

Lily Café Newsletter

March 2025



Lifespan's Lily Café

A gathering place for YMCA members 60 & better! Coffee & infused water available.

Café Hours & Contact Info

Monday - Friday
8:30 am - 3 pm

Location: Maplewood YMCA
25 Driving Park Ave.
(585) 341- 4013



Teresa Hair,
Kitchen Coordinator

Joe Ethel Williams,
Asst. Program Coordinator

Wendy Houlihan,
Rotating Program Coord.

Jasmine Jackson,
Program Coordinator

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



LIFESPAN WELCOMES EVERYONE

Lily Lunches

Monday through Friday

11:30 am - 12 pm

Must be 60 years or better to participate.

\$3.50 Suggested Contribution



Program Highlight

Looking to boost your health & wellbeing? We're partnering with BetterAge, an online resource where you can take a free assessment and get back customized suggestions to improve your health and wellbeing! It's easy! Ask a Lifespan staff member for more information!



Weekly Events

Mondays, 9:30 am

Mexican Train Dominoes with Bill

Wednesdays, 10:15 am

Foodlink Teaching Kitchen

Join us for this interactive cooking class to learn how to create healthy dishes. Recipes and samples provided!

Please note: no class on 3/19

Foodlink Curbside Market, 12 pm

Thursdays, 9:30 am

Book Club

Thursdays, 12 pm

Instructional Dulcimer with Rich, open to all!

***No Instruction held on 3/13**

Thursdays, 1 pm

Senior Strummers Dulcimer Practice



March 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10:45 am ³
Wellness Talk:
Coping Strategies
with Marty Golub

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

10:15 am ⁴
St. Patty's Day Craft
with Mary Ann

1 - 2 pm
Tech Tuesday
with Daniel Jones



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

12:15 pm
Pre/Probiotics,
Cindy Rapp, MCOFA
Dietician

9:30 am ⁶
Book Club

12 pm
Concert: Senior
Stummers Dulcimer

10:15 am ⁷ Virtual
Reality Headsets
with Courtney,
Jewish Home

12 pm Urban Line
Dancing with Lady P

1 pm Wellness Talk:
Health & Wellness
Tips with Marty
Golub

10:15 am ¹⁰
Lily Cafe
Bake Sale!

12:15 pm
Lily Cafe Advisory:
Share your May
program ideas!

10:30 am ¹¹
ROC Library: Short
Story Discussion
with Maren

12 pm
YMCA Branch
Updates with Jakob

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

12 pm
Game Day!
Pictionary

9:30 am ¹³
Book Club

10 am - 12 pm
Foot Massage
with Diane Snyder

***No Dulcimer
Instruction today**

10:15 am ¹⁴
Karaoke Time!
with Marty Golub

12 pm
Game Day!
Rummikub

1 pm Wellness Talk:
Benefits between
Mood and Kindness
with Marty Golub

11 am ¹⁷
Wear Your Green!
St. Patrick's Day
Celebration!



11:30 am
Tech Q & A
with Daniel Jones

10 - 11 am ¹⁸
URMC: Wellness
Seminar!


9:30 - 11 am
Tech Seminar:
Online Security &
Safety with Daniel
Jones (Library)

12 pm Men's Group


10:15 am ¹⁹
Lily Lunch Q & A
with Michelle Blood,
ABVI Dietician

12 pm
Diabetes 101
with URMC Medical
Students

9:30 am ²⁰
Book Club



12 pm
Instructional
Dulcimer



1 pm
Dulcimer Practice

10 am Outing! ²¹
Shops on West Ridge
\$ 2 sugg. cont.

12 pm
Urban Line Dancing
with Lady P

10:30 am ²⁴
Looking to Rejoin
the Workforce,
A4TD can help!
with Melanie, A4TD

12 pm
Women's History
Month Sharing!

10:15 am ²⁵
Craft: Crossbody Bag
with Willie Mae

12 pm
Game Day!
Scrabble

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

12:15 pm
Women's Group

9:30 am ²⁷
Book Club

12 pm
Instructional
Dulcimer

1 pm
Dulcimer Practice

10 am - 12 pm ²⁸
10-min. Chair
Massage
with Danielle, LMT

12:15 pm
Game Day!
A Thousand Words

10:15 am ³¹
Lily Cafe
Bake Sale!

12 pm
Celebrating March
Birthdays!

