



*Feeding the mind, body and spirit.*



Caroline "Lily" Lobozzo Aging Resource Center

25 Driving Park Avenue, Rochester, 14613

Call 585-341-4013  
for more information.

If you live within a five mile radius of the Maplewood YMCA and you don't drive, ask about transportation provided by Medical Motors Service for a small donation.

The Caroline "Lily" Lobozzo Aging Resource Center is the result of a collaboration between Lifespan, The United Way, the Monroe County Office of the Aging and the YMCA.



Caroline "Lily" Lobozzo  
Aging Resource Center  
at the Maplewood YMCA

*Feeding the mind,  
body and spirit.*



Operated by Lifespan

## *You've never been to a place quite like the Lily Café!*

The Lily Café, operated by Lifespan within the Maplewood YMCA, is a place to dust off your dreams and discover the joy of new opportunities. You'll meet new people and perhaps even find a second home here! Everything we do is geared for a new generation of older adults – the generation that wants to *take it on* in the second half of life!

*"We found what we needed! From the moment we entered this beautiful facility, through exercise, the lunch at the café, we are surrounded by kindness, inspiration, support and friendship."*

Mirko & Irma Pylyshenko



*Our only focus at the Lily Café is feeding the mind, body and spirit. Yours!*



- ❖ You'll find informative classes with opportunities to learn and share.
- ❖ We have volunteer opportunities, both in the Café and in the community.
- ❖ Join us on trips to new places in Rochester, or revisit somewhere you haven't been in awhile.
- ❖ And, you'll have easy access to all the Maplewood YMCA has to offer including yoga, Zumba®, Tai Chi, water aerobics and much more!\*

*"So many wonderful programs are offered at the Lily Café, but the most important thing is the friendships I've developed. It is a wonderful family atmosphere!"*

Sharon Gardner

It's your time, your talent, your café. Join us at the Lily Café at the Maplewood YMCA!

*The Lily Café,  
feeding the mind, body and spirit.*

Call us at 585-341-4013, or just drop in to see us!

\*Must be a YMCA member to participate in Lily Café programs although YMCA membership is not required for lunch. Financial assistance is available.