

# LILY CAFÉ NEWSLETTER



### 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

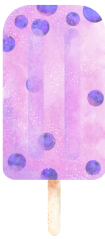
25 Driving Park Ave.  
Rochester, NY 14613  
(585) 341- 4013

**Joe Ethel 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



## 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



## 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




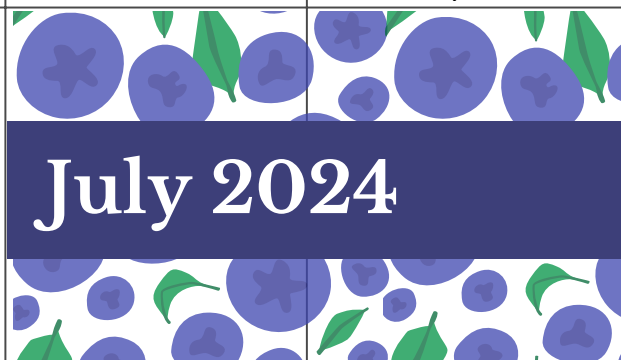
**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>9:30 am</b> <b>1</b> Mexican Train Dominoes with Bill <b>10:15 am</b> Suncatchers with Wendy, limit 6 ppl <b>Sugg. Cont. \$3.50</b></p> <p><b>12:15 pm</b> Lily Café Advisory</p>	<p><b>9 am</b> <b>2</b> Euchre</p> <p><b>10:15 am</b> Craft Class with Barb, limit 6 ppl <b>Sugg. Cont. \$3.50</b></p> <p><b>12:15 pm</b> Spades</p>	<p><b>10 am</b> <b>3</b> July 4th Celebration <b>11 am</b> Teaching Kitchen! Mango Chicken Stirfry <b>Samples at 12 pm</b> <b>12:15 pm</b> Thousand Words Game</p>	<p><b>4</b> <b>Cafe Closed</b> <b>4th of July</b> </p>	<p><b>9 am</b> <b>5</b> Euchre</p> <p><b>12 pm</b> Urban Line Dancing with Lady P <b>1 pm</b> Happy Moments Increase Happiness with Marty</p>
<p><b>9:30 am</b> <b>8</b> Train Dominoes <b>10:45 am</b> Good Coping &amp; Happiness go Hand in Hand with Marty <b>11:30 am</b> Tech Q &amp; A with Daniel <b>12:15 pm</b> Member-Led Crochet Group</p>	<p><b>9 am</b> <b>9</b> Euchre <b>10:15 am</b> Craft Class with Teresa, limit 6 ppl <b>Sugg. Cont. \$3.50</b></p> <p><b>1 pm</b> Tech Tuesday with Daniel <b>12:15 pm</b> Ice Cream Social</p>	<p><b>10 am</b> <b>10</b> Craft with Edna, limit 6 ppl <b>Sugg. Cont. \$3.50</b> <b>11 am</b> Teaching Kitchen! Chickpea Salad <b>Samples at 12 pm</b> <b>1 pm</b> Coping Through Relaxation with Marty</p>	<p><b>9:30 am</b> <b>11</b> Book Club <b>10 am</b> Foot Massage with Diane Snyder</p> <p><b>12 pm</b> Instructional Dulcimer <b>1 pm</b> Dulcimer Practice</p>	<p><b>10:15 am</b> <b>12</b> White Elephant Game</p> <p><b>12:15 pm</b> 1000 word game</p>
<p><b>9:30 am</b> <b>15</b> Mexican Train Dominoes with Bill <b>10:15 am</b> Craft Class with Maryann <b>Sugg. Cont. \$3.50</b></p> <p><b>11:30 am</b> Tech Q &amp; A with Daniel Jones</p>	<p><b>9 am</b> <b>16</b> Euchre</p> <p><b>10:30 am</b> Healthy Relationships with Jeff Goldstein</p> <p><b>12 pm</b> Movie Day!</p>	<p><b>10 am</b> <b>17</b> Catholic Charities Presentation: Personal Stories from Refugees</p> <p><b>11 am</b> Teaching Kitchen! Berries with Banana Cream <b>Samples at 12 pm</b></p>	<p><b>9:30 am</b> <b>18</b> Book Club</p> <p><b>12 pm</b> Instructional Dulcimer</p> <p><b>1 pm</b> Dulcimer Practice</p>	<p><b>9 am</b> <b>19</b> Euchre</p> <p><b>12 pm</b> Urban Line Dancing with Lady P</p> <p><b>1 pm</b> Do What You Do Well &amp; Often! with Marty</p>
<p><b>9:30 am</b> <b>22</b> Mexican Train Dominoes with Bill</p> <p><b>10:15 am</b> Craft Class with Wendy <b>Sugg. Cont. \$3.50</b></p>	<p><b>9:30 am</b> <b>23</b> Daniel Jones Technology Seminar: What is Pinterest? <b>10 - 11 am</b> URMC Talk: Emergency Care <b>12 pm</b> Tie-dye T-shirts Limit 6 ppl <b>Sugg. Cont. \$3.50</b></p>	<p><b>10 am</b> <b>24</b> Scrabble</p> <p><b>11 am</b> Teaching Kitchen! Mango Pineapple Slush <b>Samples at 12 pm</b></p> <p><b>12:15 pm</b> Current Events</p>	<p><b>9:30 am</b> <b>25</b> Book Club <b>10:15 am</b> ROC Library Short Stories with Maren</p> <p><b>12 pm</b> Instructional Dulcimer <b>1 pm</b> Dulcimer Practice</p>	<p><b>10:15 am</b> <b>26</b> Craft Class with Melissa, limit 6 ppl <b>Sugg. Cont. \$3.50</b></p> <p><b>10 am - 12 pm</b> 10-Minute Chair Massage, limit 12 ppl <b>1 pm</b> Goal Work &amp; Wellness with Marty!</p>
<p><b>9:30 am</b> <b>29</b> Mexican Train Dominoes with Bill</p> <p><b>10:15 am</b> Scavenger Hunt!</p>	<p><b>9 am</b> <b>30</b> Euchre</p> <p><b>12:15 pm</b> Voters Alliance Presentation</p>	<p><b>11 am</b> <b>31</b> Teaching Kitchen! Tuna Boats <b>Samples at 12 pm</b></p> <p><b>12:15 pm</b> July Birthday Celebration!</p>	 <p><b>July 2024</b></p>	