

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,

August 6 & 20

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 Highlight

**Monroe County Salute to Seniors
at Charlotte Beach!**

Friday, August 22, 10 am - 2 pm

\$3.50 suggested contribution for a box lunch

Come down to the beach and enjoy fun in the
sun with live music and wonderful company!

RSVP by August 11 & don't forget to bring a chair!



Outing!

Rochester Museum and Science Center

Friday, August 8, Admission: Free!

Bus departs at 9:30 am, return by 11:30 am

Get ready for an exciting morning of exploration
and discovery. Hands-on exhibits and engaging
science demonstrations to fascinating displays of
local history and innovation! **Sign-up required!**



Weekly Events

Wednesdays, 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

Please Note: No Dulcimer Instruction on August 21



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Visit the RPL Mobile Library Van!

When: August 7 & 12, 10 am – 1 pm
Where: Maplewood YMCA Parking Lot

Stop by and explore a wide selection of books and resources for all ages. Come see what the Rochester Public Library has to offer!

Looking ahead to September!
We're excited to announce:

Riverie Boat Trip!

Friday, Sept 5
10 - 11:30 am, \$10 per person
depart from Corn Hill Landing
(more details to follow)

10 am
URMC Med. Student Presentation:
Understanding Common Urology Issues
12 pm
Urban Line Dancing with Lady P

10 am
Craft: Make a Collage
11:30 am (Library)
Tech Q & A with Daniel Jones
12 pm
Lily Cafe Advisory: Share October ideas!

10 am
The Price is Right! with Jazz
1 pm (Library)
Tech Tuesday with Daniel Jones

10 am
EISEP Presentation with Marijean Weld, Catholic Charities
12 pm
Make-up craft day: Finish craft projects!

10 am - 1 pm
RPL: Mobile Library Van!
10 am
Book Club
10:15 am
Lily Singer's Group
12 pm
August Birthday Celebration!

9:30 am Outing!
RMSC
Sign up required!
12 pm
1000 Words

11:30 am (Library)
Tech Q & A with Daniel Jones
12:15 pm
Therapy Dog Visit with Tilly's Place!

10 am - 1 pm
RPL: Mobile Library Van!
10:30 am
ROC Library: Short Stories with Maren
12 pm
YMCA Updates with Jakob

10 am
Jeopardy with Jazz!
12 pm
Northwest Neighborhood Service Center Presentation

10 am
Book Club
10:15 am
Lily Singer's Group
Cafe Closes at 11:30 am to attend Staff Event

10 - 11:30 am
10-minute Chair Massage with Danielle, LMT
12 pm
Urban Line Dancing with Lady P

10 am
Lily Cafe Bake Sale!
12 pm
90's Theme Day!

10 am
Billiards
12 pm
Bring Your Own Craft Day: finish or start a project!

10 am
Karaoke Time! With Marty!
12 pm
URMC Student Presentation: Mobility and Physical Activity with Older Adults

10 am
Book Club
10:15 am
Lily Singer's Group
10 am
Foot Massage with Diane Snyder
12 pm
Painting with Free Art Collective!

Off-site Event!
10 am - 2 pm
Monroe County Salute to Seniors at Ontario Beach Park!
\$3.50 box lunch, sign up required & bring your lawn chair!

9:30 - 11 am
Tech Seminar: Digital Music Mania with Daniel Jones
12 pm
Ice Cream Social!

10 am
URMC Wellness Presentation: The Importance of Primary Care
12 pm
Crosswords, Word Search, Etc!

10:15 am
Teaching Kitchen with Jennifer Quick, Foodlink
12 pm
Family Feud with Jazz!

10 am
Book Club
10:15 am
Lily Singer's Group
12 pm
Dulcimer Instructional
1 pm
Dulcimer Group Practice

Cafe Closed for Annual Cleaning & Purging!
Volunteers are welcome, please sign up with Jasmine!