



Caroline "Lily" Lobozzo Aging Resource Center

Lily Café

NEWSLETTER

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Welcome September!

We hope you have been enjoying your summer!
Please join us for continued opportunities to get out and enjoy the weather!

Walking group, the patio, helping with the garden and special lunch at The Brewhouse are just a few of the ways to enjoy the season!

We have several new offerings including a free legal clinic for wills and estate planning for qualified members!!

Join us for our new Paint your Pottery class at the end of the month!!

As always, your input is very important. Please let us know if there is something you'd like to see us offer at the Cafe'!

With love and gratitude,
Your Lily Cafe' Family

September 2018

FEATURED EVENTS

AARP Safe Driving Course

Tuesday, September 4 and
Thursday, September 6

12:00-3:00 pm

\$20 AARP Members

\$25 Non-AARP Members

**Must attend both classes*

**Must pay first day of class
check or money order made
out to AARP-NO Cash**

Lifespan's Powerful Tools for Caregivers

**Thursdays, October 4, 11, 18,
25, and November 1 and 8.**

This educational workshop is designed to help caregivers take care of themselves while caring for a relative or friend. This class touches on self-care tools: reduce personal stress, change negative self-talk, communicate their needs to family members and service providers during challenging situation and when faced with tough caregiving decisions.

Sign up today!

September 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 The Lily Cafe and YMCA Closed for Labor Day	4 Cards 9:00 am Moving for Better Balance 10:30 am Chorus 11:00 am AARP Safe Driving Course 12:00-3:00 pm	5 Working through Grief 10:15 am 10 Min. Massage 11:00 am-1:00 pm Eldersource 11:00 am-1:00 pm Meditation with Wanda 12:00 pm	6 Book Group 9:00 am Moving for Better Balance 10:30 am Compassion Group: Dimitri House 11:00 am-1:30 pm AARP Safe Driving Course 12:00-3:00 pm	7 Walking Group 9:00 am Reiki Share 10:00 am-2:00 pm Beginner Spanish w/Jackie & Daisy 11:45 am
10 Memoirs Class 10:30 am-12:30 pm \$25 Joint group meeting to discuss publication plan.	11 Cards 9:00 am Moving for Better Balance 10:30 am Chorus 11:00 am Tech Tuesday 12:00 pm	12 Reading with the Kids 9:45 am Rochester Alliance of Voter's Info Table 11:30 am-1:30 pm Happy Healthy Leisure Talk Part II 12:00 pm	13 Book Group 9:00 am Bridge Club 9:00 am Moving for Better Balance 10:30 am Restaurant Reviewer's Club: Genesee Brewhouse 11:15 am-1:30 pm	14 Walking Group 9:00 am Beginner Spanish w/Jackie & Daisy 11:45 am Refresher Friday's 12:00-1:30 pm \$15 (1 of 3)
17 Memoirs Class 10:30 am-12:30 pm All Things Anja: Balance 12:00 pm Memoirs Class 1:00-3:00 pm	18 Cards 9:00 am Moving for Better Balance 10:30 am Chorus 11:00 am Lifespan's Sara Otis Presents: Evidence Based Programs 12:00 pm	19 Hand Massage & Nail Painting 10:00 am Eldersource 11:00 am-1:00 pm Memory Support Group 12:00 pm	20 Book Group 9:00 am Moving for Better Balance 10:30 am Thought Exchange 12:00 pm	21 Walking Group 9:00 am Beginner Spanish w/Jackie & Daisy 11:45 am Refresher Friday's 12:00-1:30 pm (2 of 3)
24 Café Advisory Group 10:00 am Rosemary Irwin Presentation: "The History and Science of Dreams" 12:00 pm	25 Cards 9:00 am Moving for Better Balance 10:30 am Chorus 11:00 am Cupcake Decorating with Julie 12:15-1:15 pm	26 Wills & Advanced Directives FREE Clinic 11:30 am-2:00 pm September Birthday Celebration 12:00 pm	27 Book Group 9:00 am Bridge Club 9:00 am Moving for Better Balance 10:30 am Paint your Pottery \$5 12:00 pm	28 Walking Group 9:00 am Beginner Spanish w/Jackie & Daisy 11:45 am Refresher Friday's 12:00-1:30 pm (3 of 3) GVPT Presentation: Balance and Falls 12:00 pm

September Program Highlights

Card Games (c)

Tuesdays, September 4, 11, 18, 25

9:00-11:30 am

Chorus (ff)

Tuesdays, 11:00 am-12:00 pm

Join the "Singing Lillies" for a weekly practice. All are welcome!

