



Lily Café Newsletter

November 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

Jasmine Jackson,
Program Coordinator

Teresa Hair,
Kitchen Coordinator

JoeEthel Williams,
Asst. Program Coordinator

Wendy Houlihan,
Rotating Coordinator

Stacie Kuebel,
Eldersource Care Manager
Wednesdays,
November 5 and 19
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

Thanksgiving Celebration!

Friday, November 21 at 11:30 am

\$3.50 suggested contribution

Enjoy a delicious Thanksgiving meal with friends. Feel free to bring a dessert to share!

Please sign up by 11/14 to reserve your spot.

Outings!

Shopping at Greece Ridge Mall

Wednesday, November 5

Bus departs at 10 am, return by 11:30 am

\$2 bus contribution

Mendon Ponds Park: Wild Wings Tour

Friday, November 14

Bus departs at 10:30 am, return by 12:15 pm

\$5 participation fee, \$2 bus contribution

*Lunch is not provided, please plan accordingly.



Weekly Events

Wednesdays, 12 - 1 pm

Foodlink Curbside Market Van

Thursdays, 10 am

Book Club

Thursdays, 10 am

Lily Singer's Practice

Thursdays, 1 pm

Lilac City Strummers: Dulcimer Practice



MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

Harvest Food Basket Distribution!

Wednesday, November 19, 2025, 12:30 - 1 pm

Limited number of food baskets. Please complete a Lifespan Food Pantry eligibility form early to register. Please see Jazz or Jo to sign up!

Lifespan's Aging Mastery Program (AMP)

Mondays, 10 - 11 am

Join us for engaging sessions focused on health, wellness, and aging well!

10 am **3**
AMP: Exercise with Patti Singer

11:30 - 12:30 pm
Tech Q & A with Daniel Jones

12 pm
Scattergories

10:30 am **4**
Jeopardy with Jazz



1- 2 pm
Tech Tuesday with Daniel Jones

10 am Outing! **5**
Shopping at Greece Ridge Mall, \$2 bus contribution

12 pm
Seasonal Craft with Teresa!

10 am **6**
Book Club

10 am
Lily Singer's Practice

12 pm
Dulcimer Practice

1 pm
Lilac City Strummers Practice

10:30 am **7**
Craft/Jewelry Sale to benefit the Cafe

12 pm
Urban Line Dancing with Lady P

12:15 pm
URMC: Student Presentation: Medication Safety

10 am **10**
AMP: Community Engagement

12 pm
Family Feud with Jazz!



10:30 am **11**
Veterans Day Celebration!



12 pm
YMCA Updates with Jakob Elder

10 am **12**
Sleep Presentation with Kathryn, Intern

10 am
Lily Singer's Practice

12 pm
Watercolor Postcards with Edith

10 am **13**
Book Club

12 pm
Dulcimer Practice

1 pm
Lilac City Strummers Practice

10:30 am Outing! **14**
Wild Wings: Birds of Prey Facility tour, \$5 admission, \$2 bus contribution

12 pm
Puzzles, Crosswords, Word Scramble & more!

10 am **17**
AMP: Healthy Eating and Hydration with Sarah Otis

11:30 am - 12:30 pm
Tech Q & A with Daniel Jones

9:30 - 11 am **18**
Tech Seminar: Online Shopping with Daniel Jones

12 pm
URMC Wellness Talk: Alzheimer's with Dr. Emily Clark

Harvest Food Distribution Day! **19**

10 am
Lily Advisory: Share your ideas for the new year!

12 pm
Food Labeling with Cindy Rapp, MCOFA Dietician

10 am **20**
Book Club

10 am
Lily Singer's Practice

12 pm
Dulcimer Practice

1 pm
Lilac City Strummers practice

10 am **21**
Karaoke with Marty!



11:30 am
Thanksgiving Celebration!

12 pm
Urban Line Dancing with Lady P

10 am **24**
AMP: Advanced Planning with Dan Williford



12 pm
November Birthday Celebration

10:30 am **25**
Short Stories with Maren, ROC Librarian

12 pm
Pottery Painting: Ceramic Mug with Jazz

10:15 am **26**
Teaching Kitchen with Jennifer Quick, Foodlink

12 pm
Price is Right with Jazz



Cafe Closed

Happy Thanksgiving

Cafe closed

Gobble TIL YOU Wobble