

Living Well Health, Wellness, and Fitness Programs



MVP wants to help you take on life and live well! We offer health education and physical activity programs at locations throughout the community. **Follow the registration instructions listed for each program site.**

Classes are **free or discounted** to MVP plan members. Registration is required.

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**), or
- Go to **www.mvphealthcare.com**, select *Members*, then *Live Healthy*, and then *Health Promotion Activities*.

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 subject 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, and Fitness Programs

Mondays

Bodies in Motion

▶ Ongoing Fitness Class
Mondays and Wednesdays

Summer Session

July 11–August 17
9:30–10:30 am

Program Code: 4134
MVP Member: No charge
Non-Member: \$60

Fall Session

September 12–November 16
9:30–10:30 am

Program Code: 4136
MVP Member: No charge
Non-Member: \$100

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

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A Matter of Balance

Plan to attend all eight sessions
Mondays and Wednesdays

July 11–August 3
10 am–12 pm

Program Code: 4145
MVP Member and
Non-Member: \$20

Learn to view falls and fear of falling as controllable. Set realistic goals to increase activity. Reduce fall risks at home. Exercise to increase strength and balance. Dress in comfortable clothing and wear sneakers.

Presenter: Lifespan

Payable by cash or check payable to Lifespan.

SilverSneakers Circuit

▶ Ongoing Fitness Class
Mondays and Wednesdays

Summer Session

July 11–August 17
10:45–11:45 am

Program Code: 4135
MVP Member: No charge
Non-Member: \$60

Fall Session

September 12–November 16
10:45–11:45 am

Program Code: 4137
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.

Living Well Health, Wellness, and Fitness Programs

Tuesdays

Tai Chi

▶ Ongoing Fitness Class

Summer Session

July 12–August 16

1:30–2:30 pm

Program Code: 4138

MVP Member: No charge

Non-Member: \$30

Fall Session

September 13–November 15

1:30–2:30 pm

Program Code: 4139

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.

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Orthopaedics— Hand and Wrist

September 13

2–3 pm

Program Code: 4188

**MVP Member and
Non-Member: No Charge**

Learn common symptoms for hand and wrist pain and review surgical and non-surgical treatment options.

Presenter: Peter Ronchetti, MD,
Rochester Regional Health

Wednesdays

Bodies in Motion

▶ Ongoing Fitness Class

Mondays and Wednesdays

Summer Session

July 11–August 17

9:30–10:30 am

Program Code: 4134

MVP Member: No charge

Non-Member: \$60

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Exercise to increase strength and balance. Dress in comfortable clothing and wear sneakers.

Presenter: Lifespan

**Payable by cash or check
payable to Lifespan.**

Living Well Health, Wellness, and Fitness Programs

Wednesdays *(continued)*

SilverSneakers Circuit

▶ Ongoing Fitness Class
Mondays and Wednesdays

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10:45–11:45 am

Program Code: 4135

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Non-Member: \$60

Fall Session

September 12–November 16

10:45–11:45 am

Program Code: 4137

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.

All About Alpacas

September 28

10–11 am

Program Code: 4085

MVP Member: No charge

Non-Member: \$10

Everything you ever wanted to know about alpacas—raising the animals, different breeds, their habits, sheering and spinning their fleece and the variety of products that are made from it.

Presenter:

Michael Rosario-McCabe,
Cloverfield Farm

Thursdays

NEW FITNESS CLASS

MVP Bokwa®

Summer Session

July 14–August 18 10:30–11:30 am

Program Code: 4195

Fall Session

September 15–November 17

10:30–11:30 am

Program Code: 4196

MVP Member and

Non-Member: No charge

Bokwa is dance, fitness, and fun! This energizing cardio routine uses the shape of alphabet letters and numbers for dance steps. It is also good for keeping your brain healthy and sharp. Bokwa is an easy and wonderful fitness program for all ages!

Fridays

Line Dancing

▶ Ongoing Fitness Class

Summer Session

July 15–August 5 9:30–10:30 am

Program Code: 4140

MVP Member: No charge

Non-Member: \$20

Fall Session

September 16–November 18

9:30–10:30 am

Program Code: 4141

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.

