

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,
December 3 and 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

Holiday Party!

Friday, December 12

Enjoy a catered holiday meal with one another!
DJ Showcase Sound, Raffles, Trivia & More!

Registration required, \$5 contribution
Please register at the YMCA front desk



Outings!

Gingerbread House Display at the George Eastman Museum

Friday, December 5

Bus departs at 10 am, returns at 11:30 am
\$2 Transportation contribution encouraged
\$20 admission or free entry with a SNAP card



Rochester Public Market

Tuesday, December 30

Bus departs at 10:15 am, returns at 11:30 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

10 am **1**
Create Christmas
Cards for Nursing
Home Residents
11:30 - 12:30 pm
Tech Q & A
with Daniel Jones
12 pm
Jeopardy with Jazz!

10 am **8**
Cinnamon
Ornaments with
Teresa
12 pm
Lily Advisory: Share
Your Ideas for
February!

10 am **15**
Wellness Talk
with Marty Golub
11:00
Karaoke with Marty
Golub
11:30 am - 12:30 pm
Tech Q & A
12 pm
Angel craft
with Mary Ann

10 am **22**
Community Safety
Presentation with
Moses Robinson
12 pm
1000 Words

10 am **29**
Christmas Cookie
Exchange!
12 pm
Open Mic: Share
your poetry, music,
comedy, etc.

TUESDAY

10 am **2**
EMT presentation
with AMR services
1- 2 pm
Tech Tuesday
with Daniel Jones

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

9:30 - 11 am **16**
Tech Seminar:
Your Digital Afterlife
with Daniel Jones
12 pm
Family Feud
with Jazz

10 am **23**
Craft/Jewelry Sale
All proceeds go back
to the Cafe
12 pm
Puzzles,
Crosswords, Word
Scrambles & More

10 am Outing! **30**
Public Market,
\$2 suggested
contribution
12 pm
Kwanzaa
celebration

WEDNESDAY

10 am **3**
Foot Massage
with Diane Snyder
12 pm
Hot Cocoa Bar

10 am **10**
Rochester
International Film
Watch: Short Films
by Local Filmmakers!
12 pm
Sock Snowmen
with Jazz

**Holiday Food
Distribution Day!** **17**
10:15 am
Teaching Kitchen
with Jennifer Quick,
Foodlink
12 pm
Virtual Christmas
Light Tour

Cafe Closed
**Christmas
Eve**

10:15 am **31**
Price is Right!
with Jazz
12 pm
New Year's &
Birthday Celebration
**HAPPY
NEW YEAR**

THURSDAY

10 am **4**
Book Club
10 am
Lily Singer's Practice
11 am
Dulcimer Christmas
Concert

10 am **11**
Book Club
10 am
Lily Singer's Practice
12 pm
Dulcimer Practice
1 pm
Lilac City Strummers
Practice

10 am **18**
Book Club
10 am
Lily Singer's Practice
12 pm
Dulcimer Practice
1 pm
Lilac City Strummers
Practice

Cafe Closed
**MERRY
CHRISTMAS**

Christmas Food Basket Distribution!
Wednesday, December 17, 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!

FRIDAY

10 am Outing! **5**
Gingerbread Houses
at George Eastman
Museum
12 pm
Urban Line Dancing
with Lady P
12:15 pm
URMC student
presentation

11 am - 1 pm **12**
Holiday Party!
Sign up at YMCA
front desk, \$5
contribution

10 am **19**
10-minute massages
with Danielle, LMT
Sign up required
11:45 am
Live music by Paul
Russo and Josh
Ketchum
12 pm
Urban Line Dancing
with Lady P

Cafe Closed
**Happy
Holidays**