

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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!	10:15 am 3 Rochester International Film Festival Presents: Best in the Fest 1 - 2 pm Tech Tuesday with Daniel Jones	Outing! 10 - 11:30 am Rochester Museum & Science Center Sign up required! 12:15 pm Lily Advisory: Share your May Program Ideas	10 am 4 Book Club 12 pm Instructional Dulcimer 1 pm Lilac City Strummers Practice	10:30 am 5 Karaoke Time with Marty! 12 pm Urban Line Dancing with Lady P
10 - 11:30 am 9 Living Healthy with Sarah Otis, Lifespan Wellness Manager 12 pm Woman's History Trivia!	10:30 am 10 ROC Library: Short Stories with Maren, Librarian 12 pm YMCA Updates with Jakob Elder	9:30 am - 12 pm 11 Part 1: AARP Defensive Driving Course (Library) Sign up required! 12 pm Woman's History Documentary	10 am 12 Book Club 12 pm Dulcimer instructional 1 pm Lilac City Strummers Practice	9:30 am - 12 pm 13 Part 2: AARP Defensive Driving Course (Library) 12 pm St Patrick's Day Craft
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	11 am 17 Live Entertainment with Gary Schindler 12 pm Wear Your Green, St. Patty's Day Event! 	9:30 - 11 am 18 Tech Seminar: What is AI? with Daniel Jones 12 pm Family Feud with Jazz!	10 am 19 Book Club 12 pm Instructional Dulcimer 1 pm Lilac City Strummers Practice	10:30 am 20 Cognitive Wellness with Sara Margolin, Director of Psychology, SUNY Brockport 12 pm Urban Line Dancing with Lady P
10 - 11:30 am 23 Living Healthy with Sarah Otis, Lifespan Wellness Manager 12 pm Wellness Talk with Marty Golub	10 am 24 URMC Wellness Talk: Living Well Despite Challenge, Understanding Palliative Care 12 pm Crafts with Free Art Collective	10:15 am 25 Teaching Kitchen with Jennifer Quick, Foodlink 12 pm Jeopardy	National Wear a Hat Day! 26 10 am Book Club 12 pm Instructional Dulcimer 1 pm Lilac City Strummers Practice	10 am 27 10-minute Chair Massage with Danielle, LMT Sign up required! 12 pm March birthday Celebration!
10 - 11:30 am 30 Living Healthy with Sarah Otis, Lifespan Wellness Manager 12 pm Price is Right! with Jazz	Outing! 10:45 am - 12:15 pm Scent By Design: Make your own fragrance or candle Sign up required! 12 pm 1000 Words	WOMEN'S HISTORY MONTH 		