Living Well Health, Wellness, and Fitness Programs

Westside YMCA MVP Health Care Living Well Center

920 Elmgrove Road, Rochester

The MVP Health Care Living Well Center is a partnership between MVP, the YMCA, the United Way, and Lifespan. The purpose of the Center is to promote successful aging by providing an engaging atmosphere that creates a sense of community and encourages life-long learning.

To register for classes, call the Westside YMCA MVP Living Well Center at **585-341-3075**. Be sure to refer to the Program Code for each class.

Secrets to Successful Aging

Tuesday, June 21 12:30–1:30 pm

Program Code: 3973

Genetics play a role in our health, but there are many factors that are under our control to lead a longer, healthier, and, hopefully, happier life.

Presenter: MVP Community Health Educator

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Let's Travel—Hawaii Travelogue

Tuesday, September 20 12:30–2:00 pm

Program Code: 4079

Come along on a “tour” of the beautiful islands of Hawaii—no sunscreen required!

Presenter: Ken Harbison

CONTINUING ONGOING FITNESS CLASS

MVP Gentle Yoga Moves

St. John's Brickstone, 1325 Elmwood Ave., Rochester

Thursdays, September 15–November 17 10–11am **Program Code: 3754**

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 series of seated and standing yoga poses. Wear loose, comfortable clothing and sneakers.

All are welcome! Compliments of MVP Health Care and St. John's.

Class size is limited and registration is required. To register, call Dawn Rivera at **585-271-1000**.

Always talk to your doctor before taking any exercise class.

Living Well Health, Wellness, and Fitness Programs

NEW LIVING WELL ONGOING FITNESS CLASS AND LOCATION

MVP Tai Chi Moves

Palmyra Community Center, 424 Stafford St., Palmyra

Tai Chi Moves Demonstration

Wednesday, September 7 10:15–11:00 am

Program Code: 4147

Tai Chi Moves Weekly Classes

Thursdays, October 13–November 17 9–10 am

Program Code: 4146

Are you interested in finding out what Tai Chi is all about? MVP Tai Chi Moves is an introductory workshop that will focus on several linked postures of Tai Chi and offer background on the theory and body mechanics of the practice.

Tai Chi can be used for relaxation, meditation, and improving posture and body strength. Wear loose, comfortable clothing and sneakers.

Presenter: Ron Nigro

All are welcome! Class size is limited and registration is required. To register call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**), or visit **www.mvphealthcare.com**, select *Members*, then *Live Healthy*, and then *Health Promotion Activities*.

JOIN US FOR NEW OUTDOOR LIVING WELL PROGRAMS!

MVP Striders Club in the Park

Fellows Park, 499 Fellows Road, Fairport

Wednesdays, August 3–31 9–10 am

Program Code: 3961

Make a date with fitness and walk your way to wellness! The MVP Striders Club is a free walking program 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!

Be sure to bring a bottle of water, sunscreen, hat, or insect repellent as needed. Dress in layers and wear comfortable, durable shoes.

No pets are allowed. Walks will take place rain or shine, but will be canceled in the event of thunder and lightning.

Join the group at any time! Registration is required—call Suzanne Feather at **585-327-5743**.

Always talk to your doctor before taking any exercise class.

Living Well Health, Wellness, and Fitness Programs

JOIN US FOR NEW OUTDOOR LIVING WELL PROGRAMS!

L.L. Bean Outdoor Discovery School Programs

MVP Medicare Health Promotion, in partnership with L.L. Bean Outdoor Discovery School, brings exciting new outdoor experiences to our Living Well programs!

All programs take place outdoors and are led by an experienced L.L. Bean guide. 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.

There are **no fees** for these programs, compliments of MVP. Registration is required—call Suzanne Feather at **585-327-5743**.

Fly Tying

L.L. Bean, 60 Eastview Mall Drive, Victor

Wednesday, July 6 10–11am

Program Code: 4100

Want to learn a new hobby? Want to be a better angler? Learn the art of fly tying with our expert casters.

Intensity: Easy—you will be sitting.

Fly Casting

L.L. Bean, 60 Eastview Mall Drive, Victor

Thursday, July 28 10–11am

Program Code: 4101

Learn the four-part cast, tips about casting, and take some time to practice and perfect your cast.

Intensity: Easy—you will be sitting.

Bird Watching Hike

Mary Frances Bluebird Sanctuary, 235 County Road 9, Victor

Friday, August 19 10–11am

Program Code: 4102

Walk through the park and learn about area birds. Bring your binoculars!

