



Lifespan's Lily Café

A gathering place for YMCA members 60 & better! Coffee & infused water available.

Café Hours & Contact Info:

Monday through 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,
April 1 & April 15
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



High School Yearbook Game! Friday, April 17 at 10:30 am

Dust off those high school memories! Bring a photo of yourself from your high-school days—either a single picture or your entire yearbook. We'll take turns sharing the photos and guessing who's who. Get ready for some laughs, surprises, and a fun trip down memory lane!

Outing!

Foodlink Facility Tour Wednesday, April 8



Bus departs: 10:15 am, returns: 11:15 am
\$2 suggested contribution for the bus

Weekly Events

Wednesdays, 12 - 1 pm

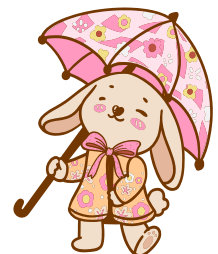
Foodlink Curbside Market Van

Thursdays,

10 am Book Club

12 pm Instructional Dulcimer, open to all!

1 pm Lilac City Strummers: Dulcimer Practice



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



10 am ¹
Easter Celebration!
Egg Hunt, Prizes,
Games and More!

12 pm
Easter Craft!


APRIL FOOLS

10 am ²
Book Club

12 pm
Dulcimer
instructional

1 pm
Lilac City
Strummers Practice

10:30 am ³
Karaoke Time
with Marty!



12 pm
Urban Line Dancing
with Lady P

10 am ⁶
Living Healthy with
Sarah Otis, Lifespan
Wellness Manager

11:30 am
Tech Q & A
with Daniel Jones

12 pm
Lily Advisory: Share
Your June Program
Ideas!

10:30 am ⁷
Nutrition Education
with Leanne Rorick,
MCOFA

12 pm
Veteran's Outreach
Center Presentation
with Loni Wellman

1 - 2 pm
Tech Tuesday
with Daniel Jones

Outing! ⁸

10:30 am
Foodlink Facility
Tour! **Sign up
required**

12 pm
Community Safety
with Lieutenant
Paul, RPD

Safety Tips

10 am ⁹
Book Club

10:30 am
Poetry Roundtable

12 pm
Instructional
Dulcimer


1 pm
Lilac City
Strummers Practice

10:30 am ¹⁰
Mod Podge
Flower Pots



12 pm
Live Music
with Paul Russo
& Josh Ketchum

10:30 am ¹³
ROC Library: Short
Stories with Maren,
Librarian



12 pm
Family Feud!
with Jazz

10:15 am ¹⁴
Puzzles,
Crosswords, Word
Searches & More!

12 pm
YMCA Updates
with Jakob Elder

10:30 am ¹⁵
Bake & Craft Sale!



12 pm
Scattergories


10 am ¹⁶
Book Club

10:30 am
Virtual Ganondagan
Museum Tour

12 pm
Instructional
Dulcimer

1 pm
Lilac City
Strummers Practice

10:30 am ¹⁷
Yearbook Game!
Bring your high
school yearbook or
senior photo to
share!



12 pm
Urban Line Dancing
with Lady P

10:30 am ²⁰
Wellness Talk
with Marty Golub

11:30 am
Tech Q & A
with Daniel Jones

12 pm
Volunteer
Appreciation Event!

9:30 - 11 am ²¹
Tech Seminar: You
& Youtube
with Daniel Jones

12 pm
Make a Photo
Collage with Jazz!

10:15 am ²²
Teaching Kitchen
with Jennifer Quick,
Foodlink

12 pm
Jeopardy
with Jazz

JEOPARDY!


10 am ²³
Book Club

10:15 am
Out-of-the-Box
Thinking with Sheila

12 pm
Instructional
Dulcimer

1 pm
Lilac City
Strummers Practice

10 am ²⁴
10-minute Chair
Massage
with Danielle, LMT
Sign up required!



12 pm
Plant a Flower/Herb


10:15 am ²⁷
Rochester
International Film
Festival Presents:
Best in the Fest

12 pm
Women's Group

10 am ²⁸
URMC Wellness
Talk: Post
Traumatic Stress
Disorder (PTSD)

12 pm
Paint a Color Me
Mine ceramic piece
**\$20, must pre-pay
by Friday, 4/17**

10:30 am ²⁹
Price is Right!
with Jazz



12:15 pm
April birthday
celebration

10 am ³⁰
Book Club

12 pm
Instructional
Dulcimer

1 pm
Lilac City
Strummers Practice

