



# Lily Café Newsletter

**MAY 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, May 7 & 21  
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



## May is Older American's Month!

### Senior Day at Red Wings Stadium!

**Wednesday, May 28**

**11:05 am game start: Sign up by 5/9**

Event includes game and a ticket to enjoy a picnic lunch in "The Nest". Transportation on your own, unless a current Med. Motor rider.



### Senior Day at The Lilac Festival (rain or shine)

**Wednesday, May 14**

**Departing at 10:30 am, Returning by 1 pm**

Lunch on your own & bring a chair!

Limited seating available, be sure to sign up early to secure your spot!



## 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 5/14 & 5/21**



**Thursdays, 12 pm**

Instructional Dulcimer with Rich, open to all!

**Thursdays, 1 pm**

Lilac City Strummers: Dulcimer Practice



 LIFESPAN WELCOMES EVERYONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

APRIL

# Showers

BRING MAY

# Flowers

**10 am** 5  
Lily Cafe Advisory:  
Share your July  
Program Ideas!

**11:30 am**  
Tech Q & A  
with Daniel Jones  
(Library)  
**12 pm**  
1000 Words



**10 am** 6  
Jeopardy!

**12 pm**  
Watercolor painting  
with Free Art  
Collective  
**1 - 2 pm**  
Tech Tuesday  
with Daniel Jones  
(Library)

**10:30 am** 7  
Teaching Kitchen!  
with Tanisha,  
Foodlink

**12:15 pm**  
Proteins  
with Cindy Rapp,  
MCOFA Dietician

**9:30 am** 1  
Book Club  
**10:30 am**  
Fun Interpersonal  
Skills with Jeff  
Goldstein  
**12 pm**  
Dulcimer Instruction  
**1 pm**  
Dulcimer Group:  
Lilac City Strummers

**10:15 am** 2  
Karaoke Time!  
with Marty Golub  
**12 pm**  
Urban Line Dancing  
with Lady P  
**1 pm**  
Wellness Talk: How  
We Talk Affects our  
Mood with Marty  
Golub

**9:30 am** 12  
Defensive Driving  
AARP (Library)

**10 am**  
Slam Poetry

**12 pm**  
Women's Group

**10:30 am** 13  
ROC Library: Short  
Stories with Maren

**12 pm**  
YMCA Updates  
with Jakob

**10am** 14  
1000 Words  
**10:30 am Outing!**  
Lilac Festival: Senior  
Day, lunch on your  
own! \$2 Sugg. Cont.  
**12:30 pm**  
Depart Festival



**9:30 am** 15  
Book Club

**10 am**  
Foot Massage  
with Diane Snyder  
**1 pm**  
Dulcimer Group:  
Lilac City Strummer

**9:30 am** 16  
Defensive Driving  
AARP (Library)  
**10 am** Game Day!  
**12 pm**  
Urban Line Dancing  
with Lady P  
**1 pm**  
Wellness Talk with  
Marty Golub

**10 am** 19  
25 Words

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

**12 pm**  
Men's Group

**9:30 - 11 am** 20  
Tech Seminar:  
Google - Much  
More Than a  
Search Engine  
with Daniel Jones

**12 pm**  
Puzzle Time!  
Crossword, Word  
Scramble & More

**10:15 am** 21  
**Outing!**  
NEW Goodwill at  
Greece Ridge Mall,  
\$2 Suggested  
Contribution

**12 pm**  
Cornhole

**9:30 am** 22  
Book Club  
**10:30 am**  
Fun Interpersonal  
Skills with Jeff  
Goldstein  
**12 pm**  
Dulcimer Instruction  
**1 pm**  
Dulcimer Group:  
Lilac City Strummers

**10 am** 23  
10-Minute  
hair Massage  
with Danielle, LMT  
**12 pm**  
Memorial Day  
Celebration!  
**1 pm**  
Wellness Talk  
with Marty Golub

Cafe Closed in  
Observance of  
Memorial Day!



**10 am** 27  
Family Feud

**12 pm**  
Celebrating May  
Birthdays!



**10:30 am** 28  
Teaching Kitchen!  
with Tanisha,  
Foodlink  
**11:05 am Event!**  
Senior Day at Red  
Wings Stadium:  
includes game/lunch  
**12 pm**  
Painting  
with Willie Mae

**9:30 am** 29  
Book Club  
**10:30 am**  
Fun Interpersonal  
Skills with Jeff  
Goldstein  
**12 pm**  
Dulcimer Instruction  
**1 pm**  
Dulcimer Group:  
Lilac City Strummers

**9:30 am** 30  
Tick bite prevention  
workshop with Regina-  
Cornell Extension  
Program  
**1pm**  
Wellness talk with  
Marty Golub