



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,
June 3 & June 17
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

AOA Celebration at the Bayview YMCA

Wednesday, June 3 9:30 am - 2 pm

Cost: \$20 sign up required at the front desk

Kick off to Summer Picnic at the Rose Garden

Friday, June 26 10 am - 1 pm,

Cost: \$5 includes lunch & ice cream truck

Join us for sun & fun with friends for a picnic across the street! Please bring a chair and don't forget your sunscreen. **Sign up by June 12!**

Outing!

Public Market

Thursday, June 25

Bus departs: 10 am, return: 11:30 am

Join the friends of the public market for guided tour! Learn about the history of the public market and explore what it has to offer.

\$2 suggested contribution for medical motors



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 am **1**
Lily Singer's Group Practice (Teen Center)
11:30 - 12:30 pm
Tech Q & A with Daniel Jones
12 pm
Jeopardy with Jazz!

10:30 am **2**
Walk Outdoors on the High Falls Trail

12 pm
1000 Words


1 - 2 pm
Tech Tuesday with Daniel Jones

9:30 am - 2 pm **3**
AOA Celebration at Bayview YMCA


Back at the Cafe:
Game Day!

Lunch
11:30 am - 12 pm

10 am **4**
Book Club
10:30 am Fraud & SCAMS Presentation with Justin McCabe, Lifespan
12 pm Instructional Dulcimer
1 pm
Strummers Practice

10 am **5**
10-minute Chair Massage with Danielle, LMT
Sign up Required!
12 pm
Urban Line Dancing with Lady P
National Donut Day! 

9:30 am - 12:30 pm **8**
AARP: Defensive Driving Course
10 am
Lily Singer's Group Practice (Teen Center)
12 pm EAPP Presentation, Ilse Passalacqua, Lifespan


10:30 am **9**
ROC Library: Short Stories with Maren, Librarian 

12:15 pm
YMCA Updates with Jakob Elder

9:30 am - 12:30 pm **10**
AARP Defensive Driving Course
10 am
Living Healthy with Sarah Otis, Lifespan
12 pm
Foot & Nailcare, Fingerlakes Mobile RNs

10 am **11**
Book Club
10:30 am
Poetry Circle
12 pm
Instructional Dulcimer
1 pm
Lilac City Strummers Practice


10:15 am **12**
Karaoke with Marty
12 pm
Childhood Photos Game: Bring in a Childhood Photo and guess who's who!
12 pm
Urban Line Dancing with Lady P


10 am **15**
Lily Singer's Group Practice (Teen Center) 
11:30 - 12:30 pm
Tech Q & A with Daniel Jones
12 pm
Discussion Circle with PIRI Rochester

9:30 am - 11 am **16**
Tech Seminar: Online Shams & Scams with Daniel Jones

12 pm
Father's Day Celebration! 

10 am **17**
Living Healthy Sarah Otis, Lifespan

11:30 am
Live Music with Paul Russo & Josh Ketchum 

10 am **18**
Book Club 
10:30 am
Juneteenth Documentary
12 pm
Instructional Dulcimer
1 pm
Lilac City Strummers Practice


Cafe Closed in Observance of **19**


10 am **22**
Lily Singer's Group Practice (Teen Center)

12 pm
Talent Show! Show off your crafts, singing voice, poetry, etc. with us!

10:15 am **23**
RIFF Presents: Best in the Fest 

12 pm
Family Feud with Jazz


10 am **24**
Living Healthy with Sarah Otis, Lifespan
10:15 am
Teaching Kitchen with Jennifer Quick
12 pm
June Birthday Celebration! 

Outing! **25**
10:30 - 11:30 am
Public Market
10 am
Book Club
12 pm
Instructional Dulcimer
1 pm
Strummers Practice


 **26**
Off-site All Day!
Annual Picnic at the Maplewood Rose Garden, \$5 includes picnic lunch & ice cream truck!
10 am - 1 pm


10 am **29**
Lily Singer's group practice (Teen Center)

12 pm
Price is Right! with Jazz

10 am **30**
URMC Wellness Talk: Menopause with Dr. Jim Woods 

12 pm
Scattergories

 **WORLD ELDER ABUSE AWARENESS DAY**
Building Strong Support for Elders

Elder abuse often goes unnoticed and unspoken. Join us in breaking the silence by wearing purple on **Monday, June 15** to raise awareness about the abuse and neglect of older adults in our community.

**HAPPY
Pride
MONTH**