

Lily Café Newsletter

June 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, June 4
and June 18

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



Outings!

Art & Treasure's Sale: Memorial Art Gallery

Friday, June 6, Departing at 10:15 am

\$2 suggested contribution for transportation

AOA Celebration: Bay View YMCA

Wednesday, June 11, 9:30 am - 2 pm

Cost: \$20 per person

Includes transportation, lunch and a day full of activities! Register with the Maplewood YMCA.



Annual Kickoff to Summer Picnic!

Friday, June 27, 10 am - 1 pm, Maplewood Rose Garden, \$5 suggested contribution

Join us for a glorious day of sun and fun.
Picnic lunch & ice cream truck included!



Weekly Events

Wednesdays, 10:30 am

Foodlink Teaching Kitchen

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

***Please note: no class on June 11 & 18**

Foodlink Curbside Market Van, 12 - 1 pm

Thursdays, 1 pm

Lilac City Strummers: Dulcimer Practice



JUNE 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10 am 2
Safety Safety
with Officer Moses
Robinson, RPD
11:30 am (Library)
Tech Q & A
with Daniel Jones
12 pm
LawNY Resources
with Ross Pattison,
Staff Attorney

9:30 am 3
Fraud & Scams
Presentation
with Dan Lyons,
Lifespan Program
Manager
1 - 2 pm
Tech Tuesdays
with Daniel Jones

10:30 am 4
Teaching Kitchen
with Tanisha,
Foodlink

12 pm
Eldersource Services
& Resources
with Stacie Kuebel,
Care Manager

10 am (Library) 5
Book Club
10:30 am
Singer's Group
with Linda Berkey
1 pm Dulcimer
Group practice

10:15 am Outing! 6
Arts & Treasure's
Sale at the MAG
11:15 am
Live Entertainment:
Guitar & Vocals
by Gary Schindler
12 pm
Urban Line Dancing
with Lady P

10 am 9
Lily Cafe Advisory:
Share your August
Program Ideas!
11 am
Lunch Caterer News
Steve Newcomb,
MCOFA Director
12:15 pm
Craft: Men's Wallet,
limit 6

10:30 am 10
ROC Library: Short
Stories with Maren,
Librarian
12 pm
YMCA Updates
with Jakob Elder,
Senior Program
Director




Off-site Event!
9:30 am - 2 pm
AOA Celebration
at the Bay View
Family YMCA!
\$20 & Registration
(YMCA front desk)
Enjoy lunch,
activities & zipline!

10 am (Library) 12
Book Club
10:30 am
Singers' Group
with Linda Berkey
1 pm
Dulcimer Group
practice

Wear Purple 13
Today for WEAAD!
10 am
Karaoke!
with Marty Golub
12 pm
Father's Day
Celebration!


10 am 16
Wellness Talk
with Marty Golub
11:30 am (Library)
Tech Q & A
with Daniel Jones
12 pm
Men's Group


9:30 - 11 am 17
Tech seminar:
Online Shams &
Scams with Daniel
Jones
12 pm
URMC Presentation:
Blood Pressure and
Cardiovascular Health
with Aging


10 am 18
(Metro Room)
Game on: Motion
Video Games!

12 pm
Juneteenth
Celebration


19
**Cafe Closed in
Observance of**
**JUNE
TEENTH**

10 am 20
Summer Lily
Bake Sale!
10 am
10 minute chair
massage with
Danielle, LMT
12 pm
Urban Line Dancing
with Lady P


10 am 23
Pottery Painting!
\$25 to register,
(pottery & firing)
12 pm
Planning Ahead: A
Thoughtful Guide to
Funeral Preparation
by the Funeral
Consumers Alliance
of Greater Rochester

10 am 24
URMC: Got Health?
Suicide Prevention,
Arielle Sheftall, PhD

12 pm
Lily Lunch Planning
with Michelle Blood,
MCOFA Dietician

10:30 am 25
Teaching Kitchen
with Tanisha,
Foodlink

12 pm
Women's Group
with Inez

10 am (Library) 26
Book Club
10:30 am
Singers Group
with Linda Berkey
1 pm
Dulcimer Group
Practice

 27
Offsite Event!
10 am - 1 pm
Kickoff to Summer
Picnic at the
Maplewood Rose
Garden
**\$5 Suggested
Contribution**


10 am 30
Disco Party!

12 pm
Celebrate June
Birthdays!




**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders

**Elder abuse often goes unnoticed and
unspoken. Join us in breaking the silence,
wear purple on Friday, June 13 to raise
awareness about the abuse and neglect of
older adults in our community.**

PRIDE MONTH

Celebrates the LGBTQ+ community, honors
their history and contributions, and raises
awareness about ongoing challenges and the
need for equality. It's a time for celebration,
visibility, and a reminder to continue fighting
for LGBTQ+ rights and inclusion.