Moving for Better Balance (studio)

Tuesdays & Thursdays through November 15

10:30-11:25 am

Moving for Better Balance is a 12-week evidence-based group exercise program. The program, based on principles of Tai Chi, teaches eight movements modified especially for falls prevention. The program works to improve balance, muscle strength, flexibility, and mobility to enhance overall physical health.

Eldersource Care Management (c)

Wednesday, September 5 & 19 11:00 am-1:00 pm

Meet with Ameera, our Eldersource case manager trained in the diverse needs of older adults. Your one-stop resource for assistance!

Book Club (L)

Thursdays, 9:00-10:00 am

Each book will be broken down into 4 sessions with weekly discussions. Book to be determined based on group interest.

Bridge Club (c)

Thursdays, September 13 & 27 9:00 am

Join the group every other week for a competitive game of bridge.

Walking Group

Fridays, 9:00-9:30 am

It's time to get outside and learn the benefits of walking. We will utilize Maplewood Park for this great exercise! (Weather permitting)

Beginner Spanish with Jackie & Daisy (c)

Fridays, 11:45 am-12:15 pm

Join Jackie & Daisy as they teach us the basic phrases and words for conversational Spanish.

AARP's Safe Driving Course (ff)

Tuesday, September 4 & Thursday, September 6

12:00-3:00 pm

\$20 AARP Members

\$25 Non-AARP Members

*Must attend both classes

Must pay first day of class check or money order made out to AARP-NO Cash

Working through Grief (c)

Wednesday, September 5 10:15 am

Join us for this nurturing gathering as we share our experiences and offer support. This group is open to anyone who has lost a loved one, or experiencing another personal loss.

Massage with Bill (c)

Wednesday, September 5 11:00 am-1:00 pm

Feeling stressed out? See Bill for a complimentary 10 minute chair massage.



Like us on
Facebook

September Program Highlights

Meditation with Wanda (c)

Wednesday, September 5 12:00 pm

Join Wanda for this opportunity to try meditation or re-introduce meditation in your life.

Compassion Group: Dimitri House

Thursday, September 6 11:00 am-1:30 pm

Join us as we work together to help assist with an important social cause. We return to Dimitri House!

Reiki Share (ff)

Friday, September 7 10:00 am-2:00 pm

Join this spectacular group to experience and learn about this alternative energy healing option. Divine foot massage included a member favorite!

Memoirs Classes (ff)

Monday, September 10 10:30 am-12:30 pm

**Monday, September 17 10:30am-12:30 pm
1:00-3:00 pm**

Members will be working on independent publications with instructor. Fee is \$25 plus the cost of publications.

Tech Tuesday with Daniel Jones (c)

Tuesday, September 11 12:00 pm

Join Daniel Jones the second Tuesday of every month for an informal opportunity to ask your burning computer questions over lunch.

Reading with the Kids (c)

Wednesday, September 12 9:45 am

Join us for this wonderful intergenerational opportunity as we connect with the YMCA's preschool children. Volunteer readers always welcome!

Voter Registration (c)

Wednesday, September 12 11:30 am-1:30 pm

Rochester Voter Alliance is dedicated to increasing the number of people who vote. Their volunteers will come to the Lily Café twice a month to register our members. Make your voice heard and vote!

Happy Healthy Leisure Talk Part II (c)

Wednesday, September 12 12:00 pm

Join gifted Recreation therapist, Marty Golub as he continues to share ways to improve satisfaction with one's leisure/social life to enhance happiness and wellness!

Restaurant Reviewer's Club

Thursday, September 13 11:15 am-1:30 pm

\$3 trans +meal

Join the group as we head to a local restaurant to enjoy great food and good friends! This month we will visit The Genesee Brewhouse.

Refresher Fridays \$15 (ff)

Fridays, September 14, 21, 28 12:00-1:30 pm

Join Daniel Jones for this informal 3-part series of fun and informative 90 minute refresher classes about internet, email and Facebook. Bring your questions!

All Things Anja (c)

Monday, September 17 12:00 pm

Join Anja for this important talk about falls, how to avoid them and how to get back up. This talk is in observance of Annual Fall Prevention Awareness Day.

