



AUGUST 2024

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

JoeEthel Williams,
Assistant Program
Coordinator

Wendy Houlihan,
Program Coordinator

Teresa Hair,
Kitchen Coordinator

Stacie Kuebel,
Eldersource Care Manager
Wednesday, August 21
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 August Dates

Staff Event

Wednesday, August 7, Café Closes at 12 pm

Café Maintenance

Monday, August 26, Café Closed

Salute to Seniors Picnic at Ontario Beach Park

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

Weekly Events

Mondays, Tuesdays 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

August 2024

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
Mexican Train
Dominoes with Bill

10:30 am
ROC Library Short
Stories with Maren

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

**Café Closed for
Café Maintenance**



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

9:30 am
Mexican Train
Dominoes with Bill
12 pm
Movie Day!
12:15 pm
Member-Led
Crochet Group

9:30 am
Mexican Train
Dominoes with Bill
10 - 11 am
URMC Talk: Let's Talk
Prostate Cancer
12:15 pm
Member-Led
Crochet Group

9:30 am
Mexican Train
Dominoes with Bill
10:30 - 11:30 am
Nutrition Talk
with Barb
12:15 pm
Member-Led
Crochet Group

10:15 am
Breakfast pizza!
\$3.50 Sugg. Cont.
Café closes at 12 pm
for a staff event



11 am
Teaching Kitchen!
Succotash Salad
Samples at 12 pm
12:15 pm
Hand Massages
with Wendy

10 am
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

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
10:20 - 11:30 am
Linda Berky
Singing Class
12 pm
Instructional
Dulcimer
1 pm
Dulcimer Practice

9:30 am
Book Club
10:15 am
Lily Café Advisory
12 pm
Instructional
Dulcimer
1 pm
Dulcimer Practice

9:30 am
Book Club
10:20 - 11:30 am
Linda Berky
Singing Class
12 pm
Instructional
Dulcimer
1 pm
Dulcimer Practice

9:30 am
Book Club
9:30 am
Daniel Jones Tech
Seminar: What is
Facebook?
12 pm
Instructional
Dulcimer
1 pm
Dulcimer Practice

9:30 am
Book Club
10:45 - 11:30 am
Inspirational
Conversation
with Jeff Goldstein
12 pm
Instructional
Dulcimer
1 pm
Dulcimer Practice

9 am
Euchre
10:20 - 11:30 am
Linda Berky
Singing Class
12 pm
Urban Line Dancing
with Lady P

9 am
Euchre
10:20 - 11:30 am
Linda Berky
Singing Class
12:15 pm
Handling
Disagreements
with Jeff Goldstein

9 am
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

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!

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