Lily Café Newsletter

December 2026

Lifespan
Take it on!

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, December 2
10:30 am - 12:30 pm

the YMCA
Adam J. Bello County Executive
Foodlink Nourishing Lives
United Way
LIFESPAN WELCOMES EVERYONE

Lily Lunches



Monday through Friday
11:30 am - 12 pm
Must be 60 years or better
$3.50 Suggested Contribution

Program Highlight

Maplewood YMCA/Lily Cafe Holiday Party!
Friday, December 18 | 11 am - 1 pm
Tickets: $10 per person, includes lunch
Join us for our annual party, a festive celebration filled with music, dancing, raffles, delicious food, and plenty of holiday cheer. Come celebrate the season with friends and enjoy an afternoon of fun and fellowship!
Sign up at the YMCA front desk.

Outing!



George Eastman Museum
Wednesday, December 2
Bus Departs: 10 am | Return: 11:30 am
Join us on our trip to the George Eastman Museum to view the gingerbread house display! **Admission $21**

Weekly Events



Wednesdays, 12 - 1 pm
Foodlink Curbside Market Van
Thursdays,
10 am Book Club
12 pm Instructional Dulcimer, open to all!

Lifespan Lily Cafe December 2026

Located at the Maplewood YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MCOFA Holiday Ball! Thursday, December 17, 10 am - 2 pm RIT Inn & Conference Center - Includes lunch, limited tickets. **Please sign up by December 4**	1 **10 am** Make a Wreath with Darlene **12 pm** Lily Advisory: Share Your February Program Ideas! **1 pm** Tech Tuesday with Daniel Jones	2 **10 am** Outing! George Eastman Museum, $21 admission fee **12 pm** Wellness talk with Sarah Otis	3 **10 am** Book Club **12 pm** Instructional Dulcimer **1 pm** Strummers Practice	4 **10:30 am** Palliative Care Presentation with Dr. Wu, URMC **12 pm** Christmas Cards for Nursing Home Residents
7 **10:30 am** Move with Me: Interactive Music and Dance with Jice **11:30 am** Tech Q & A with Daniel Jones **12 pm** Scattergories	8 **10:30 am** ROC Library: Short Stories with Maren, Librarian **11 am** RPL: Mobile Library **12:15 pm** YMCA Updates with Jakob Elder	9 **10:15 am** Jeopardy with Jazz! **12:15 pm** Food Basket Distribution	10 **10 am** Book Club **12 pm** Instructional Dulcimer **1 pm** Strummers Practice	11 Cafe Closed for Offsite Event! **Holiday Party at the Wolk Cafe! (Downtown)** **10 am - 1 pm** Music, bingo, raffle prizes & more! **Please sign up by December 3!**
14 **10:15 am** RIFF Presents: Best in the Fest! **12 pm** Craft Time with Free Art Collective!	15 **9:30 - 11 am** Tech Seminar: Talk To Your Tech with Daniel Jones **12 pm** Nutrition Presentation with Foodlink	16 **10:30 am** Social Security Requirement Minimums with NY Life **12 pm** HLAA Hearing Screenings	17 MCOFA Holiday Ball! **10 am - 2 pm RIT Conference Ctr.** **10 am** Book Club **12 pm** Instructional Dulcimer **1 pm** Strummers Practice	18 **10 am** 10 Minute chair massage with Danielle, LMT **11 am - 1 pm** YMCA/Lily Holiday Celebration! $10 per person, includes lunch
21 **10 am** Games with MaryAnn **11:30 am** Tech Q & A with Daniel Jones **12 pm** PIRI Discussion Circle	22 **10 am** URMC Wellness Talk **12 pm** Crosswords, Word Searches and more!	23 **10:15 am** Holiday Karaoke with Marty! **12 pm** White Elephant Gift Exchange!	24 **Lily Cafe Closed in observance of** Christmas Eve	25 **Lily Cafe Closed in observance of** Merry Christmas
28 **10 am** Bake Sale! **10:30 am** Kwanzaa Celebration! **11:30 am** Live entertainment with Patty & Dave	29 **10 am** Learn to crochet with JoeEthel **12 pm** Price is Right!	30 **10:15 am** Wellness Talk with Marty Golub **12 pm** December birthday Celebration	31 **10 am** Book Club **12 pm** New Years Eve Celebration! **12 pm** Instructional Dulcimer **1 pm** Strummers Practice	2027