

# 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  
Fridays,  
November 1 & 15  
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 November Dates

**Thanksgiving Holiday**

Thursday, November 28, Café Closed

Friday, November 29, Café Closed



## Weekly Events

**Mondays, 9:30 am**

Mexican Train Dominoes with Bill

**Wednesdays, 11:15 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

# November 2024

**10:15 am 1**  
Wellness talk: The Power of Hope with Marty Golub

**11 am - 1 pm**  
Care Manager, Stacie on-site

**12 pm**  
Urban Line Dancing with Lady P

**9:30 am 4**  
Mexican Train  
Dominoes with Bill

**11:30 am**  
Tech Q & A  
with Daniel Jones

**12:15 pm**  
Holiday craft  
with Wendy

**9 am 5**  
Euchre  
  
**10:15 am**  
Crochet Group  
  
**1 - 2 pm**  
Tech Tuesday  
with Daniel Jones

**10 am 6**  
Hand Massages  
with Wendy  
  
**11:15 am**  
Teaching Kitchen!  
Creole Green Beans  
**Samples at 11:45 am**  
  
**12:30 pm**  
Lily Cafe Advisory

**9:30 am 7**  
Book Club  
**9:45 am**  
Quilting 101  
with Shelia & Sue,  
limit 8 people  
  
**12 pm**  
Instructional  
Dulcimer  
**1 pm**  
Dulcimer Practice

**10:15 am 8**  
Recipe Word Search  
with JoeEthel  
  
**12:15 pm**  
Men's Group: Round  
Table Discussion

**9:30 am 11**  
Veterans Day  
Event!  
**10:45 am**  
Wellness talk:  
Coping on the Spot  
with Marty Golub  
  
**12:15 pm**  
1000 words

**9 am 12**  
Euchre  
**10:15 am**  
Bake Sale: Donate a  
baked item for the  
sale. Proceeds to  
benefit the Cafe.  
**12:15 pm**  
Hangman  
with JoeEthel

**11:15 am 13**  
Teaching Kitchen!  
Manhattan  
Clam Chowder  
**Samples at 11:45 am**  
  
**12:30 pm**  
Women's Group:  
Round Table  
Discussion

**9:30 am 14**  
Book Club  
**9:45 am**  
Quilting 101  
with Shelia & Sue,  
Limit 8 people  
**12 pm** Instructional  
Dulcimer  
**1 pm**  
Dulcimer Practice

**10:15 am 15**  
Karaoke  
with Marty!  
**11 am - 1 pm**  
Care Manager Stacie  
on-site  
  
**12 pm**  
Urban Line Dancing  
with Lady P

**9:30 am 18**  
Mexican Train  
Dominoes with Bill  
**10:30 am**  
Short Story  
Discussion with  
Maren, ROC Library  
**11:30 am**  
Tech Q & A  
with Daniel Jones

**9 am 19**  
Euchre  
  
**10 - 11 am**  
Digital Health  
Navigation  
with URMC  
  
**12:15 pm**  
Cornhole

**11:30 am 20**  
Lily Cafe'  
Thanksgiving  
Potluck!  
  
**Limit 40, due to  
space. Sign up in  
Lifespan office with  
your dish to pass.**

**9:30 am 21**  
Book Club  
**10 am** Foot Massages  
with Diane  
**12 pm**  
Food Basket  
Distribution  
**12 pm**  
Instructional Dulcimer  
**1 pm** Dulcimer Practice

**10 am - 12 pm 22**  
10 - Minute Chair  
Massage, limit 12  
  
**1 pm**  
Taking over Your  
Coping  
with Marty Golub

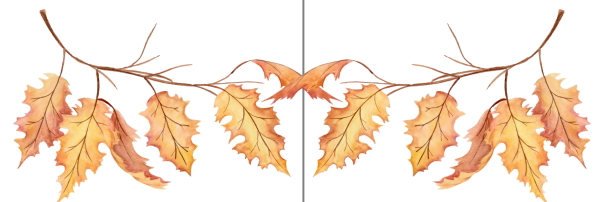
**10:15 am 25**  
White Elephant  
Game: Bring a  
wrapped item from  
home to pass!  
  
**12:15 pm**  
November  
Birthday  
Celebration!



**9 am 26**  
Euchre  
  
**9:30 am**  
Seminar: "Everything  
Passwords".  
with Daniel Jones  
  
**12:15 pm**  
Crochet Group

**11:15 am 27**  
Teaching Kitchen!  
Potato Broccoli  
Cheddar Soup  
**Samples at 11:45 am**  
  
**12:15 pm**  
Bake Sale: Take 2!  
Bring in a baked item  
for the sale. Proceeds  
benefit the Cafe!

**Café Closed  
for Thanksgiving  
Holiday**



**28 29**  
  
**Café Closed  
for Thanksgiving  
Holiday**