



# Lily Café Newsletter

February 2026



## 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  
Wednesday,  
February 4  
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

**Off-site Event: Valentine's Day Party!**

**Friday, February 13, 10 am - 1 pm**

Join us at the Wolk Cafe at Sibley Square for a Valentine's Day party! Enjoy a fun-filled day including bingo, live music, raffle prizes and sweet treats. **Sign up & lunch reservations**

**required by January 30,**  
**\$3.50 suggested contribution**



## Outing!

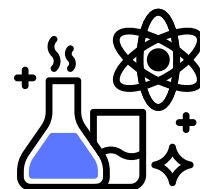
**Tuesday, February 3**

Rochester Museum & Science Center

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

**\$2 Transportation Contribution**

**Museum Admission: Free!**



## Weekly Events

**Wednesdays, 12 - 1 pm**

Foodlink Curbside Market Van

**Thursdays, 10 am**

Book Club

**Thursdays, 1 pm**

Lilac City Strummers: Dulcimer Practice



## MONDAY

**10:30 am** <sup>2</sup>  
Jeopardy with Jazz!

**11:30 am**  
Tech Q & A  
with Daniel Jones

**12 pm**  
Black history Month  
testimonials

## TUESDAY

**Outing!** <sup>3</sup>  
**10 am - 11:30 am**  
Rochester Museum  
& Science Center



**1 - 2 pm**  
Tech Tuesday  
with Daniel Jones

## WEDNESDAY

**10:30 am** <sup>4</sup>  
Lily Advisory - Share  
your April ideas!

**12 pm**  
Wellness Talk  
with Marty Golub


## THURSDAY

**10 am** <sup>5</sup>  
Book Club

**12 pm**  
Dulcimer  
instructional

**1 pm**  
Lilac City Strummers  
Practice

## FRIDAY

**10:30 am** <sup>6</sup>  
Superbowl Party!  
Wear your team  
jersey   
**12 pm**  
URMC Student  
Presentation  
**12 pm**  
Urban Line Dancing  
with Lady P

**10:30 am** <sup>9</sup>  
Prostate Cancer  
Education with  
Darrell Vickers,  
URMC Educator

**12 pm**  
Rochester Historical  
Presentation  
with Bob Scheidt

**10:30 am** <sup>10</sup>  
ROC Library: Short  
Stories with Maren,  
Librarian

**12 pm**  
YMCA Updates  
with Jakob Elder

**10:30 am** <sup>11</sup>  
Bake/Craft sale!



**12 pm**  
Valentine's Day  
Craft with Teresa

**10 am** <sup>12</sup>  
Book Club

**12 pm**  
Dulcimer  
instructional

**1 pm**  
Lilac City Strummers  
Practice

**Off-Site Day!** <sup>13</sup>  
**10 am - 1 pm**  
Valentine's Day  
Party at Wolk Cafe,  
Sibley Square!  
**Sign up by**  
**Jan 30** 

**10:15 am** <sup>16</sup>  
Black History  
Month:  
Documentary  
Viewing



**12 pm**  
Ice Cream Social

**9:30 - 11 am** <sup>17</sup>  
Tech Seminar:  
Digital Photos - The  
Big Picture  
with Daniel Jones

**12 pm**  
Family Feud  
with Jazz!


**10:30 am** <sup>18</sup>  
EMT presentation  
with AMR services



**12 pm**  
1000 Words

**10 am** <sup>19</sup>  
Book Club  
**10:30 am**  
Virtual Ganondagan  
Museum Tour

**12 pm**  
Dulcimer  
instructional  
**1 pm**  
Lilac City Strummers  
Practice

**10:30 am** <sup>20</sup>  
Karaoke Time  
with Marty! 

**12 pm**  
Urban Line Dancing  
with Lady P

**10:15 am** <sup>23</sup>  
Rochester  
International Film  
Festival Presents:  
Best in the Fest

**12 pm**  
Scattergories

**10 am** <sup>24</sup>  
URMC Wellness  
Talk: What You  
Should Know About  
Obesity Medication  
with Sara MacLeod

**12 pm**  
Puzzles,  
Crosswords, Word  
Search & More!

**10:15 am** <sup>25</sup>  
Teaching Kitchen  
with Jennifer Quick,  
Foodlink

**12 pm**  
Price is Right!  
with Jazz

**10 am** <sup>26</sup>  
Book Club

**12 pm**  
Dulcimer  
instructional

**1 pm**  
Lilac City Strummers  
Practice

**10 am** <sup>27</sup>  
10-minute Chair  
Massage with  
Danielle, LMT  
**Sign up required!**

**12 pm**   
February Birthday  
celebration

**BLACK  
HISTORY  
MONTH**

**Happy  
Valentine's  
day**

