

# Lily Café Newsletter

April 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

**JoeEthel Williams,**  
Asst. Program Coordinator

**Wendy Houlihan,**  
Rotating Coordinator

**Jasmine Jackson,**  
Program Coordinator

**Stacie Kuebel,**  
Eldersource Care Manager  
Wednesdays, April 2 & 16  
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



## Program Highlights

### Pop-up Food Pantry Distribution

**Wednesday, April 3 at 12:15 pm**

Only 8 spots available, financial eligibility required. **Registration must be completed by April 16.**

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

**Wednesdays, 10:30 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 4/16**

**Thursdays, 12 pm**

Instructional Dulcimer with Rich, open to all!

**\*No Instruction or practice on 4/17**

**Thursdays, 1 pm**

Lilac City Strummers: Dulcimer Practice



 LIFESPAN WELCOMES EVERYONE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>10:15 am</b> 1 Cornhole</p>  <p><b>1 - 2 pm</b> Tech Tuesday with Daniel Jones (Library)</p>	<p><b>10:30 am</b> 2 Teaching Kitchen! with Tanisha, Foodlink</p> <p><b>12 pm</b> Poetry Club</p>	<p><b>9:30 am</b> 3 Book Club (off-site)</p> <p><b>12 pm</b> Dulcimer Instruction</p> <p><b>1 pm</b> Dulcimer Group: Lilac City Strummers</p>	<p><b>10:15 am</b> 4 Karaoke Time! with Marty Golub</p> <p><b>12 pm</b> <b>No line dancing</b></p> <p><b>1 pm</b> Wellness Talk with Marty Golub: How we talk affects our moods</p>
<p><b>10 am</b> 7 Lily Cafe Advisory: Share your June program ideas!</p> <p><b>11:30 am</b> Tech Q &amp; A with Daniel Jones (Library)</p> <p><b>12 pm</b> Woman's Group</p>	<p><b>10:30 am</b> 8 ROC Library: Short Story Discussion with Maren</p> <p><b>12 pm</b> YMCA Branch Updates with Jakob</p>	<p><b>10:30 am</b> 9 Teaching Kitchen! with Tanisha, Foodlink</p> <p><b>12 pm</b> Inez Report</p>	<p><b>9:30 am</b> 10 Book Club</p> <p><b>12 pm</b> Dulcimer Instruction</p> <p><b>1 pm</b> Dulcimer Group: Lilac City Strummers</p>	<p><b>10:15 am</b> 11 Flower Crowns/Hats for Tea Party</p> <p><b>12 pm</b> Urban Line Dancing with Lady P</p> <p><b>1 pm</b> Wellness Talk with Marty Golub: Give yourself credit!</p>
<p><b>10:30 am</b> 14 Open Mic: Comedy, Poems, Short Stories, and more!</p> <p><b>12 pm</b> FCAGR Presentation: What You Should Know for a Funeral</p>	<p><b>9:30 am</b> 15 Tech Seminar: Spam, Shams, and other Tech Scams with Daniel Jones</p> <p><b>12 pm</b> Crochet</p>	<p><b>10:15 Outing!</b> 16 Highland Conservatory \$2 admision, \$2 trans suggested contribution</p> <p><b>12 pm</b> Jeopardy</p> <p><b>Pop-Up Reg. Due!</b></p>	<p><b>9:30 am</b> 17 Book Club</p> <p><b>12 pm</b> 1000 Words</p> <p><b>*No Dulcimer Instruction today</b></p>	<p><b>10 am</b> 18 Easter Baskets with Mary Ann</p> <p><b>12 pm</b> Urban Line Dancing with Lady P</p> <p><b>1 pm</b> Wellness Talk with Marty Golub: What you do at home is important</p>
<p><b>10:15am</b> 21 Hi-Tea Party!</p> <p><b>11:30 am</b> Tech Q &amp; A with Daniel Jones (Library)</p>	<p><b>10:15 am</b> 22 10 - 11 am URMC: Wellness Seminar</p> <p><b>12 pm</b> Earth Day program</p> 	<p><b>10:30 am</b> 23 Teaching Kitchen! with Tanisha, Foodlink</p> <p><b>12:15 pm</b> Pop-Up Food Pantry Distribution</p>	<p><b>9:30 am</b> 24 Book Club</p> <p><b>12 pm</b> Dulcimer Instruction</p> <p><b>1 pm</b> Dulcimer Group: Lilac City Strummers</p>	<p><b>10 am</b> 25 10-Min. Chair Massage with Danielle, LMT</p> <p><b>1 pm</b> Wellness Talk with Marty Golub: Love Yourself More!</p>
<p><b>10:15 am</b> 28 Wellness Talk: Smart Coping with Marty Golub</p> <p><b>12 pm</b> Men's Group</p>	<p><b>10:15 am</b> 29 Volunteer Recognition Event!</p> <p><b>12 pm</b> Celebrating April Birthdays!</p> 	<p><b>10:30 am</b> 30 Teaching Kitchen! with Tanisha, Foodlink</p> <p><b>12 pm</b> Game Day!</p>		