

Lily Café Newsletter

March 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,
March 4 & March 18
10:30 am - 12:30 pm



 LIFESPAN WELCOMES EVERYONE

Lily Lunches

Monday through Friday
11:30 am - 12 pm

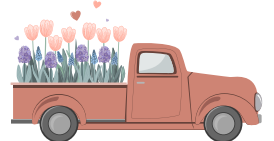
Must be 60 years or better to participate.
\$3.50 Suggested Contribution

Program Highlights

AARP Defensive Driving Course

Wednesday, March 11 & Friday, March 13
9:30 am - 12 pm. Must attend both days!

Cost: \$25 for AARP members, \$30 for non-members. **Check or Money Order only!**



Outings!

Rochester Museum & Science Center Wednesday, March 4

Bus departs at 10 am, returns at 11:30 am
Admission: FREE!



Scent By Design (locally owned business) Tuesday, March 31

Pour your own candle or fragrance!
Bus departs at 10:45 am, returns at 12:15 pm
Cost: Fragrance: \$14+, Candles: \$25+

Weekly Events

Wednesdays, 12 - 1 pm

Foodlink Curbside Market Van

Thursdays, 10 am

Book Club

Thursdays,

12 pm Instructional Dulcimer, open to all!

1 pm Lilac City Strummers: Dulcimer Practice



MONDAY

10 - 11:30 am ²
Living Healthy with
Sarah Otis, Lifespan
Wellness Manager
11:30 am
Tech Q & A
with Daniel Jones
12 pm
Puzzles, Word
Scrambles & More!

10 - 11:30 am ⁹
Living Healthy
with Sarah Otis,
Lifespan Wellness
Manager

12 pm
Woman's History
Trivia!

10 - 11:30 am ¹⁶
Living Healthy
with Sarah Otis,
Lifespan Wellness
Manager
11:30 am
Tech Q & A
with Daniel Jones
12 pm
Women's Group

10 - 11:30 am ²³
Living Healthy
with Sarah Otis,
Lifespan Wellness
Manager
12 pm
Wellness Talk
with Marty Golub

10 - 11:30 am ³⁰
Living Healthy
with Sarah Otis,
Lifespan Wellness
Manager
12 pm
Price is Right!
with Jazz

TUESDAY

10:15 am ³
Rochester
International Film
Festival Presents:
Best in the Fest
1 - 2 pm
Tech Tuesday
with Daniel Jones

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

11 am ¹⁷
Live Entertainment
with Gary Schindler
12 pm
Wear Your Green,
St. Patty's
Day Event! 

10 am ²⁴
URMC Wellness
Talk: Living Well
Despite Challenge,
Understanding
Palliative Care
12 pm
Crafts with Free Art
Collective

Outing! ³¹
10:45 am -
12:15 pm 
Scent By Design:
Make your own
fragrance or candle
Sign up required!
12 pm
1000 Words

WEDNESDAY

Outing! ⁴
10 - 11:30 am
Rochester Museum
& Science Center
Sign up required!
12:15 pm
Lily Advisory: Share
your May Program
Ideas

9:30 am - 12 pm ¹¹
Part 1: AARP
Defensive Driving
Course (Library)
Sign up required!
12 pm
Woman's History
Documentary

9:30 - 11 am ¹⁸
Tech Seminar:
What is AI? with
Daniel Jones
12 pm
Family Feud
with Jazz!


10:15 am ²⁵
Teaching Kitchen
with Jennifer Quick,
Foodlink
12 pm
Jeopardy

THURSDAY


10 am ⁵
Book Club
12 pm
Instructional
Dulcimer
1 pm
Lilac City
Strummers Practice

10 am ¹²
Book Club
12 pm
Dulcimer
instructional
1 pm
Lilac City
Strummers Practice


10 am ¹⁹
Book Club
12 pm
Instructional
Dulcimer
1 pm
Lilac City
Strummers Practice


National Wear
a Hat Day!  ²⁶
10 am
Book Club
12 pm
Instructional
Dulcimer
1 pm
Lilac City
Strummers Practice

FRIDAY

10:30 am ⁶
Karaoke Time
with Marty!

12 pm
Urban Line
Dancing
with Lady P

9:30 am - 12 pm ¹³
Part 2: AARP
Defensive Driving
Course (Library)
12 pm
St Patrick's Day
Craft

10:30 am ²⁰
Cognitive Wellness
with Sara Margolin,
Director of
Psychology, SUNY
Brockport

12 pm
Urban Line Dancing
with Lady P

10 am ²⁷
10-minute Chair
Massage with
Danielle, LMT
Sign up required!
12 pm
March birthday
Celebration! 

WOMEN'S HISTORY MONTH