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September Program Highlights

Lifespan's Sara Otis Presents: Evidence Based Programs (c)

Tuesday, September 18 12:00 pm

Join Lifespan's Sara Otis as she shares with us the evidence based programs available through Lifespan.

Hand Massage & Nail Painting (c)

Wednesday, September 19 10:00 am

Join us for a nice hand massage and nail painting. Enjoy picking out your favorite fall color.

Memory Challenge Support Group (ff)

Wednesday, September 19 12:00 pm

Join staff from Caregiver's Institute and the Alzheimer's Association for this informal gathering for people who are experiencing memory difficulties, including early Alzheimer's and Dementia. They meet the third Wednesday of every month.

Thought Exchange and Visual Learning (c)

Thursday, September 20 12:00 pm

In this member favorite, Gary Snyder facilitates a discussion by sharing inspiring videos meant to invoke feelings of goodwill and wellness.

Café Advisory Committee (c)

Monday, September 24 10:00 am

Meet with Michelle to share suggestions and future programming ideas for the Café.

Rosemary Irwin Presents: The History and Science of Dreams (c)

Monday, September 24 12:00 pm

By the age of 70, we each spent 6 years of our lives dreaming. While sleep was once thought to be a process in which the brain and body rests, scientists now know the brain is just as active but mysteriously

redirected. Great scientific and artistic discoveries have been attributed to dreams. Come and learn what science, history and philosophy can show us about our secret selves in the land of dreams.

Cupcake Decorating with Julie (c)

Tuesday, September 25 12:15-1:15pm

Join Julie as she teaches new ways to decorate cupcakes for the upcoming holidays.

Wills & Advanced Directives FREE Legal Clinic (ff)

Wednesday, September 26 11:30 am-2:00 pm

Do you need a will? Do you need a health care proxy? Do you need a power of attorney? Do you want your funeral wishes written? Legal documents prepared at no cost by Volunteer Legal Services Project. To register please see Michelle.

September Birthday Celebration (c)

Wednesday, September 26 12:00 pm

Are you a summer baby and born in the month of September? Join us as we celebrate September birthdays!

Paint Your Pottery \$5 (ff)

Thursday, September 27 12:00 pm

Created by Us owner/operator Jami Cimino will guide you through the process of selecting a piece of pottery and help with choosing colors. Jami will fire all pieces and return within 7-10 days.

Note: We need 10 people to run the program.

GVPT Presents: "Balance and Falls" (c)

Friday, September 28 12:00 pm

Join GVPT staff to learn about the risks associated with falling. Find out how your balance works and better understand simple things that you can do to improve it, including tests and exercises.

Wills & Advanced Directives

FREE Legal Clinic

Wednesday, September 26 11:30 am-2:00 pm

Do you need a will?

Do you need a health care proxy?

Do you need a power of attorney?

Do you want your funeral wishes written?

Legal documents prepared at no cost by Volunteer
Legal Services Project.

Register in purple binder.

Lifespan Presents: Aging Mastery Program "AMP"

**Tuesdays, October 2, 9,16,23,30; November 13, 20,
27 and December 4 and 11**

12:00-1:30 pm

Lifespan is offering this complimentary 10 session workshop, which meets Tuesdays for 90 minutes. This peer-led series helps participants to gain skills and tools they need to manage their health, remain economically secure, and contribute actively in society. Topics covered will include: sleep, healthy eating, financial fitness, advanced planning, healthy relationships, falls prevention and community engagement.

*Maximum of 10 participants per session.

Sign up today!

Lily Café

Hours of Operation

Monday-Friday

8:30 am - 4:00 pm

ROOM KEY:

c - Café

ff - fun fit room

L - Library

S – studio

Contact Information:

Michelle LeBoo

Program Coordinator

mleboo@lifespanrochester.org

Julie Battaglia

Assistant Program Coordinator

jbattaglia@lifespanrochester.org

Jacqueline Perez-Ladiges

Assistant Program Coordinator

jperez-ladiges@lifespan-
roch.org

Kris Santillo

Program Director

ksantillo@lifespanrochester.org

Kitchen Leader-Donna Barton

Kitchen Assistant-Kevin Hanley

Anja Jabs Devins

AOA Coordinator

anjaj@rochesterymca.org

Lifespan at the Maplewood YMCA

25 Driving Park Avenue

Rochester, NY 14613

Office (585) 341-4013

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