Lifespan
Take it on!

LILY CAFÉ
Caroline "Lily" Lobozzo Aging Resource Center

May 2023

Lily Lunches!

Mondays & Tuesdays
11:30 am - 12 pm
$3.50 suggested contribution

After a 3-year hiatus, we are thrilled for the return of lunch in the Café! We are rolling out two lunches a week in May, then moving up to four lunches by June. Stop in and enjoy lunch with family & friends!

Grab-n-Go meals are still available on Fridays!

Sign up then stop by to pick up a to-go meal to enjoy from the comfort of your home between 10 am - 12 pm.
$3.50 suggested contribution

Teaching Kitchen with Foodlink!

Wednesdays, May 3, 10, 24 & 31
11 am - Noon, $3 suggested contribution

Sign up to participate & create fresh & healthy recipes. Foodlink's Curbside Market van will be parked outside at 12 pm with fresh produce!

A PARTNERSHIP OF
United Way · Lifespan Take it on! · the YMCA · Adam J. Bello County Executive

Lifespan's Lily Café
An older adult gathering place for YMCA members 55 & better!

Hours:
Monday - Friday
8:30 am - 3 pm
coffee & infused water available!

Address:
25 Driving Park Ave
Rochester, NY 14613

Office Phone:
(585) 341- 4013

Lunch is available on Mondays & Tuesdays
$3.50 suggested contribution

JoeEthel Williams, Assistant Program Coordinator

Wendy Houlihan, Program Coordinator

Stacie Kuebel, Eldersource Care Manager

Lifespan Welcomes Everyone!

Lily Café: May 2023

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 **Mexican Train Dominoes** with Bill Barnes 9:30 am **Musical Entertainment!** with Paul & Josh 11 am **Tech Q & A** with Daniel Jones 11:30 am	**Lunch** $3.50 **2** **Crochet** with JoeEthel 10 am **Tech Tuesday!** with Daniel Jones 1:15 pm	**3** **Teaching Kitchen! Salsa Competition:** $3 sugg. cont. 11 am, limit 6 12 pm samples **Wellbeing call** (v) 1 pm	**4** **Book Club** 9:30 am **Healing Hands** with Diane Snyder 10 am **Instructional Dulcimer** 12 pm **Dulcimer Practice** 1 pm	**5** **Cinco de Mayo** Guacamole, chips & salsa! 11 am **Urban Soul Line Dancing** with Lady P 12 pm **Coping with the small stuff, where do I start?** with Marty 1 pm
8 **Mexican Train Dominoes** with Bill Barnes 9:30 am **Short-Story** with Maren, ROC Librarian 10 am **May Birthdays!** 12:15 pm	**Lunch** $3.50 **9** **Manicures** with Wendy 9:00 am **Minimalism; De-Clutter Your Home & Mind** with Carol 11:15 am	**10** **Dietitian Talks: Health benefits of Vitamin D** with Cindy 10 am **Teaching Kitchen! Chocolate Deserts:** $3 sugg. cont. 11 am, limit 6 12 pm samples **Wellbeing call** (v) 1 pm	**11** **Book Club** 9:30 am **Instructional Dulcimer** 12 pm **Dulcimer Practice** 1 pm	**12** **Mothers Day Tea** 11 am **Wellbeing call** (v) 1 pm
15 **Mexican Train Dominoes:** with Bill Barnes 9:30 am **Tech Q & A** with Daniel Jones 11:30 am **Walking Group, in the park!** with Wendy 12:15 pm	**Lunch** $3.50 **16** **Crochet** with JoeEthel 10 am **Member-Led Class Life Story** 11 am	**17** **The Sunshine Committee** with JoeEthel 10 am **Teaching Kitchen! Turkey Tacos:** $3 sugg. cont. 11 am, limit 6 12 pm samples **Wellbeing call** (v) 1 pm	**18** **Book Club** 9:30 am **Haircuts** with Destiny 10 am $3 sugg. cont. **Instructional Dulcimer** 12 pm **Dulcimer Practice** 1 pm	**19** **Member-led class Truck Demo** with E 11 am **Don't sweat the small stuff;** Daily happiness & wellness with Marty 1 pm
22 **Mexican Train Dominoes:** with Bill Barnes 9:30 am **Block Printing Class** with Laurie 10 am $3 sugg. cont.	**Lunch** $3.50 **23** **Crochet** with JoeEthel 10 am **Member-led Cass Cartoon Drawing!** (Part 3) with Edith 12:15 am	**24** **Tech seminar: Google** with Daniel Jones 10 am **Teaching Kitchen! Spinach & Strawberry Salad:** $3 sugg. cont 11 am, limit 6 12 pm samples **Wellbeing call** (v) 1 pm	**25** **Book Club** 9:30 am Community Service **The Fast & the Furriest** 11 am **Instructional Dulcimer Group** 12 pm **Dulcimer Practice** 1 pm	**26** **10-Minute Chair Massage** 10 am - 12 pm **Garden with JoeEthel** 11:15 am **Don't sweat the small stuff;** Categories of Coping Skills with Marty 1 pm
29 **In remembrance Café Closed ~** 	**Lunch** $3.50 **30** **Lily Café Advisory** with JoeEthel 9:30 am **Gardening** with JoeEthel 1 pm	**31** **Teaching Kitchen! Spring Risotto:** $3 sugg. cont 11 am, limit 6 12 pm samples **Wellbeing call** (v) 1 pm		

