



Caroline "Lily" Loboizzo Aging Resource Center

February 2024

## Feature Events

### 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**

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### Soul Food Potluck

**Monday, February 12, 11:30 am - noon**

Please sign up to bring a dish to pass.

### Lamberton Conservatory Trip!

**Friday, February 2, 10 am - noon**

Join us for a beautiful greenhouse experience!

**\$2 suggested contribution.**

**\*Please sign up in the binder.**

### Lifespan's Lily Café

An older adult gathering place for YMCA members 60 & older.

#### 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



Lifespan Welcomes  
Everyone!



# Lily Café: February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>African-American History Month</b>			<b>1</b> <b>Book Club</b> 9:30 am <b>Instructional Dulcimer</b> 12 pm <b>Dulcimer Practice</b> 1 pm	<b>2</b> <b>Conservatory trip</b> with JoeEthel 10 am  <b>Wellness Talk:</b> with Marty 1 pm
<b>5</b> <b>Mexican Train Dominoes</b> with Bill 9:30 am <b>Short story group</b> with Maren librarian(Chivalry) by Neil Gaiman 10:30 am <b>Crochet project</b> with JoeEthel 12 pm	<b>6</b> <b>Euchre</b> 8:30 am <b>Lily Café Advisory Group</b> 12:15 pm	<b>7</b> <b>Crochet project</b> with JoeEthel 10:30 am <b>Teaching Kitchen! Greek Inspired pita</b> 11 am, limit 6 12 pm samples	<b>8</b> <b>Book Club</b> 9:30 am <b>Healing Hands</b> with Diane (foot massage) 10 am <b>Dulcimer Practice</b> 1 pm	<b>9</b> <b>Water color class</b> with Carol 10:30 am \$3 sugg.cont. <b>Superbowl Kick off party!</b> <b>Lets make pizza</b> 11:30 am \$4 sugg.cont. <b>Wellness Talk:</b> with Marty 1 pm
<b>12</b> <b>Tech Q &amp; A</b> with Daniel 11:30 am <b>Soul Food pot Luck Lucheon</b> 11:30 am \$3 sugg.cont. *Please sign up in binder if you're bringing a dish.	<b>13</b> <b>Rock Painting</b> with Barb 9:30 am  <b>Pictionary</b> with Wendy 12:15 pm	<b>14</b> <b>Manicures</b> with Wendy 12:15 pm <b>Teaching Kitchen! Valentines treats</b> 11 am, limit 6 12 pm samples	<b>15</b> <b>Book Club</b> 9:30 am <b>Instructional Dulcimer</b> 12 pm <b>Dulcimer Practice</b> 1 pm	<b>16</b> <b>Acrylic painting</b> with Laurie 11 am \$3 sugg.cont. <b>Urban Line Dancing</b> with Lady P 12 pm
<b>19</b> <b>Mexican Train Dominoes</b> with Bill 9:30 am  <b>A Thousand Words game</b> 12:15 pm	<b>20</b> <b>Tech Seminar: The world of Podcast</b> with Daniel 9:30 am  <b>Haircuts</b> with Destiny 10 am \$3 sugg. cont.	<b>21</b> <b>Baking group</b> with Wendy 9:30 am <b>Teaching Kitchen! Chicken salad</b> 11 am, limit 6 12 pm samples	<b>22</b> <b>Book Club</b> 9:30 am <b>Instructional Dulcimer</b> 12 pm <b>Dulcimer Practice</b> 1 pm	<b>23</b> <b>Watercolor class with Carol</b> 10:30 am \$3 sugg.cont. <b>10-Minute Chair Massage</b> 10 am - 12 pm limit: 12 spots <b>Urban Line Dance</b> with Lady P 12 pm
<b>26</b> <b>Mexican Train Dominoes</b> with Bill 9:30 am <b>Celebrating February Birthdays!</b> 12:15 pm	<b>27</b> <b>Dominoes</b> 9:30 am  <b>Sunshine group</b> 12:15 am	<b>28</b> <b>Dietitian talk</b> with Cindy 10:15 am <b>Teaching Kitchen!</b> 11 am, limit 6 12 pm samples <b>Wellness Talk</b> with Marty 1 pm	<b>29</b> <b>Book Club</b> 9:30 am <b>Instructional Dulcimer</b> 12 pm <b>Dulcimer Practice</b> 1 pm	



## **The World of Podcasts**

**with Daniel**

**Tuesday, February 20 at 9:30 am**

Podcasts are a popular forms of online discussion and entertainment.

Join technology

instructor Daniel Jones as he walks you through the world of podcasting.

Search, subscribe listen and learn to create your own podcast!

**\*Please sign up in the binder**

## **Acrylic painting with Laurie**



**Frosty Winter Birch-**

**Friday, February 16 at 11 am**

\$3 suggested contribution

**\*limited to 6 participants\***

**\*Please sign up in the binder**

## **Watercolor Class**

**with Carol**

**Friday January 9**

**10:30 am**

Using paint that can be mixed with water to create translucent scene!

\$3 suggested contribution

**\* Please sign up in the binder**

## **Teaching Kitchen**

**with Lora from Foodlink!**

**Wednesdays, 11 am - noon**

Join in and have some fun during this interactive cooking class while creating healthy dishes.

Recipes & samples provided!

**\*Please sign up in the binder**

## **Let's bake!**



**with Wendy**

**Wednesday, February 21**

**9:30 am– 11:30 am**

Join us in the kitchen to bake homemade chocolate chips cookies!

**\*Please sign up in the binder**

## **Hair cuts with Destiny!**

**Tuesday, February 20**

**10 am**

\$3 suggested contribution

**\*Please sign up in the binder**



## **Eldersource Care Manager**

**Wednesdays**

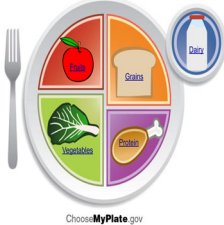
**February 3 & 17**

**11 am - 1 pm**

Our care manger, Stacie, can meet with you to discuss information, supports & resources available to you.

**Sign up in the Lifespan office.**

# Lunch Club 60 Menu - February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<sup>1</sup> *Lily Café lunch	<sup>2</sup> Grab n Go swiss steak baked potato sour cream mixed vegetables fruit cocktail brownie
<sup>5</sup> *Lily Café Lunch	<sup>6</sup> pork riblet baked potato w/ sourcream green beans fresh apple ice cream	<sup>7</sup> 	<sup>8</sup> *Lily Café Lunch	<sup>9</sup> Grab n Go chicken parmesan fried chicken patty pasta brussels sprouts Italian bread peaches
<sup>12</sup> *Lily Café Lunch	<sup>13</sup> chicken salad lettuce & tomato pea & cheese salad 12-grain bread clementine orange	<sup>14</sup> 	<sup>15</sup> *Lily Café Lunch	<sup>16</sup> Grab n Go fish fillet w/lettuce & tom served on a bun boiled potatoes corn applesauce
<sup>19</sup> *Lily Café Lunch	<sup>20</sup> stuffed shells served with sauce Italian dressing tossed salad wheat dinner roll pineapples	<sup>21</sup> 	<sup>22</sup> *Lily Café Lunch	<sup>23</sup> Grab n Go sloppy Joes zucchini spinach lentil soup saltine crackers tropical fruit mix
<sup>26</sup> *Lily Café Lunch	<sup>27</sup> chicken ala king served over a biscuit wax beans petite banana	<sup>28</sup>	<sup>29</sup>	

All meals served with milk - Soup served with crackers certified by Jackie Willams, RD - 12/27/2023

\*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.