

# Lily Café Newsletter

July 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) 277-1657



**Teresa Hair,**  
Kitchen Coordinator

**JoeEthel Williams,**  
Asst. Program Coordinator

**Wendy Houlihan,**  
Rotating Coordinator

**Jasmine Jackson,**  
Program Coordinator

**Stacie Kuebel,**  
Eldersource Care Manager  
Wednesdays, July 2  
& July 16  
10:30 am - 12:30 pm

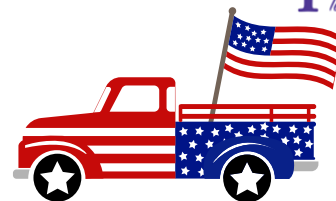


 LIFESPAN WELCOMES EVERYONE

## Lily Lunches

Monday through Friday  
11:30 am - 12 pm

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



## Program Highlights

**Lifespan's A Matter of Balance Workshop**  
**Wednesdays, July 8 - August 26, 10 - 11:30 am**

This 8-week evidence-based workshop is designed to reduce the fear of falling, increase physical activity levels, and increase confidence.  
**Registration required by July 3!**

## Outing!

**Seneca Park Zoo**

**Thursday, July 28th Admission: \$9**

**Bus departs at 10 am, return to Y by 1 pm**

Join us for a delightful day surrounded by nature, fascinating animals, and great company. Don't miss this chance to go a little wild with us! 🐾



## Weekly Events

**Tuesdays, 12 - 1 pm**

Foodlink Curbside Market Van

**Thursdays, 10 am**

Book Club

**Thursdays, 10:15 am**

Lily Singer's Practice

**Thursdays, 1 pm**

Lilac City Strummers: Dulcimer Practice





# JULY 2025



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



**Mark your  
Calendars!**

**Monroe County  
Salute to Seniors  
at Charlotte Beach!  
Friday, August 22  
10 am - 2 pm**



**10 am**

Lily Cafe Advisory:  
Share your  
September program  
ideas!

**1 - 2 pm**

Tech Tuesday  
with Daniel Jones

**10 am**

Craft: Learn to Make  
a Magnet  
with Nicole

**12 pm**

Jeopardy  
with Jazz!

**10 am**

Book Club  
**10:15 am**  
Lily Singer's Group  
**12 pm**  
4<sup>th</sup> of July  
Celebration!  
**1 pm**  
Dulcimer Group  
Practice

**Cafe closed in  
observance of**



**10 am**

211 Presentation  
with Dominique  
Robinson

**1 - 2 pm**

Tech Q&A  
with Daniel Jones

**10 - 11:30 am**

Lifespan's Matter  
of Balance Workshop  
(Library)

**12 pm**

YMCA Updates  
with Jakob

**12:30 pm** Grocery  
Shopping on a  
Budget: Cindy Rapp,  
MCOFA Educator

**10 am**

Craft: Journal Making  
with Valencia

**12 pm**

Rehab Options  
with Chauncey  
Pringle, M&A  
Care Rep

**10 am**

Book Club

**10:15 am**

Lily Singer's Group

**1 pm**

Dulcimer Group  
Practice

**10 am**

Karaoke Time  
with Marty!

**12 pm**

Urban Line Dancing  
with Lady P

**1 pm**

Wellness Talk  
with Marty Golub

**10 am**

Community First Aid  
& Safety  
with Anthony,  
YMCA Lifeguard  
& EMT

**12 pm**

Family Feud  
with Jazz!

**9:30 - 11 am**

Tech Seminar:  
What is AI?  
with Daniel Jones

**10 am**

Lifespan's Matter of  
Balance Workshop  
(Library)

**12 pm**

Outdoor Walk!

**10 am**

Balance &  
Preventing Falls  
with Ryan Healy,  
MVPT Physical  
Therapy

**12 pm**

1000 Words

**10 am**

Book Club

**10:15 am**

Lily Singer's Group

**1 pm**

Dulcimer Group  
Practice

**10 am**

Senior Housing  
Options  
with Anna Meyer,  
Episcopal Senior Life

**12 PM**

Urban Line Dancing  
with Lady P

**10 am**

Crafts Time  
with Mary Ann

**12 pm**

Live Entertainment  
with Adam Arritola

**1 - 2 pm**

Tech Q & A

**10 - 11:30 am**

Lifespan's Matter of  
Balance Workshop  
(Library)

**10 am**

URMC Wellness:  
Preventing and  
Managing  
Hypertension

**12 pm**

Nature Documentary

**10:30 am**  
Hawaiian/Island  
Themed Day!



**11:30 am - 1 pm**  
Music, hula  
dancing and more!

**10 am**

Book Club

**10:15 am**

Lily Singer's Group

**1 pm**

Dulcimer Group  
Practice

**10 - 11:30 am**

10-minute Chair  
Massage  
with Danielle, LMT

**12 pm**

Women's Group  
with Inez

**10:30 am Outing!**

Seneca Park Zoo!  
**\$9 Admission**  
Returning by 1 pm  
**\*Brown bag lunch  
or bring \$ to  
purchase food**

**12 pm**

Uno or Skip Bo

**10 - 11:30 am**

Lifespan's Matter of  
Balance Workshop  
(Library)

**11:15 am**

Live Entertainment  
with Gary Schindler

**10:30 am**

Teaching Kitchen  
with Flo, Foodlink

**12 pm**

July Birthday  
Celebration!

**10 am**

Book Club

**10:15 am**

Lily Singer's Group

**1 pm**

Dulcimer Group  
Practice



**LAND of the FREE  
HOME of the BRAVE**

est. 1776

