



Lily Café Newsletter

FEBRUARY 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

Joe Ethel Williams,
Assistant Program
Coordinator

Wendy Houlihan,
Program Coordinator

Teresa Hair,
Kitchen Coordinator

Stacie Kuebel,
Eldersource Care Manager
Wednesdays,
February 5 & 19
10:30 am - 12:30 pm



Lily Lunches

Monday through Friday
11:30 am - 12 pm

Must be 60 years or better to participate!
\$3.50 Suggested Contribution



Special February Dates

Celebrating Black History Month!

Valentine's Day Celebration Event!
at Wolk Cafe, Sibley Square 25 Franklin St.
Friday, February 14 10 am - 1 pm
Bingo, lunch, music and more!
\$3.50 suggested contribution
Don't forget your coins for dime bingo!



Weekly Events

Mondays, 9:30 am
Mexican Train Dominoes with Bill

Wednesdays, 10:15 am (no class February 19)
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

February 2025



10:45 am **3**
Wellness Talk: Happy Moments Increase Happiness with Marty Golub, CTRS

11:30 am
Tech Q & A with Daniel Jones (Library)

10 am **4**
Black History Month Testimonials & Quotes

1 - 2 pm
Tech Tuesday with Daniel Jones

10:15 am **5**
Teaching Kitchen with Tanisha, Foodlink

12 pm Foodlink Curbside Market

12:15 pm
Manicure's with Wendy

9:30 am **6**
Book Club (Library)

12 pm
Instructional Dulcimer with Rich

1 pm
Dulcimer Practice

10:45 am **7**
Valentine's Musical Entertainment with Gary

12 pm
Urban Line Dancing with Lady P
1 pm Wellness Talk: Ingredients for Happiness with Marty Golub, CTRS

10:45 am **10**
Black History Month Testimonials & Quotes

12:15 pm
Men's Group

10 am **11**
Bake Sale!

12:15 pm
Maplewood Y: Branch Updates with Jacob & Laura


10:15 am **12**
Teaching Kitchen with Tanisha, Foodlink

12 pm Foodlink Curbside Market

12:15 pm
Woman's Group

9:30 am **13**
Book Club (Library),
10 am - 12 pm
Foot Massage with Diane Snyder

12 pm
Instructional Dulcimer with Rich
1 pm
Dulcimer Practice

Off-site Event! **14**
Valentine's Day Celebration: Wolk Cafe, Sibley Square 25 Franklin St. 10 am - 1 pm \$3.50 lunch  Bingo, music & more!
Sign-up required

10:45 am **17**
Black History Month Testimonials & Quotes

11:30 am
Tech Q & A with Daniel Jones (Library)

10 - 11 am **18**
URMC: Heart Health



12:15 pm
Scrabble Challenge!

10:15 am **19**
URMC: Memory Screening

12 pm Foodlink Curbside Market

12 pm Wellness Talk: Healthy Relationships with Jeff Goldstein

9:30 am **20**
Book Club (Library)

12 pm
Instructional Dulcimer with Rich

1 pm
Dulcimer Practice

10:15 am **21**
St. Patrick's Day Craft with Teresa \$3 for supplies

12 pm
Urban Line Dancing with Lady P

10:15 am **24**
Black History Month Event: Underground Railroad with Jerry Bennett, local historian

12:15 pm
Cafe Advisory

9:30 am **25**
Tech Seminar: Understanding the Internet with Daniel Jones
10:30 am
ROC Library: Short Stories with Maren (Library)
12:15 pm
1000 Words Challenge

10:15 am **26**
Teaching Kitchen with Tanisha, Foodlink

12 pm Foodlink Curbside Market

12:15 pm
Rummikub Challenge

9:30 am **27**
Book Club (Library)

12 pm
Instructional Dulcimer with Rich

1 pm
Dulcimer Practice

10:15 am **28**
10-Min. Chair Massage with Danielle, LMT
Sign-up required

1 pm Wellness Talk: Smart Coping Skills with Marty Golub, CTRS