



Lily Café Newsletter

October 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

Stacie Kuebel,
Eldersource Care Manager
Wednesdays,
October 1 & 15
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 Aging Mastery Program (AMP)

10 - 11 am

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

URMC Flu Clinic!

Wednesday, October 1, 10 - 11:30 am

Protect yourself this season!



Outings!

Riverie Boat Trip, \$10

Friday, October 3, 10:30 am - 12 pm

Bus departs at 10 am, returns at 12:30 pm

Apple Picking at Robb Farms

Friday, October 17, 10 am - 12 pm

Price dependent on amount picked



Mt Hope Cemetery: Guided Bus Tour, \$8.50

Wednesday, October 22, 10:15 am

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

Protect yourself this season: URMC Flu Clinic!

Lifespan is partnered with URM to provide flu vaccines to older adults in the community on **Tuesday, October 1** from **10 - 11:30 am**.

Please sign up by **September 24** to secure your spot & don't forget to bring your insurance card.

10 am - 11:30 am ¹
URMC Flu Clinic
Sign up required!



12 pm
Introduction to
Photography
with Mark Bang

10 am ²
Book Club
10 am
Lily Singer's Practice
12 pm
Dulcimer
Instructional
1 pm
Dulcimer Group
Practice

Outing! ³
Departing 10 am,
Returning 12:30 pm
Riverie Boat Trip!
\$10, sign up
required!



12 pm
Urban Line Dancing
with Lady P

10 am ⁶
AMP: Healthy
Relationships with
Jeff Goldstein
11:30 am - 12:30 pm
Tech Q & A
with Daniel Jones

12 pm
Ice cream social



10:30 am ⁷
Bake Sale!
(proceeds to benefit
future cafe
activities)

1 pm
Tech Tuesday
with Daniel Jones

10:30 am ⁸
Fire Department
Presentation

12 pm
Strokes, Cardiac
health, and first aid
presentation with
Devon Genut, AMR

10 am ⁹
Book Club
10 am
Lily Singer's Practice
12 pm
Dulcimer
Instructional
1 pm
Dulcimer Group
Practice

10 am ¹⁰
Karaoke!
with Marty Golub

11:45 am
Live Entertainment
Paul Russo

Cafe Closed in Observance of



10:30 am ¹⁴
ROC Library: Short
Stories with Maren,
Librarian

12 pm
YMCA Updates
with Jakob Elder

10 am ¹⁵
Medicare Options
with HIICAP, Lifespan

12 pm
Wellness Talk: Be
More Assertive!
with Marty Golub

10 am ¹⁶
Book Club
10 am
Lily Singer's Practice
10 am
Suicide Prevention
with Arielle Sheftall,
URMC
1 pm
Dulcimer Practice

Outing! ¹⁷
10 am
Apple Picking at
Robb Farms!
Sign up
required!



12 pm
Urban Line Dancing
with Lady P

10 am ²⁰
AMP: Financial
Fitness with Gabe
Geiger, Lifespan
11:30 am - 12:30 pm
Tech Q & A
with Daniel Jones
12 pm
Pumpkin Painting
with Jazz

9:30 - 11 am ²¹
Tech Seminar: Meet
The iPhone
with Daniel Jones

12 pm
Jeopardy!
with Jazz

Outing! ²²
10:30 am
Mt Hope Cemetery:
Guided Bus Tour!
\$8.50, sign up
required!



12 pm
1000 words

10 am ²³
Book Club
10 am
Lily Singer's Practice
11:45 am
Loneliness Study
Discussion, Mark
Brown, MD
1 pm
Dulcimer Practice

10 - 11:30 am ²⁴
10-minute Chair
Massage
with Danielle, LMT
Sign up required!

12 pm
URMC Student
Presentation:
Osteoarthritis

10 am ²⁷
AMP Class: Fall
Prevention

12 pm
The Price is Right!
With Jazz

10 am ²⁸
URMC Wellness Talk:
Eye Health with
Jennifer Krech

12 pm
Memory Lane
Match-up Game

10:15 am ²⁹
Teaching Kitchen
with Jennifer Quick,
Foodlink

12 pm
Out of the Box
Thinking with
Sheila Weinbach

10 am ³⁰
Book Club
10 am
Lily Singer's Practice
12 pm
Dulcimer
Instructional
1 pm
Dulcimer Group
Practice

10 am ³¹
Halloween Party,
costumes
encouraged!!



12 pm
Spooky October
Birthday Celebration!