



**April 2024**



**LIFESPAN WELCOMES EVERYONE**

## **Lily Lunches!**

Mondays, Tuesdays, & Thursdays in the Café

Fridays, Grab-n-Go Meals

11:30 am - 12 pm

Join us and be a part of the Lily Café experience!

\$3.50 suggested contribution

## **Tech Seminar: Digital Photos**

**Tuesday, April 30, 9:30 am**

Join technology expert, Daniel Jones, for this informative seminar on how to take, store, manage, share, and print your digital photos. If you're like most people, you have a smartphone full of photos.

We'll learn about:

- The history of digital photography
- Taking photos and videos with your smartphone
  - How to store, manage, share, and print your digital photos

**Please sign up to attend in the program binder!**

## **Lifespan's Lily Café**

An older adult gathering place for YMCA members 60 & better!

### **Hours:**

Monday - Friday  
8:30 am - 3 pm  
coffee & infused water available!

### **Address:**

25 Driving Park Ave  
Rochester, NY 14613

### **Office Phone:**

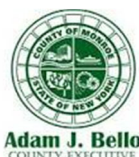
(585) 341- 4013

**JoeEthel Williams,**  
Assistant Program  
Coordinator


**Wendy Houlihan,**  
Program Coordinator

**Stacie Kuebel,**  
Eldersource Care  
Manager

A PARTNERSHIP OF



# Lily Café: April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>Mexican Train Dominoes</b> with Bill 9:30 am</p> <p><b>Tech Q &amp; A with Daniel Jones</b> 11:30 am</p>	<p><b>2</b></p> <p><b>Rock Painting</b> with Barb 10 am</p> <p><b>Tech Tuesday</b> with Daniel 1:15pm</p>	<p><b>3</b></p> <p><b>Crochet</b> with JoeEthel 10 am</p> <p><b>Baking Group</b> with Wendy 11 am</p> <p><b>*Foodlink Closed for Spring Break, No Teaching Kitchen</b></p>	<p><b>4</b></p> <p><b>Book Club</b> 9:30 am <b>211 Services Presentation</b> 10:15 am with Jordan</p> <p><b>Instructional Dulcimer</b> 12 pm <b>Dulcimer Practice</b> 1 pm</p>	<p><b>5</b></p> <p><b>Discover Live: Virtual Tour to Dublin, Ireland!</b> 11 am <b>Urban Line Dancing!</b> with Lady P 12 pm</p> <p><b>Wellness Talk</b> with Marty 1 pm</p>
<p><b>8</b></p> <p><b>Lifespan Administrative Day, Lily Café Closed</b></p> 	<p><b>9</b></p> <p><b>Euchre</b> 9 am</p> <p><b>Promote Health</b> with URMCM 10 am</p> <p><b>Lily Café Advisory Group</b> 12:15 pm</p>	<p><b>10</b></p> <p><b>Gardening</b> with JoeEthel 9:30 am</p> <p><b>Teaching Kitchen! Vegetable Ramen</b> 11 am, limit 6 12 pm samples</p>	<p><b>11</b></p> <p><b>Book Club</b> 9:30 am <b>Short Stories, ROC Library</b> with Maren 10:30 am</p> <p><b>Instructional Dulcimer</b> 12 pm <b>Dulcimer Practice</b> 1 pm</p>	<p><b>12</b></p> <p><b>Euchre</b> 9 am <b>Outing! Asian Buffet</b> \$2 sugg. cont. MM, limit 10 riders 10:45 am</p> <p><b>Wellness Talk</b> with Marty 1 pm</p>
<p><b>15</b></p> <p><b>Mexican Train Dominoes</b> with Bill 9:30 am</p> <p><b>Tech Q &amp; A with Daniel Jones</b> 11:30 am</p>	<p><b>16</b></p> <p><b>AMP Elective: Healthy Relationships</b> with Jeff Goldstein 10:30 am</p> <p><b>Gardening</b> with JoeEthel 12 pm</p>	<p><b>17</b></p> <p><b>Pokeno</b> 10 am</p> <p><b>Teaching Kitchen! Sloppy Joes</b> 11 am, limit 6 12 pm samples</p>	<p><b>18</b></p> <p><b>Book Club</b> 9:30 am</p> <p><b>Foot massage</b> with Diane Snyder 10 am</p> <p><b>Instructional Dulcimer</b> 12 pm <b>Dulcimer Practice</b> 1 pm</p>	<p><b>19</b></p> <p><b>Volunteer Recognition Event!</b> 10 am</p>  <p><b>Urban Line Dancing</b> with Lady P 12 pm <b>Wellness Talk</b> with Marty</p>
<p><b>22</b></p> <p><b>Mexican Train Dominoes</b> with Bill 9:30 am</p> <p><b>A Thousand Words!</b> with JoeEthel 12:15 pm</p>	<p><b>23</b></p> <p><b>Euchre</b> 9 am</p> <p><b>Haircuts</b> with Destiny 10 am \$3 sugg. cont.</p>	<p><b>24</b></p> <p><b>Gardening</b> with JoeEthel 10 am</p> <p><b>Dietitian Talk</b> with Cindy, MCOFA Dietician 10:30 am</p> <p><b>Teaching Kitchen! Nicoise Salad</b> 11 am, limit 6 12 pm samples</p>	<p><b>25</b></p> <p><b>Book Club</b> 9:30 am</p> <p><b>Instructional Dulcimer</b> 12 pm</p> <p><b>Dulcimer Practice</b> 1 pm</p>	<p><b>26</b></p> <p><b>Euchre</b> 9 am</p> <p><b>10-Minute Chair Massage</b> 10 am - 12 pm limit: 12 spots</p> <p><b>Wellness Talk</b> with Marty 1 pm</p>
<p><b>29</b></p> <p><b>Mexican Train Dominoes</b> with Bill 9:30 am</p> <p><b>Celebrating April Birthdays!</b> 12 pm</p>	<p><b>30</b></p> <p><b>Tech Seminar: Digital Photos</b> with Daniel Jones 9:30 am</p> <p><b>AMP Elective! The Sunshine Committee on Illness &amp; Grief</b> with JoeEthel 12:15 pm</p>	<p><b>“Volunteers do not necessarily have the time; they just have the heart. You make a living by what you get. You make a life by what you give. Volunteers are the only human being on the face of the earth who reflect this nation’s compassion, unselfish caring patience and just plain loving one another.”</b></p> <p><b>Thank you from the bottom of our hearts!</b></p>  		



