

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
Wednesdays,
October 2 & 16
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 October Dates

COVID Vaccine Clinic

Friday, October 4, 10 am - 1 pm

Indigenous People's Day

Monday, October 14, Café Closed



Weekly Events

Mondays, 9:30 am

Mexican Train Dominoes with Bill

Wednesdays, 11:30 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



Proud to be a
COMMUNITY IMPACT PARTNER
2020-2023



United Way
of Greater Rochester



LIFESPAN WELCOMES EVERYONE

Monday

Tuesday

Wednesday

Thursday

Friday



10 am - 12 pm 1
A Matter of Balance Class: Session 4 of 8 (Library)
12 - 12:45 pm
Singing Group Concert
1 - 2 pm
Tech Tuesday with Daniel Jones

11 am - 1 pm 2
Care Manager Stacie
11:30 am
Teaching Kitchen! Three Bean Chili
Samples at 12 pm
12:15 pm
1000 Words Game

9:30 am 3
Book Club
10:15 am
Make Pink Ribbons for Breast Cancer Awareness Month
12:15 pm
Voter's Alliance Booth
12 pm
Instructional Dulcimer
1 pm
Dulcimer Practice

10 am - 1 pm 4
COVID Vaccine Clinic
12 pm
Urban Line Dancing with Lady P
1 pm
Don't Sweat the Small Stuff- Tips for Coping with Marty

9:30 am 7
Mexican Train Dominoes with Bill
10:45 am
How I Think & Act Affect How I Feel with Marty
11:30 am
Tech Q & A with Daniel Jones
12:15 pm
Coffee & Dessert

10 am - 12 pm 8
A Matter of Balance Class: Session 5 of 8 (Library)
12:15 pm
Cornhole!

10:45 am 9
Hand Massages with Cindy
10 am - 11:30 am
Experience gaming in the Metro Esports Gaming Room!
11:30 am
Teaching Kitchen! Pumpkin Pudding
Samples at 12 pm

9:30 am 10
Book Club
10 am - 12 pm
Foot Massages with Diane Snyder
12 pm
Instructional Dulcimer
1 pm
Dulcimer Practice

10:30 am - 1 pm 11
Outing!
Pumpkin Farm
\$10 Admission
1 pm
Love Myself More- How Do I Do That? with Marty

Café Closed for Indigenous People's Day



14
10:30 am 15
Cricut Craft with Cathy
\$3.50 Sugg. Cont.
10 am - 12 pm
A Matter of Balance Class: Session 6 of 8 (Library)

10:15 am 16
Crochet Group
11 am - 1 pm
Care Manager Stacie
11:30 am
Teaching Kitchen! Fall Vegetable Salad
Samples at 12 pm
12:30 pm
Lily Café Advisory

9:30 am 17
Book Club
12 pm
Instructional Dulcimer
1 pm
Dulcimer Practice

10:15 am 18
Trivia!
12 pm
Urban Line Dancing with Lady P

9:30 am 21
Mexican Train Dominoes with Bill
11:30 am
Tech Q & A with Daniel Jones
12:15 pm
Short Story Discussion with Maren, ROC Library

10 am - 11 am 22
URMC Talk: Understanding Parkinson's Disease
10 am - 12 pm
A Matter of Balance Class: Session 7 of 8 (Library)

9:30 am 23
What is the Cloud? with Daniel Jones
11:30 am
Teaching Kitchen! Brussels Sprouts with Apple & Maple Syrup
Samples at 12 pm

9:30 am 24
Book Club
12 pm
Instructional Dulcimer
1 pm
Dulcimer Practice

10 am - 12 pm 25
10-Minute Chair Massage, limit 12 ppl
1 pm
Happiness Checklist with Marty

9:30 am 28
Mexican Train Dominoes with Bill
10:15 am
Crochet Group with Joe Ethel
12:15 pm
October Birthday Celebration!

10 am - 12 pm 29
A Matter of Balance Class: Session 8 of 8 (Library)
12:15 pm
Pumpkin Ring Toss with Prizes

10:15 am 30
Crochet Group with Joe Ethel
11:30 am
Teaching Kitchen! Cheese and Corn Chowder
Samples at 12 pm
12:15 pm
Cornhole!

9:30 am 31
Book Club
10:30 am
Halloween Party-Prize for the Best Costume!
12 pm
Instructional Dulcimer
1 pm
Dulcimer Practice

