



Lily Café Newsletter

October 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, October 7
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

Seneca Park Zoo Mobile!

Monday, October 19 at 10:30 am



Join us at the café to meet four live animal
ambassadors and learn about the important
role zoos play in conservation, education, and
animal care. You don't want to miss this fun &
exciting event!

Outing!

Apple Picking at Wickham Farms

Thursday, October 8

Bus Departs: 10 am, Return: 11:30 am

\$23.95 Farm Admission & apple picking or

\$12 Farm Admission only

\$2 suggested contribution for transportation

Sign up by 10/1 to secure your spot!



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:
Harvest Food Basket Distribution!
Wednesday, November 18, 12:30 - 1 pm

A limited number of food baskets are available. Please complete a Lifespan Food Pantry eligibility form to register. First come, first served. Please see Jazz or Jo to sign up!

10 am ¹
Book Club

12 pm
Instructional
Dulcimer

1 pm
Strummers Practice

10:30 am ²
RIFF Presents: Best
in the Fest



12 pm
Urban Line Dancing
with Lady P

10:30 am ⁵
Move with Me:
Interactive Music &
Dance with Jice
11:30 am
Tech Q & A
with Daniel Jones
12 pm
Decorate a Paper
Mache Pumpkin!

10 am ⁶
Bake Sale! 
12 pm
Urology
Presentation with
Katie Li, URM
1 pm
Tech Tuesday
with Daniel Jones

10:30 am ⁷
Prostate Cancer
presentation
with Darrell Vickers,
URMC
12 pm
Lily Advisory: Share
your **December**
Program Ideas

Outing! ⁸
10 am
Wickham Farm
10 am
Book Club
12 pm
Instructional
Dulcimer
1 pm
Strummers Practice

10:30 am ⁹
Jeopardy
with Jazz

12 pm
Osteoporosis
Discussion with
URMC Med. Student

**Cafe Closed in
Observance of**



10:30 am ¹³
ROC Library: Short
Stories with Maren,
Librarian
12:15 pm
YMCA Updates
with Jakob Elder

10:30 am ¹⁴
Crossword Puzzles,
Word Searches,
Word Scrambles
and more!
12 pm
Craft: Make a
wooden Fall
decoration

10 am ¹⁵
URMC Presentation:
Heart Health
10 am 
Book Club
12 pm
Instructional
Dulcimer
1 pm
Strummers Practice

10 am ¹⁶
RocDog Visit!

12 pm
Urban Line Dancing
with Lady P

10:30 am ¹⁹
ZooMobile visit!
11:30 am
Tech Q & A
with Daniel Jones
12 pm
Hearing Loss
Association of
America (HLAA)
Presentation 

9:30 - 11 am ²⁰
Tech Seminar:
A11@bOutP@s5w0r
d\$ with Daniel Jones
12 pm
Scattergories

10 am ²¹
Chess Tournament
with Fred

12 pm
Nature
Documentary

10 am ²²
Book Club
10:30 am
Karaoke
with Marty Golub
12 pm
Instructional
Dulcimer
1 pm
Strummers Practice

10 am ²³
10-Minute Chair
Massage with
Danielle, LMT
12 pm
Price is Right!
with Jazz 

10 am ²⁶
Craft: Make a Tie
with Mary Ann
11:30 am
Live Entertainment
with Patty & Dave

10:30 am ²⁷
Hearing screening
with HLAA
12 pm
Crafts with Free Art
Collective

10:15 am ²⁸
Teaching Kitchen
with Jennifer Quick,
Foodlink

12 pm
October Birthday
Celebration!

10 am ²⁹
Book Club
10:30 am
Wellness Talk
with Marty Golub
12 pm
Instructional
Dulcimer
1 pm
Strummers Practice

10:30 am ³⁰
Medicare Info
Session
with HIICAP,
Lifespan

12 pm
Halloween Party!
