

Lily Café Newsletter

May 2026



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,
May 6 & May 20
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

Mother's Day Celebration!

Friday, May 8, 12 pm

Please join us as we honor Mom.



Outings!

Genesee Brewhouse tour

Friday, May 15, bus departure at 10:45 am, return at 12:15 pm



Senior Day at Red Wings Stadium!

Wednesday, May 28, bus departure at 10 am, 11:05 am game start

Event includes game and a ticket to enjoy a picnic lunch in "The Nest". Tickets and van seating are limited. Enter the lottery drawing for a chance to attend!

\$2 Suggested contribution for transportation

Weekly Events

Mondays, 10 - 11:15 am

Lily Singer's Practice

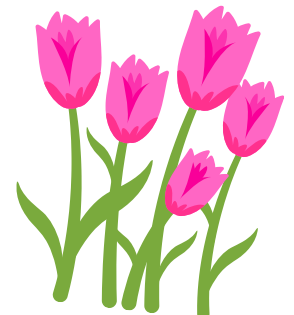
Wednesdays, 12 - 1 pm

Foodlink Curbside Market Van

Thursdays,

10 am Book Club

12 pm Instructional Dulcimer, open to all!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



10:30 am **1**
988/211
Presentation
with Dominique
Richardson,
Goodwill

12 pm
Urban Line Dancing
with Lady P

10:30 am **4**
A4TD Presentation
with Melanie
Streeter

11:30 am - 12:30 pm
Tech Q & A with
Daniel Jones (Library)

12 pm Virtual Reality
Experience with
Olivia Bailey, Lifespan

10:30 am **5**
Salsa/Bachata
Demonstration

12 pm 
Cinco De Mayo
Celebration!

1 - 2 pm
Tech Tuesday
with Daniel Jones

10:15 am **6**
Teaching Kitchen
with Jennifer Quick,
Foodlink 

12 pm
Lily Advisory: Share
your July Program
Ideas!

10 am **7**
Book Club

10:30 am
Mother's Day Craft

12 pm
Instructional
Dulcimer

1 pm
Lilac City
Strummers Practice


10:30 am **8**
Travel Inspiration
with Sean
Ronnenberg,
Mayfair Travel
Agency 

12 pm
Mother's Day
Celebration!

10 am **11**
Lily Singer's Group
Practice (Teen
Center)

10:30 am
1000 Words

12:15 pm
Family Feud
with Jazz 

10:30 am **12**
ROC Library: Short
Stories with Maren,
Librarian 

12:15 pm
YMCA updates
with Jakob Elder

10:30 am **13**
Importance of Colon
Cancer Screening
with Maria Delgado,
Gilda Cancer
Support Community


12 pm
Women's & Men's
Groups

10 am **14**
Book Club

10:30 am
Catholic Charities
Presentation, Jen
McDermott

12 pm
Instructional
Dulcimer

1 pm
Strummers Practice

10:45 am Outing! **15**
Genesee Brewhouse
Tour: **limited seats,
sign-up required** 

12 pm
Urban Line Dancing
with Lady P

10 am **18**
Lily Singer's group
practice

10:30 am
Discussion Circle
with Piri Rochester

11:30 am - 12:30 pm
Tech Q & A

12:15 pm
Asian American
History Documentary

10:15 am **19**
Rochester
International Film
Festival presents:
Best in the fest

12:15 pm
Jeopardy with Jazz!

9:30 am - 11 am **20**
Tech Seminar:
Video Chatting 101
with Daniel Jones


12 pm
Price is Right!
with Jazz

10 am **21**
Book Club


10:15 am
Gardening Outdoors
with the Y

12 pm
Instructional
Dulcimer


1 pm
Strummers Practice


10 am **22**
10-minute Chair
Massage
with Danielle, LMT
Sign up required! 

12 pm
Karaoke
with Marty Golub!

25
Cafe Closed in
observance of
**MEMORIAL
DAY** 

10 am **26**
URMC Wellness
Talk: Cancer
Screenings with

12:15 pm
May Birthday
Celebration! 


10 am Outing! **27**
Senior Day at Red
Wings Stadium,
lunch included. Enter
the drawing to
attend! 

10 am **28**
Book Club

10:30 am
Poetry Roundtable
Discussion Group

12 pm
Instructional
Dulcimer

1 pm
Lilac City
Strummers Practice

10:30 am **29**
Fraud/SCAMS
Presentation
with Justin McCabe,
Lifespan 

12 pm
Wellness Talk
with Marty Golub