



Lily Café Newsletter

August 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
Wednesdays,
August 5 & 19
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

Salute to Seniors at Ontario Beach Park!

Friday, August 21, 10 am - 2 pm

\$3.50 includes picnic lunch, served at 11:30 am

Join us for an afternoon of sunshine, fun, and
community! Enjoy live music, dancing, and
entertainment, and be sure to stop by the
Health & Wellness Fair to learn about local
resources and services. **Sign up by August 5
to secure your lunch!**

Outing!

Lollipop Farm Tour
Thursday, August 27



Bus Departs: 10:30 am, Return: 12:30 pm

Sign up by August 20 to secure your spot!

**\$12 donation to Lollipop Farm per person
required for tour**

Weekly Events

Mondays, 10 - 11:15 am

Lily Singer's Practice

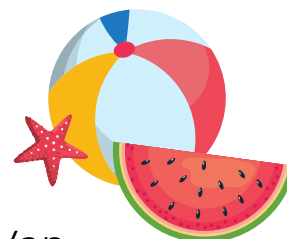
Wednesdays, 12 - 1 pm

Foodlink Curbside Market Van

Thursdays,

10 am Book Club

12 pm Instructional Dulcimer, open to all!



MONDAY

10 am ³
Voter Registration
with Rochester
Rotary
10:30 am
Interactive Dance
with Jice
11:30 am
Tech Q & A
with Daniel Jones

10 am ¹⁰
Lily Singer's Group
Practice
(Teen Center)
10 am
Mexican Train
Dominos with Dave
12 pm
Craft: Make a Fairy
House with Teresa

10 am ¹⁷
Lily Singer's Group
Practice
(Teen Center)
10 am
Mexican Train
Dominos with Dave
11:30 am
Tech Q & A
with Daniel Jones

10 am ²⁴
Lily Singer's Group
Practice
(Teen Center)
10 am
Sleep Presentation
with Dr. Israel
12 pm
Ice Cream Social!

10 am ³¹
Lily Singer's Group
Practice
(Teen Center)
10 am
Karaoke Time
with Marty!
12 pm
Townsquare Health
Presentation

TUESDAY

10 am ⁴
Mexican Train
Dominos with Dave
12 pm
Crosswords, Word
Search & More!
1 pm
Tech Tuesday
with Daniel Jones

10:30 am ¹¹
ROC Library: Short
Stories with Maren,
Librarian
12:15 pm
YMCA Updates
with Jakob Elder

9:30 - 11 am ¹⁸
Tech Seminar: What
is the Cloud?
with Daniel Jones
12:15 pm
Jeopardy with Jazz!

10 am ²⁵
Puzzles, Crosswords,
Word Searches &
More!
12 pm
Price is Right!

Golden Games!
Thursday, August 20 10 - 11:30 am
Join us in the gym for four exciting rounds of
Olympic-style games! Test your skills in
friendly competition with events such as
Cornhole, Bowling, Bocce Ball, and more!
Compete for bragging rights and a chance to
win prizes awarded to our 1st, 2nd, and 3rd
place champions!
Sign up by August 14 to compete!

WEDNESDAY

10:15 am ⁵
Bake Sale!
12 pm
Lily Advisory: Share
your October Ideas!

10 am ¹²
Nutrition Talk
with Michelle Blood,
MCOFA Dietician
12:15 pm
1000 Words

9 - 10 am ¹⁹
Breakfast
(No lunch today)
10 am NY Connects
Presentation with
Debbie Vandewall,
Lifespan
Cafe Closes at
11:30 am for
Staff Event

10:15 am ²⁶
Teaching Kitchen
with Jennifer Quick
12 pm
Wellness talk
with Marty Golub

THURSDAY

Outing! ⁶
9 am - 12 pm
Public Market
10 am
Book Club
12 pm
Instructional
Dulcimer
1 pm
Strummers Practice

10 am ¹³
Book Club
12 pm
Instructional
Dulcimer
1 pm
Strummers Practice

10 - 11:30 am ²⁰
Golden Games!
12 pm
Instructional
Dulcimer
1 pm
Strummer Practice

Outing! ²⁷
10:30 am-12:30 pm
Lollipop Farm Tour
Admission/Tour \$12
12 pm
Instructional
Dulcimer
1 pm
Strummers Practice

MARK YOUR CALENDARS!
Lifespan's Fall Prevention Day
Thursday, September 24 10 am - 1 pm
Henrietta Senior Center
Stay steady, stay safe! This interactive event
will feature engaging activities, educational
exhibits, and expert resources designed to
help you reduce your risk of falls and
supporting healthy aging & independence.

FRIDAY

10:15 am ⁷
Tick Prevention
Presentation
with Regina, Cornell
Co-op Extension
12 pm
Urban Line Dancing
with Lady P

10 am - 1 pm ¹⁴
Mobile RN Foot
Clinic **Sign up**
required, \$65 fee
12 pm
Urban Line Dancing
with Lady P

Off-site Event! ²¹
Monroe County's
Salute to Seniors
at Charlotte Beach!
10 am - 2 pm
\$3.50 suggested
contribution, sign up
required!

10 am ²⁸
10-minute Chair
Massage with
Danielle, LMT
12 pm
August Birthday
Celebration!