



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

Jasmine Jackson,
Program Coordinator

Teresa Hair,
Kitchen Coordinator

JoeEthel Williams,
Asst. Program Coordinator

Wendy Houlihan,
Rotating Coordinator

Erin Uttaro,
Eldersource Care Manager
Wednesdays,
September 3 & 17
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

9/11 Community Service Project!

Donate new backpacks, 3-ring binders, tab dividers for children of active-duty service members. A donation box will be located in the Cafe through 9/11.

Lifespan's Aging Mastery Program (AMP)

Mondays, beginning September 15, 10 - 11:30 am

Join us for a 10-week journey through engaging sessions focused on health, wellness, and aging well!

Outings!

Riverie Boat Trip, \$10

Friday, September 5, 10:30 am - 12 pm

Bus departs promptly at 10 am

Wickham Farms, \$10-15

Monday, September 8, 10 am - 12:30 pm

Bring or purchase your lunch at the farm!

Lifespan's Falls Prevention Day Event!

Thursday, September 25, 10:30 am - 12:30 pm

Fun health & wellness related activities, includes lunch.



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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Cafe Closed for Labor Day!
let's CELEBRATE our HARD WORK

2
10 am Out of the Box Thinking with Sheila Weinbach
12 pm Craft: Fall Wreath with Jazz
1 pm Tech Tuesday with Daniel Jones

3
10 am Cross Stitching 101 with Julia Walsh
12 pm Lily Cafe Advisory: Share your November program ideas!

4
10 am Book Club
10:15 am Lily Singer's Practice
12 pm Dulcimer Instructional
1 pm Dulcimer Group Practice

5
Outing!
10:30 - 12 pm Riverie Boat Trip! \$10

12 pm Urban Line Dancing with Lady P

8
Outing!
10 am - 12:30 pm Wickham Farms, \$10-15
11:30 am - 12:30 pm Tech Q & A with Daniel Jones
12 pm 1000 Words 

9
10:30 am ROC Library: Short Stories with Maren, Librarian
12 pm YMCA updates with Jakob Elder

10
10 am Positive Psychology: A Nice Way to Feel Better! with Marty Golub

11:45 am Lily Singer's Group Concert

11
10 am Book Club
10:15 am Lily Singer's Practice
11 am Dulcimer Concert!
1 pm Dulcimer Group Practice 

12
10 am Karaoke Time! with Marty
12 pm Jeopardy with Jazz

15
10 am AMP: Daily Practice of Gratitude
11:30 am - 12:30 pm Tech Q & A with Daniel Jones
12 pm Hispanic Heritage Month Video 

16
9:30 - 11 am Tech Seminar: TV Today! with Daniel Jones
12 pm Let's go Nuts! with Cindy Rapp, MCOFA Dietician

17
10 am Cross Stitching 101 with Julia Walsh

12 pm Family Feud with Jazz

18
10 am Book Club
10:15 am Lily Singer's Practice
12 pm Dulcimer Instructional
1 pm Dulcimer Group Practice

19
10 am Craft: Make a Necklace with Willie Mae

12 pm Urban Line Dancing with Lady P

22
10 am AMP: Sleep Talk with Dr. Robert Israel

12 pm Fall Bake Sale!

23
10 am URMC Wellness Talk: Wilmot Cancer Institute
12 pm TRAC Presentation with Maureen Murphy, Lifespan

24
10:15 am Teaching Kitchen with Jennifer Quick, Foodlink
12 pm Crossword Puzzles, Word Searches, and more!

25
Outing!
10:30 am - 12:30 pm Falls Prevention Day Event, includes lunch
10 am Book Club
10:15 am Lily Singer's Practice
1 pm Dulcimer Group

26
10 - 11:30 am 10-minute Chair Massage with Danielle, LMT

12 pm Celebrate September Birthdays!

29
10 am AMP: Medication Management with Pat Feola

12 pm Cultural Food Day: Bring in snack or dessert from your culture to share!

30
10 am Rodent Discussion with Regina, Cornell Cooperative Extension
12 pm The Price is Right! with Jazz


HISPANIC HERITAGE MONTH


