



Living Well Programs

MVP Living Well programs are open to all unless otherwise noted. Most programs are free, compliments of MVP Health Care. Visit mvphealthcare.com/calendar to register for all classes. Space is limited and registration is required. Confirmation emails will be sent after registration is complete.

Registration for all Summer classes will open at 8 am on Tuesday, June 28.

Western NY In-Person Programs

Erie Canal Boat Company Bike & Kayak Rental Voucher

In partnership with Erie Canal Bike Company. Receive a \$20 voucher for use towards bike or kayak rentals this summer! One voucher per person, present voucher to Erie Canal Boat Company to redeem.

Program Code: 6361

July 1 through August 31

Erie Canal Bike Company: 7 Liftbridge Lane W, Fairport, NY 14450

Monroe County

Rochester Museum & Science Center Discount Days

In partnership with Rochester Museum & Science Center. MVP members can visit the museum at the discounted rate of \$8 per person for a group of up to six people courtesy of MVP.

Saturday, July 16; Saturday, August 13; Sunday, August 21

Rochester Museum & Science Center: 657 East Ave, Rochester, NY 14607



Monroe County

Line Dancing

Learn basic steps to several classic line dancing styles to be dancing in no time! No partner necessary, leather-soled shoes are encouraged.

Intensity Level: low to moderate; low impact movements performed standing over the course of an hour in climate-controlled space.

Instructor: Will Herzog

Program Code: 6330

Tuesdays, 9:30-10:30 am, July 12 through August 16

St. John's Brickstone: 1325 Elmwood Ave, Rochester, NY 14620

Monroe County

MVP Gentle Yoga Moves

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 and comfortable clothing and sneakers. This is a six-week in-person class that meets on Tuesdays.

Park and enter through the rear of the Imaginarium building.

Intensity Level: Easy to moderate; seated and standing options. No floorwork.

Instructor: Cheryl Minchella

Program Code: 6330

Tuesdays, 9:30-10:30 am, July 12 through August 16

I-Square: Imaginarium Building, 500 Bakers Park, Rochester, NY 14617

Monroe, Wayne, and Ontario counties



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Intensity Level: Easy to moderate; seated and standing options. No floorwork.

Instructor: Cheryl Minchella

Program Code: 6331

Tuesdays, 11 am-12 pm, July 12 through August 16

I-Square: Imaginarium Building, 500 Bakers Park, Rochester, NY 14617

Monroe, Wayne, and Ontario counties

The Ice Cream Tour at Mt. Hope Cemetery

A “novelty” tour about one of Rochester’s earliest businesses-the making and selling of ice cream and other sundries we continue to enjoy today! **MVP Members only.**

Park and meet at the South Entrance opposite the Distillery restaurant. Comfortable walking shoes recommended, not open sandals. This tour is not handicapped accessible.

Intensity Level: Easy to moderate; walking on paved paths with some hilly terrain.

Instructor: Friends of Mt. Hope Cemetery Tour Guide

Program Code: 6332

Thursday, July 14, 10-11:30 am

Mt. Hope Cemetery: South Entrance, 1133 Mt. Hope Avenue, Rochester, NY 14620

Monroe, Wayne, and Ontario counties



Seasonal Flavors: BBQ Favorites

In partnership with St. John's Dining Services. Join us for a cooking demonstration highlighting local and seasonal produce.

To register, call Stephanie Krebbeks/St. John's at 585-242-7005 or email at skrebbeks@stjohnsliving.org

Program Code: 6333

Wednesday, July 20, 1-2:30 pm

St. John's Meadows: Briarwood Building, Multi-Purpose Room, 1 Johnsarbor Drive West, Rochester, NY 14620

Monroe, Wayne, and Ontario counties

Susan B. Anthony Museum & Home Tour

Tour the home where Susan B. Anthony lived and worked and be inspired by this champion of human rights for all. **MVP Members only.**

Intensity Level: Easy; stairs and ramp available to enter the house.

Instructor: Susan B. Anthony Museum & House staff

Program Code: 6334

Friday, July 22, 11 am-12 pm

Susan B. Anthony Museum & House: 17 Madison Street, Rochester, NY 14608

Monroe, Wayne, and Ontario counties

Tinker Nature Park Summer Hike

Enjoy a summer hike through Tinker Nature Park's trails to see diverse ecosystems teeming with wildlife this summer.

Intensity level: low to moderate; trail is ADA complaint with little incline.

Instructor: Tinker Nature Park staff

Program Code: 6360



Friday, August 5, 9:30-10:30 am

Tinker Nature Center: 1525 Calkins Road, Henrietta, NY 14534

Monroe County