

# Lifespan's Wolk Café

AT  
SIBLEY  
SQUARE



*Discover the joy of new opportunities at our newly renovated café  
and social gathering spot for for anyone 60+!*

Everything we do is geared for a generation of active older adults – the generation that wants to take it on in the second half of life!



- You'll meet people and learn something new.
- You'll find camaraderie and fun.
- You'll find fulfillment and joy.

#### We offer:

- Opportunities to learn and share.
- Classes geared toward lifelong learning like computer lessons and sign language.
- Health and wellness classes like Tai Chi, Living Healthy, chair aerobics.
- Presentations by experts on a range of topics like essential oils, personal safety, meditation.
- Book groups, walking club, support groups, card groups, game groups.
- Opportunities to volunteer.
- Group outings for cultural events and lunches.

#### Don't feel like cooking?

- Join us at the café for breakfast and/or lunch!

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



We're open Monday-Friday  
8:30 am to 4 pm.

Breakfast is served 8:45-10:00 and  
lunch is at noon.

Stop by or give us a call! 585-232-3280  
We'd love to meet you!

**Lifespan's Wolk Café at Sibley Square**  
(first floor at the Franklin Street entrance)



[www.lifespanrochester.org](http://www.lifespanrochester.org)