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Tech Seminar

with Daniel Jones
Wednesday, May 24
10 am

Google is much more than a popular search engine. In 90 minutes, Daniel Jones show us all the App has to offer!

Community Service Project!
Fast & the Furriest 5K; Verona Animal Shelter Fundraiser Event

Thursday, May 25
11 am

Join us to fill bags with products from race sponsors which will be given out to participants after the race.

Eldersource is a program of Lifespan. **Stacie, our Eldersource Care Manager** can assist you with providing information about service supports & resources available to you.
First & Third
Wednesdays each month
May 3 & 17
11 am - 1 pm

10-min Chair Massage with Danielle, LMT

Friday, May 26
10 am - 12 pm
$3 Suggested Contribution

Limited spots available, sign up in the program binder.

Mothers Day Tea!

Friday, May 12
11 am

Join us for sweets and tea to honor Mom.

Please sign up in the program binder.

Cartoon Drawing

Tuesday, May 23
11 am

Join gifted and local artist, Edith for this fun member-led class.

Urban Line Dancing with Lady P

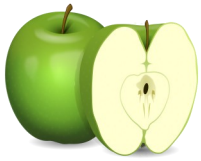
Friday, May 5
12 pm

Grab your dancing shoes and get ready to have some fun with a fabulous teacher & great music!

Meals are available to anyone 60 years & better

Lunch Club 60 Menu
May 2023

$3.50 suggested contribution. No one is turned away due to the inability to contribute.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Meatballs w/Pasta & Sauce Tossed Salad Italian Dressing Italian Bread Mandarin Oranges	3	4	5 Grab & Go
8 	9 Pork Riblet Boiled Potato Spinach Corn Muffin Apple	10 Adam J. Bello COUNTY EXECUTIVE	11	1 Grab & Go
15	16 Chicken Salad on Croissant Lettuce & Tomato Slice Green Beans Carrots Orange	17	18	19 Grab & Go
22 	23 Swiss Steak Boiled Potatoes Summer Squash12-Grain Brownie	24	25 	26 Grab & Go

All meals served with milk - Soup served with crackers certified by Jackie Williams, RD - 03/17/2023
*indicates meal is not provided by Office for the Aging Program

No eligible person shall be denied benefits or subjected to discrimination under the program or activity receiving any federal, state or county funding. This included but is not limited to race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran, and/or military status, immigrant status creed, domestic violence victim status, criminal history, gender identity, gender predisposition, or carrier status. This program is funded by participant's contributions, US Administration on Aging, NY State Office of the Aging, NY State Department of Health, Monroe County Department of Health/Office of the Aging and Lifespan of Greater Rochester Inc.