Lifespan’s Lily Café
A gathering place for YMCA members 60 and better!
Coffee & infused water available.

Café Hours
Monday - Friday
8:30 am - 3 pm

Address/Phone
25 Driving Park Ave.
Rochester, NY 14613
(585) 341- 4013

JoeEthel Williams,
Assistant Program Coordinator

Wendy Houlihan,
Program Coordinator

Teresa Hair,
Kitchen Coordinator

Stacie Kuebel,
Eldersource Care Manager
Wednesdays, July 3 & 17
11 am - 1 pm

Weekly Events
Mondays, 9:30 am
Mexican Train Dominoes with Bill

Tuesdays & Fridays, 9 am
Euchre

Wednesdays, 11 am
Foodlink Teaching Kitchen
Join us for this interactive cooking class to learn how to create healthy dishes. Recipes and samples provided.
Foodlink Curbside Market, 12 pm

Thursdays, 9:30 am
Book Club

Thursdays, 12 pm
Instructional Dulcimer with Rich, open to all!

Thursdays, 1 pm
Senior Strummers Dulcimer Practice

Lily Lunches
Mondays, Tuesdays, Thursdays, & Fridays
11:30 am - 12 pm
Wednesdays
12 - 12:30 pm
Must be 60 years or better to participate.
$3.50 Suggested Contribution

Special July Dates
Independence Day
July 4, Café Closed

LILY CAFÉ NEWSLETTER
JULY 2024

Independence Day
July 4, Café Closed
Mondays, 9:30 am
Mexican Train Dominoes with Bill
Tuesdays & Fridays, 9 am
Euchre
Wednesdays, 11 am
Foodlink Teaching Kitchen
Join us for this interactive cooking class to learn how to create healthy dishes. Recipes and samples provided.
Foodlink Curbside Market, 12 pm
Thursdays, 9:30 am
Book Club
Thursdays, 12 pm
Instructional Dulcimer with Rich, open to all!
Thursdays, 1 pm
Senior Strummers Dulcimer Practice
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tbody>
<tr>
<td><strong>9:30 am</strong></td>
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<td><strong>10 am</strong></td>
<td><strong>Cafe Closed</strong></td>
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<tr>
<td>Mexican Train Dominoes with Bill</td>
<td>Euchre</td>
<td>July 4th Celebration</td>
<td>1 pm</td>
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<td><strong>10:15 am</strong></td>
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<td>Suncatchers with Wendy, limit 6 ppl</td>
<td>Craft Class with Barb, limit 6 ppl</td>
<td>Teaching Kitchen! Mango Chicken Stirfry</td>
<td>Urban Line Dancing with Lady P</td>
<td>Urban Line Dancing with Lady P</td>
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<td><strong>Sugg. Cont. $3.50</strong></td>
<td><strong>Sugg. Cont. $3.50</strong></td>
<td><strong>Samples at 12 pm</strong></td>
<td><strong>1 pm</strong></td>
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<td><strong>1 pm</strong></td>
<td><strong>Happy Moments Increase Happiness with Marty</strong></td>
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<td>Lily Café Advisory</td>
<td>Spades</td>
<td>Thousand Words Game</td>
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<td>Train Dominoes</td>
<td>Euchre</td>
<td>Craft with Edna, limit 6 ppl</td>
<td>Book Club</td>
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<td>Good Coping &amp; Happiness go Hand in Hand with Marty</td>
<td>Craft Class with Teresa, limit 6 ppl</td>
<td>Teaching Kitchen! Chickpea Salad</td>
<td>Foot Massage with Diane Snyder</td>
<td>White Elephant Game</td>
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<td><strong>1000 word game</strong></td>
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<td>Tech Q &amp; A with Daniel</td>
<td>Tech Tuesday with Daniel</td>
<td>Coping Through Relaxation with Marty</td>
<td>Instructional Dulcimer</td>
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<td>Member-Led Crochet Group</td>
<td>Ice Cream Social</td>
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**July 2024**