

Western New York In-Person Programs

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

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

Register online for all classes at: mvphealthcare.com/calendar.

Registration is required and space is limited.

GROS Orchid Show Admission Voucher

Friday, March 28-Sunday, March 30

657 East Ave, Rochester

Brighten your day with a complimentary show admission voucher to view and learn about orchids. One per person while supplies last.

Line Dancing

Tuesdays, April 8-June 17 9:30-10:30 am

No class May 6

St. John's Brickstone

1325 Elmwood Avenue, Rochester

Learn basic steps to several classic line dancing styles to be dancing in no time! No experience or partner necessary.

Feeling Fit

Thursdays, April 10-June 12 9:30-10:30 am

St. John's Brickstone

1325 Elmwood Avenue, 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! The class incorporates total body balance, stretching, and strengthening movements.

Sights and Signs of Spring Hike

Wednesday, May 7

2-3 pm

RMSC Cumming Nature Center

6472 Gulick Road, Naples

Discover the signs of spring in the woods on this hike led by an expert naturalist.

Potted Herbs and Flowers

Wednesday, May 21

11 am-12 pm

St. John's Brickstone

1325 Elmwood Avenue, Rochester

Make your own potted herb and flower garden. Learn garden container basics and get healthy recipes to use your home-grown herbs in.

Striders Walking Club at Perinton Park

Tuesdays, May 27-August 12 9:30-10:30 am

Perinton Park, 99 O'Connor Road, Fairport

Move through strength and balance exercises and walk at your own pace.

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Striders Walking Club at Kershaw Park

Wednesdays, May 28-August 13 9:30–10:30 am

Kershaw Park

155 Lakeshore Drive, Canandaigua

Move through strength and balance exercises and walk at your own pace.

Nature Hike

Tuesday, June 10

2–3 pm

Helmer Nature Center

154 Pinegrove Avenue, Irondequoit

Hike through the woods with a focus on spotting seasonal flora and fauna.

Tour of Sunken Gardens

Friday, June 13

9:30–10:30 am

Warner Castle

5 Castle Park, Highland Park, Rochester

Discover the signs of spring in the woods on this hike led by an expert naturalist.

CSA and Seed Starting Tour

Friday, May 9

10–11:30 am

Kirby's Farm Market

9739 W Ridge Road, Brockport

Learn about Community Supported Agriculture and engage with a family-owned farm to plant your own seeds at the start of the growing season.

Lavender Farm Tour

Wednesday, June 18

1:30–2:30 pm

Bristol Hills Lavender & Flower Farm

8361 State Route 5 & 20, Bloomfield

Join us at Bristol Hills Lavender & Flower Farm to learn about how lavender is grown and how it can be incorporated into a relaxation routine.

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

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