



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

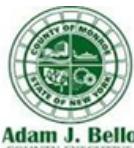
Jasmine Jackson,
Program Coordinator

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**



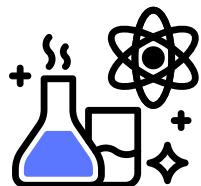
Outing!

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 am 2 Jeopardy with Jazz! 11:30 am Tech Q & A with Daniel Jones 12 pm Black history Month testimonials	Outing! 3 10 am - 11:30 am Rochester Museum & Science Center  1 - 2 pm Tech Tuesday with Daniel Jones	10:30 am 4 Lily Advisory - Share your April ideas! 12 pm Wellness Talk with Marty Golub	10 am 5 Book Club 12 pm Dulcimer instructional 1 pm Lilac City Strummers Practice	10:30 am 6 Superbowl Party! Wear your team jersey 12 pm URMC Student Presentation 12 pm Urban Line Dancing with Lady P
10:30 am 9 Prostate Cancer Education with Darrell Vickers, URMC Educator 12 pm Rochester Historical Presentation with Bob Scheidt	10:30 am 10 ROC Library: Short Stories with Maren, Librarian 12 pm YMCA Updates with Jakob Elder	10:30 am 11 Bake/Craft sale!  12 pm Valentine's Day Craft with Teresa	10 am 12 Book Club 12 pm Dulcimer instructional 1 pm Lilac City Strummers Practice	Off-Site Day! 10 am - 1 pm Valentine's Day Party at Wolk Cafe, Sibley Square! Sign up by Jan 30 
10:15 am 16 Black History Month: Documentary Viewing  12 pm Ice Cream Social	9:30 - 11 am 17 Tech Seminar: Digital Photos - The Big Picture with Daniel Jones 12 pm Family Feud with Jazz!	10:30 am 18 EMT presentation with AMR services  12 pm 1000 Words	10 am 19 Book Club 10:30 am Virtual Ganondagan Museum Tour 12 pm Dulcimer instructional 1 pm Lilac City Strummers Practice	10:30 am 20 Karaoke Time with Marty!  12 pm Urban Line Dancing with Lady P
10:15 am 23 Rochester International Film Festival Presents: Best in the Fest 12 pm Scattergories	10 am 24 URMC Wellness Talk: What You Should Know About Obesity Medication with Sara MacLeod 12 pm Puzzles, Crosswords, Word Search & More!	10:15 am 25 Teaching Kitchen with Jennifer Quick, Foodlink 12 pm Price is Right! with Jazz	10 am 26 Book Club 12 pm Dulcimer instructional 1 pm Lilac City Strummers Practice	10 am 27 10-minute Chair Massage with Danielle, LMT Sign up required!  12 pm February Birthday celebration

BLACK
HISTORY
MONTH

