

Living Well Programs Schedule

Most programs are free unless otherwise noted, and offered to all members and non-members alike, compliments of MVP.

Registration for all classes will open at 9 am on Tuesday, June 25.

Visit mvphealthcare.com/calendar to register for all classes and for full class details. Space is limited and registration is required.

For questions or assistance registering for classes, call the MVP Medicare Customer Care Center at 1-800-665-7924 (TTY 711). Class schedules are subject to change.

Western New York In-Person Programs

Always check with your doctor before beginning an exercise program. For accommodations of persons with special needs, call 1-800-665-7924 (TTY 711).

Striders Walking Club

Tuesdays, June 4–August 13 9:30–10:30 am

Perinton Park
99 O'Connor Road, Fairport

Wednesdays, June 5–August 14 9:30–10:30 am

Kershaw Park
155 Lakeshore Drive, Canandaigua

Move through strength and balance exercises, walk at your own pace, and reap the benefits of walking.

Bay Creek Paddle Voucher

July 1–August 31

Bay Creek Paddle Center
1099 Empire Blvd, Rochester

In partnership with Bay Creek Paddling Center. Receive a \$20 voucher for use toward kayak rentals this summer. One voucher per person.

Intermediate Line Dancing

Tuesdays, July 9–August 13 9:30–10:30 am

St. John's Brickstone
1325 Elmwood Avenue, Rochester

Take your dancing up a step in this intermediate class. Common dance moves will be performed in intermediate combinations and rhythms. No partner required.

Feeling Fit

Thursdays, July 11–August 8 11:15 am–12 pm

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

This low impact workout tones, sculpts, and energizes the body using light hand weights, tubes, and even chairs, so that you can work at a pace that is right for you.

Highland Park Tour

Friday, July 12 9:30–10:30 am

Highland Park
180 Reservoir Avenue, Rochester

In partnership with Highland Park Conservancy. Learn about the history of Highland Park along with its many tree and plant species.

Sonnenberg Gardens Tour

Wednesday, July 24 1–3 pm

Sonnenberg Gardens
250 Gibson Street, Canandaigua

Learn about the history of Sonnenberg Gardens on a tour of the estate. This accessible tour allows for walking opportunities and/or tram service.

Hike at Crescent Trail

Friday, August 9 9:30–10:45 am

Crescent Trail Howell Road Park Trailhead
Howell Road, Fairport

Explore the woods in summer and spot insects, wildflowers, and native woodland plants.

Visit mvphealthcare.com/calendar to see more program opportunities in these regions and to register online for all classes!



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