



Lily Café Newsletter

JANUARY 2025



Lifespan's Lily Café

A gathering place for YMCA members 60 & 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,
January 8 & 15
10:30 am - 12:30 pm



Lily Lunches

Monday - Friday

11:30 am - 12 pm

Must be 60 years or better to participate.

\$3.50 Suggested Contribution

*Please see menu page for lunch schedule.



Cafe Closures

New Year's Day

Wednesday, January 1: Café Closed

Martin Luther King Jr. Day

Monday, January 20: Café Closed



Weekly Events

Foodlink Teaching Kitchen

Wednesdays, 10:15 - 11 am

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



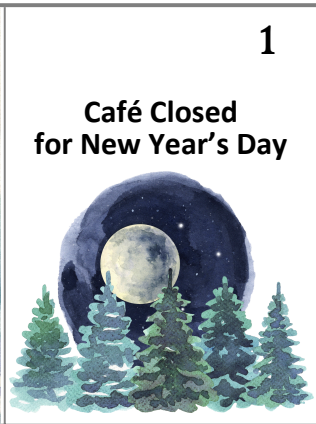
Monday

Tuesday

Wednesday

Thursday

Friday



1

9:30 am
Book Club

12 pm
Instructional
Dulcimer

1 pm
Dulcimer Practice

3

9 am
Ping Pong

12 pm
Urban Line Dancing
with Lady P

1 pm Wellness Talk:
The Way we Act &
Speak Affects our
Mood
with Marty Golub

9:30 am **6**
Mexican Train
with Bill

11:30 am
Tech Q & A
with Daniel Jones

9 am **7**
Euchre

10:15 am
Craft: Padded Mats
with JoeEthel

1 - 2 pm
Tech Tuesday
with Daniel Jones

10 - 11:30 am **8**
Intro to Gaming:
Metro Eports

10:15 am - 11 am
Teaching Kitchen
with Tanisha,
Foodlink

12:15 pm
Bake Sale!

9:30 am **9**
Book Club

12 pm
Instructional
Dulcimer

1 pm
Dulcimer Practice

10:15 am **10**
Woman's Group:
Roundtable Talk

12:15 pm
Trivia
with JoeEthel

10:15 am **13**
Men's Group:
Roundtable Talk

12:15 pm
Rummikub

9 am **14**
Euchre

10:15 am
Fire Safety
with RFD

12:15 pm
1,000 Words

10:15 am **15**
Teaching Kitchen
with Tanisha,
Foodlink

12:15 pm
Winter Concert
with Linda Berkey

9:30 am **16**
Book Club

10 am
Foot Massage
with Diane Snyder

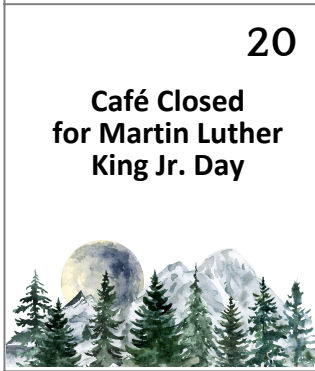
12 pm
Instructional
Dulcimer

1 pm
Dulcimer Practice

10:15 am **17**
MLK Jr. Discussion

12 pm
Urban Line Dancing
with Lady P

1 pm Wellness Talk:
Liking Yourself More
with Marty Golub



9 am **21**
Euchre

10:15 am
Technology Seminar:
Digital Afterlife

12:15 pm
Hand Massage
with Wendy

10:15 am **22**
Teaching Kitchen
with Tanisha,
Foodlink

12:15 pm
Hangman
with JoeEthel

9:30 am **23**
Book Club

12 pm
Instructional
Dulcimer

1 pm
Dulcimer Practice

10:15 am **24**
10-min Chair Massage
with Danielle

1 pm Wellness Talk:
Curb Your Worries
with Marty Golub

10:45 am **27**
Wellness Talk
with Marty

11:30 am
Tech Q & A
with Daniel Jones

12:15 pm
Short Story
Discussion: Maren,
ROC Librarian

9 am **28**
Euchre

10:15 am
Outing! Walmart:
Hudson
\$2 Sugg. Contribution

12 pm
Celebrating January
Birthdays!

10:15 am **29**
Teaching Kitchen
with Tanisha,
Foodlink

12:15 pm
Manicures
with Wendy

9:30 am **30**
Book Club

12 pm
Instructional
Dulcimer

1 pm
Dulcimer Practice

10:15 am **31**
Fire Safety
with RFD

12:15 pm
Valentine Craft
with Teresa

1 pm Wellness Talk:
Benefits of Having
Fun!
with Marty Golub