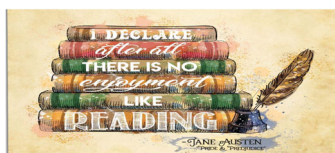
### Short Story Group!

with Maren, ROC Librarian  
**Thursday, April 11 at 10:30 am**

*The Lighthouse Keeper*  
by Daisy Johnson

Maren will guide you with some fun  
& easy listening to books on-line.

*Short story*  
*Listening & discussion*



### Outing: Asian Buffet!

with Wendy  
**Friday, April 12 at 10:45 am**

Hop on the Medical Motors van for  
a wonderful lunch trip!  
\$2 suggested contribution for  
your ride.

**\*Limit 10, sign up in the program binder!**

### AMP Class Elective!

**Tuesday, April 16 at 10:30 am**

This will be the first of a 3-part  
series on healthy relationships.  
Facilitated by Jeff Goldstein, high school  
teacher with a background in Sociology.  
**Please sign up in the program binder!**

### Teaching Kitchen!

with Lora, Foodlink  
Community Educator  
**Wednesdays, 11 am - 12 pm**

Join in and have some fun during this  
interactive cooking class while creating  
healthy dishes every Wednesday.  
Recipes & samples provided, limit 6.

**Please sign up!**  
**Reminder: Foodlink's Curbside  
Market Van at 12 pm**

\*No class on April 3, Foodlink closed.

### Let's Bake!

with Wendy  
**Wednesday, April 3  
11 am**



Join us in the kitchen to bake  
homemade banana bread!  
**Please sign up, limit 4!**

### Eldersource Care Manager

**Wednesdays,  
April 3 & 17  
11 am - 1 pm**

Stacie, our care manger can meet with  
you to discuss information, supports  
& resources available to you.  
**Sign up in the Lifespan office with staff.**

### Café Lunches!

**Enjoy lunch with us!**

\$3.50 suggested contribution, 60 years  
& better! No one is turned away for the  
inability to contribute.

# Lunch Club 60 Menu - April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  <b>*Lily Café Lunch</b>	2 <b>Pork chops mashed potatoes w/gravy lima beans wheat dinner roll pineapples trail mix</b>	3  	4  <b>*Lily Café Lunch</b>	5 <b><u>Grab n Go meal</u> Ground taco beef over tortilla chips w/shredded cheese, lettuce, tomato &amp; sour cream, sauce black bean &amp; corn salsa rice tropical fruit mix</b>
8  <b>Lily Café Closed</b>	9 <b>Stuffed shells w/sauce green beans carrots wheat dinner roll cake apple juice</b>	10  	11  <b>*Lily Café Lunch</b>	12 <b><u>Grab n Go meal</u> Tuna pasta salad w/lettuce &amp; tomato slice peas chicken gumbo soup saltines (1 packet) wheat dinner roll cookie</b>
15  <b>*Lily Café Lunch</b>	16 <b>Chicken salad on 12- grain bread lettuce &amp; tomato carrot raisin salad mandarin oranges</b>	17  	18  <b>*Lily Café Lunch</b>	19 <b><u>Grab n Go meal</u> Sloppy Joe yellow squash vegetables soup saltines (1 packet) pudding w/ whipped topping</b>
22  <b>*Lily Café Lunch</b>	23 <b>Broccoli cheese topped potato w/ sour cream vegetarian chili saltines ( 1 packet ) corn muffin</b>	24  	25  <b>*Lily Café Lunch</b>	26 <b><u>Grab n Go meal</u> Meatloaf w/gravy mashed potatoes chuckwagon corn 12 - grain bread apricots</b>
29  <b>*Lily Café Lunch</b>	30 <b>Sweet &amp; sour pork rice peas wheat dinner roll fresh apple grape juice</b>	<p style="margin: 0;"><b>Enjoy lunch with us, \$3.50 suggested contribution, 60 years &amp; better! No one is turned away for the inability to contribute.</b></p>		

All meals served with milk - Soup served with crackers certified by Jackie Williams, RD  
2/29/2024 \*indicates meal is not provided by Office for the Aging Program

No eligible person shall be denied benefits or subjected to discrimination under the program or activity receiving any federal, state or county funding. This included but is not limited to race, color, sex, religion, national origin, disability, sexual orientation, marital status, veteran, and/or military status, immigrant status creed, domestic violence victim status, criminal history, gender identity, gender predisposition, or carrier status. This program is funded by participant's contributions, US Administration on Aging, NY State Office of the Aging, NY State Department of Health, Monroe County Department of Health/Office of the Aging and Lifespan of Greater Rochester Inc.