



Caroline "Lily" Lobozzo Aging Resource Center

December 2023

Lily Lunches!

Mondays, Tuesdays, & Thursdays in the Café

Fridays, Grab-n-Go Meals

11:30 am - 12 pm

Join us and be a part of the Lily Café experience!

\$3.50 suggested contribution.

Our crochet project for Woodside Manor Nursing Home.

Friday, December 1, 10:30 am.

Let's keep working on making shawls & lap blankets.

We want to thank everyone for helping!

Yarn donations are greatly appreciated

Our annual holiday luncheon!

Join us on Monday, December 18, 11 am

Wilshire Restaurant caters this event.

\$ 7.50 suggested donation.

Lifespan's Lily Café

An older adult
gathering place for
YMCA members
55 & older.

Hours:

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

Address:

25 Driving Park Ave
Rochester, NY 14613

Office Phone:

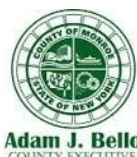
(585) 341- 4013

JoeEthel Williams,
Assistant Program
Coordinator

Wendy Houlihan,
Program Coordinator



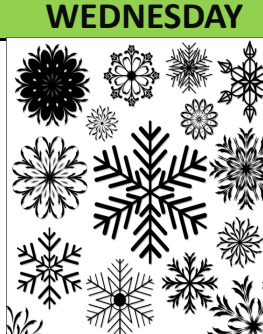



Stacie Kuebel,
Eldersource Care
Manager

A PARTNERSHIP OF



Lifespan Welcomes Everyone!

Lily Café: December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Crochet Project with JoeEthel 10:30 am Urban line Dancing with Lady P 12 pm
4 Mexican Train Dominoes with Bill 9:30 am Q & A with Daniel 11:30 am	5 Christmas cards with JoeEthel 10:30 am Covid Clinic 11 am – 2 pm Tech Tuesday with Daniel 1:15pm	6 Mahjong 10:15 am Teaching Kitchen! Lentil Soup \$3 sugg. cont. 11 am, limit 6 12 pm samples	7 Book Club 9:30 am Instructional Dulcimer 12 pm Dulcimer Practice 1 pm	8 Café closes at 11 am Staff Holiday Party
11 Mexican Train Dominoes with Bill Barnes 9:30 am Short-Story with Maren, ROC Librarian 10:30 am	12 Tech Seminar: Your Digital Afterlife with Daniel Jones 10:30 am Pictionary with JoeEthel 12:15 pm	13 Mahjong 10:15 am Ugly Sweater contest 10 am Teaching Kitchen! Beans & green quesadillas \$3 sugg. cont. 11 am, limit 6 12 pm samples	14 Book Club 9:30 am Instructional Dulcimer 12 pm Dulcimer Practice 1 pm	15 10-Minute Chair Massage 10 am - 12 pm limit: 12 spots Holiday Wreath with Laurie 11 am – 12 pm Max 6 Urban line Dancing with Lady P 12 pm
18 *Join us for our Holiday Lunch* at 11 am \$7.50 sugg. Cont.	19 Haircuts with Destiny 10 am \$3 sugg.cont. Lily Café Advisory group with Wendy 12:15 pm	20 Mahjong 10:15 am Nutrition talk with Cindy 10:30 am Teaching Kitchen! Festive treats! \$3 sugg. cont. 11 am, limit 6 12 pm samples	21 Book Club 9:30 am Instructional Dulcimer Group 12 pm Dulcimer Practice 1 pm	22 White Elephant Game with Joe & Wendy 10:30 am Wellness Talk: with Marty 1 pm
25 Café Closed 	26 Café Closed 	27 Mahjong 10:15 am Manicures with Wendy 12 :15pm	28 Book Club 9:30 am Instructional Dulcimer Group 12 pm Dulcimer Practice 1 pm	29 New Year's Eve Party 11 am Celebrate December Birthdays 12 pm Wellness Talk: with Marty 1 pm



Tech Seminar:
"Your Digital Afterlife"
with Daniel Jones.

Tuesday, December 12, 10:30 am.

Please sign up in the binder

Wilshire is Catering

Let's celebrate the holidays!
Monday, December 18, 11 am
Registration is required
\$7.50 suggested donation



Hair cuts with Destiny
Tuesday, December 19
10 am

Lily Café members
\$3 suggested contribution

Holiday Wreath Making
with Laurie
Friday, December 15
11 am

Please sign up in the binder.
Limit 6.

Urban Soul Line Dancing
with Lady P!

Friday, December 1 & 15, Noon
Come join us in the YMCA gym
and enjoy one of the most popular
line dances around with Lady P.

Short Story

with Maren our ROC Librarian
Monday, December 11, 10:30 am
If you enjoy listening and or reading, Maren
will guide you with some easy and fun
listening, books online!

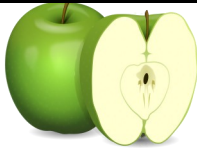


Eldersource Care Manager

Wednesdays every month
December 6 & 13
11 am - 1 pm

Stacie from Eldersource, a service
Lifespan, can help you with information,
supports & resources.
Sign up with Wendy or JoeEthel.

Lunch Club 60 Menu - December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Beef for tacos Shredded Cheese 2 TomatWedges 2 Picante Sauce 1 sour cream
4  *Lily Café Lunch	5 Macaroni & cheese stewed tomatoes broccoli fresh apple icecream	6	7 *Lily Café Lunch	8 Swiss Steak Boiled Potatoes Peas Wheat dinner rolls peaches brownie
11 *Lily Café Lunch	12 *Holiday Meal Pork loin mashed potatoes w/gravy prince Edward blend wheat dinner roll pie grape juice	13	14 *Lily Café Lunch	15 Chicken Piccata Mashed Winter Squash Spinach Wheat Dinner Roll Cake Apple Juice
18 Holiday Café Lunch	19 Pub burger on bun w/ ketchup, mustard & relish tomato & onion slice cabbage beef soup saltines (1 packet) corn fruit cocktail	20	21 *Lily Café Lunch	22 Meatloaf w/Gravy Boiled Potatoes California Blend Veg. Bran Muffin Fresh Apples
25 Café' Closed Happy Holiday!	26 Café' Closed Happy Holiday!	27	28 *Lily Café Lunch	29 Grilled chicken served over romaine & spinach salad w/french dressing broccoli pasta salad 12-grain bread pineapples

All meals served with milk - Soup served with crackers certified by Jackie Willams, RD - 10/26/2023

*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.