

Lily Café Newsletter Lifes



Lifespan's Lily Café

A gathering place for YMCA members 60 and better! Coffee & infused water available.



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

Café Hours

Monday - Friday 8:30 am - 3 pm

Address/Phone

(585) 341- 4013



Special August Dates

Staff Event

Wednesday, August 7, Café Closes at 12 pm

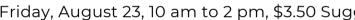
Café Maintenance

Monday, August 26, Café Closed

JoeEthel Williams,

25 Driving Park Ave. Rochester, NY 14613

Assistant Program Coordinator



Friday, August 23, 10 am to 2 pm, \$3.50 Sugg. Cont.

Salute to Seniors Picnic at Ontario Beach Park

Wendy Houlihan,

Program Coordinator



Weekly Events

Mondays, Tuesdays 9:30 am

Mexican Train Dominoes with Bill

Teresa Hair,

Kitchen Coordinator

Tuesdays & Fridays, 9 am

Euchre

Stacie Kuebel.

Eldersource Care Manager Wednesday, August 21 11 am - 1 pm



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
A	ugust 202	4	9:30 am 1 Book Club 10:20 - 11:30 am Linda Berky Singing Class 12 pm Instructional Dulcimer 1 pm Dulcimer Practice	9 am 2 Euchre 10:20 - 11:30 am Linda Berky Singing Class 12 pm Urban Line Dancing with Lady P
9:30 am Mexican Train Dominoes with Bill 10:30 - 11:30 am Craft Class with Melissa Sugg. Cont. \$3.50 11:30 am Tech Q & A with Daniel Jones	9:30 am MexicanTrain Dominoes with Bill 10 - 11 am Craft Class with Barb Sugg. Cont. \$3.50 11 am Tech Tuesday with Daniel Jones 12:15 pm Member-Led Crochet Group	10:15 am Breakfast pizza! \$3.50 Sugg. Cont. Café closes at 12 pm for a staff event	9:30 am Book Club 10:15 am Lily Café Advisory 12 pm Instructional Dulcimer 1 pm Dulcimer Practice	9 am Euchre 10:20 - 11:30 am Linda Berky Singing Class 12:15 pm Handling Disagreements with Jeff Goldstein
9:30 am Mexican Train Dominoes with Bill 10:30 am ROC Library Short Stories with Maren	9:30 am Mexican Train Dominoes with Bill 12 pm Movie Day! 12:15 pm Member-Led Crochet Group	11 am Teaching Kitchen! Succotash Salad Samples at 12 pm 12:15 pm Hand Massages with Wendy	9:30 am Book Club 10:20 - 11:30 am Linda Berky Singing Class 12 pm Instructional Dulcimer 1 pm Dulcimer Practice	9 am 16 Euchre 10:20 - 11:30 am Linda Berky Singing Class 12 pm Urban Line Dancing with Lady P 1 pm Manage Challenges Wisely with Marty
9:30 am Mexican Train Dominoes with Bill 10:30 am Everyday Habits to Make Moods Better with Marty 11:30 am Tech Q & A with Daniel Jones	9:30 am 20 Mexican Train Dominoes with Bill 10 - 11 am URMC Talk: Let's Talk Prostate Cancer 12:15 pm Member-Led Crochet Group	10 am 21 Craft Class with Melissa Sugg. Cont. \$3.50 11 am Teaching Kitchen! Strawberry Salad Samples at 12 pm 12:15 pm Hand Massages with Wendy	9:30 am Book Club 9:30 am Daniel Jones Tech Seminar: What is Facebook? 12 pm Instructional Dulcimer 1 pm Dulcimer Practice	10 am - 2 pm Salute to Seniors Picnic at Ontario Beach Park \$3.50 Sugg. Cont. Café closed, join us at the beach, and bring a chair!
Café Closed for Café Maintenance	9:30 am Mexican Train Dominoes with Bill 10:30 - 11:30 am Nutrition Talk with Barb 12:15 pm Member-Led Crochet Group	10:30 am Nutrition Talk with Cindy Rapp 11 am Teaching Kitchen! Green Bean Sauté Samples at 12 pm 12:15 pm Sunshine Committee	9:30 am Book Club 10:45 - 11:30 am Inspirational Conversation with Jeff Goldstein 12 pm Instructional Dulcimer 1 pm Dulcimer Practice	1000 Word Game- All Day Event! 10 am - 12 pm 10-Minute Chair Massage, limit 12 ppl 12:15 pm August Birthday Celebration! 1 pm Steps to Beat the Blues with Marty