



Lily Café Newsletter

September 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

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



 LIFESPAN WELCOMES EVERYONE

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

