In-Person Western New York

Striders Perinton Park

Tuesdays
September 8–November 10 **9:30–10:30 am**
Perinton Park
99 O'Connor Road, Fairport

Make a date with fitness and walk your way to wellness! The MVP Striders Walking Club is a free walking program. As an MVP Strider you will move through strength and balance exercises, walk at your own pace, and reap the many benefits of walking.

Striders Kershaw Park

Wednesdays
September 9–November 11 **9:30–10:30 am**
Kershaw Park
155 Lakeshore Drive, Canandaigua

Make a date with fitness and walk your way to wellness! The MVP Striders Walking Club is a free walking program. As an MVP Strider you will move through strength and balance exercises, walk at your own pace, and reap the many benefits of walking.

Men's Lunch Speaker Series

Second Wednesday of the month
September 9–December 9 **12–1:30 pm**
Victor Parks and Recreation
7891 Leigh Crossing, Victor

If you're a retired gentleman looking for a reason to get out of the house, look no further. Come join us for lunch! This men's lunch group series will have a different speaker each week with light refreshments provided. Join us each month, or the months that interest you most, to get out and learn new things with new people.

Group Paddling Canoe Tour

Friday, September 18 **3:30–4:30 pm**
Bay Creek Paddling Center
1099 Empire Boulevard, Rochester

Grab a paddle and explore Irondequoit Bay in a large group canoe! The group will paddle together to explore Irondequoit Bay. Coordination is not required, but the canoe will be powered by participants paddling, so be prepared to chip in, though breaks are allowed! Life vests are required and will be provided, sunscreen and appropriate footwear and clothing are highly encouraged. Please give at least two days notice if you need to cancel.

Autumn Hike at Cumming Nature Center

Monday, September 28 **1:30–3 pm**
Cumming Nature Center
6472 Gulick Road, Naples

Step out in fall foliage in the woods of RMSC Cumming Nature Center. Hike through the autumn forest and observe seasonal flora and fauna with an expert naturalist guide.

Soul Line Dancing

Tuesdays
October 6–November 17 **9:30–10:30 am**
Brickstone by St. John's
1325 Elmwood Ave, Rochester

Join us for a good time in this group soul line dancing class, no dance partners necessary. All the moves you need to know will be taught by an expert instructor, all taught to music that will make you want to move!

Apple Tasting and Orchard Tour

Monday, October 12 **10-11 am**

Kirby's Farm Market

9739 Ridge Road West, Brockport

In partnership with Kirby's Farm Market. Fresh local apples are one of the best parts of fall in upstate NY. Taste several apple varieties grown right on the farm, and enjoy a wagon ride out to the orchard. We'll discuss the benefits of eating fresh fruit and share apple recipes as well.

Mt. Hope Cemetery Tour

Thursday, October 22 **2–3 pm**

Mount Hope Cemetery South Entrance

1133 Mount Hope Avenue, Rochester

Tour Mt. Hope Cemetery to learn more about the history of Rochester on this walking tour through the picturesque cemetery grounds. This tour is a great opportunity for an educational fall walk.

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Farmers' Market Photo Challenge

Through October 31

It's Farmers' Market season in New York, and we want to see your most vibrant market moments. Snap a photo featuring any fruit or vegetable at a farmers' market and share your favorite recipe or go to way to use it. Each month, we'll select four winners to receive $10 to the Rochester Public Market. Two runner-ups each month will receive MVP Health Care swag. Fresh, local produce deserves to shine!