

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,
December 4 & 11
10:30 am - 12:30 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

Closed for the Holidays

Tuesday, December 24

Wednesday, December 25

Special Events

Pre-Registered Holiday Food Basket Distribution

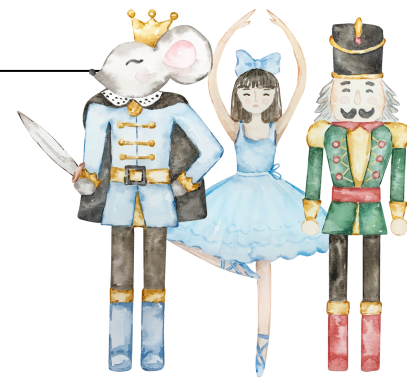
Thursday, December 12
starting at 12 pm

MCOFA Holiday Ball - Doubletree Inn

Friday, December 13
10 am - 3 pm \$3.50 suggested contribution
Limited spots, please sign up for lottery drawing.

Lily & Wolk Cafe Holiday Party!

Wednesday, December 18
10 am - 1 pm Location: Sibley Square, 25 Franklin St.
\$3.50 suggested contribution



We will spend the day at the Wolk Cafe in Sibley Square for this holiday extravaganza! Events include: quarter bingo, raffle, DJ, dancing & a holiday lunch!

Monday

Tuesday

Wednesday

Thursday

Friday

<p>9:30 am 2 Tech Seminar: What is ICON? with Daniel Jones 11:30 am Tech Q & A with Daniel Jones</p> <p>12:15 pm Crochet group with JoeEthel</p>	<p>9 am 3 Cards/Euchre</p> <p>10:30 - 11:30 am Music Class with Linda Berkey</p> <p>1 - 2 pm Tech Tuesday with Daniel Jones</p>	<p>10:30 - 11:30 am 4 Music Class with Linda Berkey 11:15 am Teaching Kitchen! Creole Green Beans Samples at 12 pm</p> <p>12:30 pm Thousand words with JoeEthel</p>	<p>9:30 am 5 Book Club 10:30 am Sending Holiday Cards with JoeEthel</p> <p>12:15 pm Woman's Group: Round table talk</p>	<p>9:30 am 6 Coffee & Bagels</p> <p style="text-align:center">Cafe Closes at 11:30 am for staff event. No Medical Motors today!</p>
<p>9:30 am 9 Mexican Train Dominoes with Bill 10:45 am Wellness Talk: How our brain changes when we are stressed with Marty Golub</p> <p>12:15 pm Ping Pong</p>	<p>9 am 10 Euchre</p> <p>10 - 11 am URMC Talk: Power Up Your Brain!</p> <p>12 - 12:45 pm Holiday Music with Linda Berky</p>	<p>11:30 am 11 Teaching Kitchen! Creole Green Beans Samples at 12 pm</p> <p>12:15 pm Hand Massages with Wendy</p>	<p>9:30 am 12 Book Club</p> <p>10 am - 12 pm Foot Massages with Diane</p> <p>12 pm Pre-registered Holiday Food Distribution</p>	<p>10 am - 3 pm 13 MCOFA Holiday Ball, Double Tree Inn \$3.50 sugg. cont. 12 pm Urban Line Dancing with Lady P 1 pm Wellness Talk: Identifying When We're Stressed with Marty Golub</p>
<p>10:30 am 16 Poetry</p> <p>11:30 am Tech Q & A with Daniel</p> <p>12:15 pm Trivia</p>	<p>10:30 am 17 Christmas Craft with Teresa</p> <p>12:15 pm Short Stories Discussion with Maren, ROC Library</p>	<p>18 Lily Cafe Holiday Party at Wolk Cafe: Sibley Square 9 am - 1 pm \$3.50 suggested contribution Bingo, DJ, dancing, raffle & gift exchange!</p>	<p>9:30 am 19 Book Club</p> <p>12 pm Dulcimer Concert!</p>	<p>10:30 am 20 Christmas Craft with Doris</p> <p>12 pm Urban Line Dancing with Lady P</p>
<p>10 am 23 White Elephant Game: bring a wrapped item from home</p> <p>12:15 pm Crochet</p>	<p>24 25</p> <p>Café Closed for Holidays</p> 		<p>9:30 am 26 Book Club</p> <p>12 pm Corn hole</p>	<p>10 am - 12 pm 27 10 - Minute Chair Massage, limit 12</p> <p>1 pm Wellness Talk: Tips to Manage Stress with Marty Golub</p>
<p>10:30 am 30 Name that Scam: Holiday Edition with Daniel Lyons, Lifespan</p> <p>12:15 pm December Birthdays</p>	<p>9 am 31 Cards/Euchre</p> <p>12 pm New years Eve Party!</p> <p style="text-align:center"><i>New Year's Eve</i></p>	 <div style="border: 2px solid red; padding: 10px; display: inline-block;"> <h1 style="margin:0;">December 2024</h1> </div>		