

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, November 4
10:30 am - 12:30 pm



Lily Lunches

Monday through Friday
11:30 am - 12 pm

Must be 60 years or better

\$3.50 Suggested Contribution



Program Highlights

Thanksgiving Lunch!

Monday, November 23 | 11:30 am

Join us for our annual Thanksgiving Lunch as we gather to celebrate the season with good friends, and gratitude for our wonderful community. **Please sign up** in the program binder **by November 13** so we can ensure enough meals are ordered for everyone.

Outing!

Monday, November 30
Greece Ridge Mall

Bus Departs: 10 am | Return: 12 pm

\$2 suggested contribution for transportation

Sign up by November 23 to secure your spot!



Weekly Events

Mondays, 10 - 11:15 am

Lily Singer's Practice

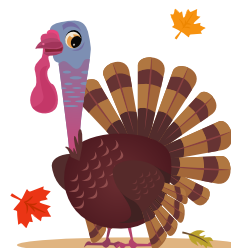
Wednesdays, 12 - 1 pm

Foodlink Curbside Market Van

Thursdays,

10 am Book Club

12 pm Instructional Dulcimer, open to all!



MONDAY

10:30 am **2**
Move with Me:
Interactive Music &
Dance with Jice
11:30 am
Tech Q & A
with Daniel Jones
12 pm
RIFF Presents: Best
in the Fest

10 am **9**
Coffee Bar
with Extras!

12:15 pm
Jeopardy with Jazz!

10:30 am **16**
Fall Prevention Talk
with MVPT
11:30 am
Tech Q & A
with Daniel Jones
12 pm
Hot Cocoa Bar!

10 am **23**
Gratitude Journal
Entry
11:30 am - 12 pm
Thanksgiving Lunch!
12 pm
Thanksgiving
Dessert Swap- Bring
a Dessert to Share!

Outing! **30**
10 am
Shopping at Greece
Ridge Mall
12 pm
November Birthday
Celebration!


TUESDAY

11 am **3**
RPL: Mobile Library
11:45 am
Live Entertainment
with Paul & Josh

1 pm
Tech Tuesday
with Daniel Jones

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

10 am **17**
URMC Wellness Talk

12 pm
Craft Class: Make a
Garden Gnome

10 am **24**
Scattergories

12 pm
Price is Right!
with Jazz

WEDNESDAY

10:30 am **4**
Social Security
Strategies with
Shelby McPherson,
NY Life
12 pm
Lily Advisory: Share
your **January**
program ideas!

10:15 am **11**
Karaoke Time
with Marty Golub!
12 pm
Honoring Lily
Cafe/YMCA
Veterans!


9:30 - 11 am **18**
Tech Seminar: The
Right Computer
with Daniel Jones
12:15 pm
Wellness Talk
with Marty Golub
12:15 - 1 pm
**Food Basket
Distribution**

10:15 am **25**
Teaching Kitchen
with Jennifer Quick,
Foodlink
12 pm
Thanksgiving
crosswords, word
searches, and word
scrambles

THURSDAY

10 am **5**
Book Club
10:30 am
Tie Craft
with Maryann

12 pm
Instructional
Dulcimer
1 pm
Strummers Practice

10 am **12**
Book Club
10:30 am
Doyle Medical
Presentation
12 pm
Instructional
Dulcimer
1 pm
Strummers Practice

10 am **19**
Book Club
12 pm
Instructional
Dulcimer
1 pm
Strummers Practice

**Lily Cafe
Closed**


FRIDAY

10:30 am **6**
Nutrition
Presentation
with Whitley Hastly,
Foodlink
12 pm
Urban Line Dancing
with Lady P

Cafe Closed **13**
8:30 - 11:30 am
**Staff attending
Lifespan meeting**
12 pm Pizza Lunch!
12:30 pm
1000 Words

10 am **20**
10 minute chair
massage with
Danielle, LMT

12 pm
Urban Line Dancing
with Lady P

**Lily Cafe
Closed**


November Food Basket Distribution!
Wednesday, November 18 | 12:15 - 1 pm
A limited number of food baskets are available. To register, please complete a Lifespan Food Pantry Eligibility Form as soon as possible.
For assistance or to sign up, please see Jazz or Jo.

Looking Ahead: The December Food Basket Distribution will take place on **Wednesday, December 9**. Please note that individuals on the November waitlist will automatically be carried over to the December distribution.