Intensity: Moderate—you may be walking on a mix of paths and trails.

Living Well Health, Wellness, and Fitness Programs



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

3507 Mt. Read Boulevard, Rochester

This series provides you with the resources and tools to help you learn how to eat healthy and well! MVP members may be able to use their HealthDollarsSM for reimbursement of these class fees.

MVP members: To register, call Cheryl Minchella at **585-327-5752** or email **cminchella@mvphealthcare.com**. Please have your Member ID number and the program code. If a class is full, you may be placed on a waiting list.

Non-members: To register, call The Cooking School at Tops at **585-663-5449**.

Savory Summer Market Bowls

Friday, July 15 11am-1pm

Program Code: 4114

The best way to eat healthy is to cook at home. And the best ingredients are found at your local farmer's market! Join Personal Chef Brenda Monahan as she shares new, healthy ways to enjoy summer's colorful bounty!

MVP members: \$10

Non-members: Call the Cooking School at Tops for fee

Rethink Breakfast: The Most Important Meal of the Day

Friday, September 23 11am-1pm

Program Code: 4115

Good morning! Personal Chef Brenda Monahan will help you re-think breakfast, using whole grains in new ways and savory versus sweet foods, and help you cut down on eggs, bacon, cold cereal, or pizza. These new breakfast staples will keep you full until lunch.

MVP members: \$10

Non-members: Call the Cooking School at Tops for fee

Living Well Health, Wellness, and Fitness Programs

***Eat Smart* Interactive Classes at the New York Wine and Culinary Center (NYWCC) 800 South Main St., Canandaigua**

Includes hands-on cooking and cooking instruction at the New York Wine and Culinary Center. Come prepared to cook and eat! MVP members may be able to use their HealthDollars™ for reimbursement of class fees after the class occurs.

To register or cancel: call Suzanne Feather at **585-327-5743**.

Please have your MVP Member ID number (if applicable) and the Program Code. If a class is full, you may be placed on a waiting list.

MVP members: \$20; Non-members: \$40

Checks are payable to **MVP Health Care** and should be sent in at the time of registration to hold a seat.

Mail checks to: Attn: Eat Smart Series, MVP Health Care,
220 Alexander St., Rochester, NY 14607

No refunds are given for missed classes. Please call Suzanne Feather at **585-327-5743** to cancel your reservation or if you would like to send someone else in your place.

Plan to cook and sample all of the recipes.

Pasta Making (Hands-On Kitchen)

Friday, September 23 1–3 pm

Program Code: 3866

The ingredients for making homemade pasta are very basic—eggs and flour—yet very few of us take the time to mix and roll pasta dough. You will work in small groups to create a variety of fresh pastas. Never buy boxed pasta again!

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Seafood Savvy (Hands-On Kitchen)

Friday, October 7 1–3 pm

Program Code: 3971

We all know that seafood is good for us, but sometimes it is expensive, too. Learn to make seafood dishes that are both budget-friendly and delicious.

Living Well Health, Wellness, and Fitness Programs

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

1 Johnsarbor Drive West, Rochester

Join us for cooking demonstrations and tastings highlighting local and seasonal produce. Receive a booklet of recipes and a seasonal produce guide. Sponsored by St. John's Dining Services and MVP Health Care.

To register, call Dawn Rivera at **585-271-1000**. Be sure to reference the Program Code for each class. If a class is full, you may be placed on a waiting list.

Seasonal Flavors Featuring Summer Wraps and Panini

Thursday, July 14 1:00-2:30 pm

Program Code: 3941

Class will be held at St. John's Brickstone, 1325 Elmwood Avenue

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Seasonal Flavors Featuring Bisques and Chowders

Thursday, September 22 1:00-2:30 pm

Program Code: 3942

Around the World Tour

Hart's Local Grocers, 10 Wintrop Street, Rochester

Monday, September 26 10am-12 pm

Program Code: 4071

Go station-to-station as artisans and expert chefs highlight the different treasures available at Hart's. Whether you are a "foodie" or just want to know more about food in general, this tour is for you. Enjoy free food samples! Off-street parking is available at the store.

Registration is required. Call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY: **1-800-662-1220**), or visit **www.mvphealthcare.com** and select *Members*, then *Live Healthy*, and then *Health Promotion Activities*.