

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,
September 3 & 16
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

Backpack Drive!

Lifespan is hosting a backpack drive for back to school. Donations will be divided amongst the families of active-duty service members and single soldiers. In addition to backpacks, we are looking for other general school supplies, such as 3-Ring Lined Paper, Pencil/Pen, Boxes, etc. Please bring donations in no later than September 11.

Outings!

Public Market Historical Tour!

Thursday, September 3

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

Sign up by 8/26 to secure your spot!

Lifespan's Falls Prevention Day Event!

Thursday, September 24, 9:30 am - 1 pm

Fun health & wellness related activities

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


**HISPANIC
HERITAGE MONTH**

10:30 am ¹
Bake Sale! 

12 pm
HLAA Presentation

1 pm
Tech Tuesday
with Daniel Jones

10:30 am ²
Craft: Make a
Button Photo!

12 pm
Lily Advisory: Share
your November ideas

Outing! ³
10:30 am
Public Market
10 am
Book Club
12 pm
Instructional
Dulcimer
1 pm
Strummers Practice

**Cafe Closed for
Annual Cleaning
& Purgin!** ⁴
Volunteers are
welcome, please
sign up!


**Cafe closed in
observance of** ⁷

**LABOR
DAY**


10:30 am ⁸
ROC Library: Short
Stories with Maren,
Librarian

12:15 pm
YMCA Updates
with Jakob Elder

10:30 am ⁹
Move With Me:
Interactive Music &
Dance with Jice

12 pm
Jeopardy with Jazz!


10 am ¹⁰
Book Club

12 pm
Instructional
Dulcimer

1 pm
Strummers Practice

10:30 am ¹¹
9/11 Documentary
& Remembrance

12 pm
Scattergories

10:30 am ¹⁴
RIFF Presents: Best
in the Fest

10:30 am
Mexican Train
Dominos with Dave

11:30 am
Live Entertainment:
Dave & Patty

10:30 am ¹⁵
Craft: Make your
own Candlestick

12:15 pm
Hispanic Heritage
Celebration- Bring in
any Hispanic dessert
or snack to share!

9:30 - 11 am ¹⁶
Tech Seminar:
Library Apps: Libby,
Hoopla & Kanopy
with Daniel Jones
12 pm
Cancer Screening
with Marie Delgado,
Cancer Support
Community at
Gilda's Club

10 am ¹⁷
Book Club

12 pm
Instructional
Dulcimer

1 pm
Strummers Practice

10:30 am ¹⁸
Karaoke
with Marty Golub


12 pm
Urban Line Dancing
with Lady P

10:30 am ²¹
Mexican Train
Dominos with Dave

11:30 am
Tech Q and A
with Daniel Jones

12 pm
PIRI Discussion Circle

10 am ²²
URMC Wellness Talk

12:15 pm
Ice Cream Social 

**National Ice Cream
Cone Day!**

10:15 am ²³
Teaching Kitchen
with Jennifer Quick,
Foodlink

12:15 pm
Wellness Talk
with Marty Golub

Outing! ²⁴
9:30 Falls Prevention
Day Event:
Hennrietta SC
10 am
Book Club
12 pm
Instructional
Dulcimer
1 pm
Strummers Practice

10 am ²⁵
10-Minute Chair
Massage with
Danielle, LMT

11:45 am
Live Entertainment:
with Paul and Josh

10 am ²⁸
Crosswords, Word
Searches and more!

11:45 am
Lily Cafe Singers
Concert!

10 am ²⁹
Coffee Bar
with extras!!!


12 pm
September Birthday
Celebration!

National Coffee Day!

10:30 am ³⁰
Price is Right!
with Jazz 

12 pm
Wills Education
with Katie Adamides,
Just Cause

