



# Lily Café Newsletter

July 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,  
July 1 & July 15  
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**

\$3.50 Suggested Contribution

## Program Highlights

**Lilac City Strummers concert**  
**Thursday, July 9 at 12 pm**



We've enjoyed listening to their weekly practice sessions—now join us for a special performance by the highly acclaimed Lilac City Strummers, a talented local dulcimer group.

## Outing!

**Channel 10 News Station Tour**  
**Monday, July 20**

**Bus departs: 10:15 am, returns: 11:30 am**

Please sign up by July 16, space is limited  
\$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



**Mark your Calendars:**

Monroe County's Salute to Seniors  
Picnic at Charlotte Beach!



Friday, August 21

10 am - 2 pm

\$3.50 contribution



**10 am**  
Home Safe Home  
Presentation with  
David Ladiges,  
Lifespan

**12 pm**  
Lily Cafe Advisory:  
Bring your  
September ideas

**10 am**  
Book Club  
**10:30 am**  
4<sup>th</sup> of July  
Celebration

**12 pm** Instructional  
Dulcimer  
**1 pm**  
Strummers Practice

**Cafe Closed in  
Observance of**



**10 am**  
Lily Singer's Group  
Practice  
(Teen Center)  
**11:30- 12:30 pm**  
Tech Q & A  
with Daniel Jones  
**12 pm**  
Wellness talk  
with Marty Golub

**10:30 am**  
RPL: Mobile Library!  
**12 pm**  
St. Joseph's  
Neighborhood  
Center Presentation  
with Tiffany Paine  
**1 - 2 pm**  
Tech Tuesday  
with Daniel Jones

**10 am**  
Living Healthy  
with Sarah Otis,  
Lifespan  
**12 pm**  
Funeral Preparation  
with Majorie,  
Funeral Alliance of  
Greater Rochester

**10 am**  
Book Club  
**12 pm**  
Lilac City Strummers  
Dulcimer Concert



**10 am**  
Craft: Let's Make  
a Suncatcher  
with Teresa  
**12 pm**  
Urban Line Dancing  
with Lady P

**10 am**  
MCOFA Dietician  
Presentation  
with Michelle Blood  
**12 pm**  
Family Feud  
with Jazz!



**10:30 am**  
ROC Library: Short  
Stories with Maren,  
Librarian  
**12:15 pm**  
YMCA Updates  
with Jakob Elder

**9:30 - 11 am**  
Tech Seminar: The  
World of Podcasts  
with Daniel Jones  
**11:45 am**  
Live Entertainment  
with Paul & Josh!  
**National Gummy  
Worm Day!**



**10 am**  
Book Club  
**10:30 am**  
AmeriCorp  
Volunteer Program  
with Julie  
Cunningham  
**12 pm** Instructional  
Dulcimer  
**1 pm**  
Strummers Practice

**10 am**  
Bake Sale!  
**12 pm**  
Urban Line Dancing  
with Lady P



**Outing!**  
**10:15 - 11:30 am**  
Channel 10 News  
Tour, **sign up by 7/16**  
**11:30 am - 12:30 pm**  
Tech Q & A  
with Daniel Jones  
**12 pm**  
Discussion Circle  
with PIRI Rochester

**10:30 am**  
RPL: Mobile Library!  
**12 pm**  
Jeopardy  
with Jazz



**10:15 am**  
Teaching Kitchen  
with Jennifer Quick,  
Foodlink  
**12 pm**  
1000 Words

**10 am**  
Book Club  
**12 pm**  
Instructional  
Dulcimer  
**1 pm**  
Strummers Practice

**10 am**  
10-minute Chair  
Massage with  
Danielle, LMT  
**12 pm**  
Ice Cream Social



**10:30 am**  
Fire Safety  
Presentation  
with Rochester Fire  
Department  
**12 pm**  
Price is Right  
with Jazz!

**10 am**  
Scattergories!  
**12 pm**  
Craft: Garden Rock  
Painting



**10:30 am**  
Brain Health  
Awareness  
with Raquel,  
Alzheimer's  
Association  
**12 pm**  
Craft: Let's Make  
a Collage!

**10 am**  
Book Club  
**12 pm**  
Instructional  
Dulcimer  
**1 pm**  
Strummers Practice

**10 am**  
Disco Party!!  
**12 pm**  
July Birthday  
Celebration

