617
355 Paul Road, Rochester

Friday, March 20 10–11:30 am

There is **no cost** for this program.

Summer-Flowering Bulbs

Extend bloom times in your garden by planting summer-flowering bulbs. Learn to successfully plant bulbs that flower well past spring including dahlias, gladiolus, crocosmias, lilies, and more. Receive a surprise bulb to plant on your own!

MVP Health Care Program Code: 5618
220 Alexander Street, Rochester

Friday, April 24 10–11 am

There is **no cost** for this program.

Herb Container Garden

Make your own compact herb garden container to enjoy fresh herbs all season long. Learn how to care for your herbs and use them to bring excellent flavor to your favorite dishes. Containers, herbs, and potting materials provided.

Brickstone by St. John's Program Code: 5619
1325 Elmwood Avenue, Rochester

Friday, May 15 1:30–2:30 pm

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

Highland Park Conservancy Tour

Appreciate Rochester's iconic park on a tour with Highland Park Conservancy. Knowledgeable experts will lead a tour of Highland Park that showcases the park's history and botanical treasures.

Lamberton Conservatory Program Code: 5620
180 Reservoir Avenue, Rochester

Friday, June 12 9:30–11 am

Intensity level: moderate—walking on paved surface through hilly terrain.