



Caroline "Lily" Lobozzo Aging Resource Center

May 2024

Lily Lunches...Everyday!!!

Mondays, Tuesdays, Thursdays & Fridays

11:30 am - 12 pm

Wednesdays, 12 - 12:30 pm

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

Must be 60 years or better to participate,

\$3.50 suggested contribution.



You & YouTube

Tuesday, May 28 at 9:30 am

If you've ever watched a video on the internet, chances are you watched it on YouTube, the world's largest video-sharing social network and website. Join technology instructor, Daniel Jones for this fun and informative seminar where you will learn all about YouTube!

Please sign up to attend in the program binder!

A PARTNERSHIP OF



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

Joe Ethel Williams,
Assistant Program
Coordinator

Wendy Houlihan,
Program Coordinator

Teresa Hair,
Kitchen Coordinator

Stacie Kuebel,
Eldersource Care
Manager

LIFESPAN WELCOMES EVERYONE

Lily Café: May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Baking Group! Thumbprint Cookies with Wendy 9:30 am</p> <p>Teaching Kitchen! Minty Green Smoothies 11 am, limit 6 12 pm samples</p>	<p>2</p> <p>Book Club 9:30 am</p> <p>Instructional Dulcimer 12 pm</p> <p>Dulcimer Practice 1 pm</p>	<p>3</p> <p>Outing! Savers Trip 10:15 am</p> <p>Cinco de Mayo! 10:30 am</p>  <p>Urban Line Dancing with Lady P 12 pm</p> <p>Wellness Talk! with Marty 1 pm</p>
<p>6</p> <p>Mexican Train Dominoes with Bill 9:30 am</p> <p>Tech Q & A with Daniel Jones 11:30 am</p> <p>Craft Class with Wendy 12 pm</p>	<p>7</p> <p>Euchre 9 am</p> <p>Craft Class with Barb 10 am</p> <p>Tech Tuesday with Daniel 1:15pm</p>	<p>8</p> <p>Teaching Kitchen! Fresh Salsa 11 am, limit 6 12 pm samples</p> <p>Mother's Day Luncheon! </p> <p>12 pm</p> <p>Crochet Group with JoeEthel 12:30 pm</p>	<p>9</p> <p>Book Club 9:30 am</p> <p>Instructional Dulcimer 12 pm</p> <p>Dulcimer Practice 1 pm</p>	<p>10</p> <p>Euchre 9 am</p> <p>Mother's Day Craft with Edna 10:15 am \$3 sugg. cont.</p> <p>Skip Bo 12:15 pm</p>
<p>13</p> <p>Mexican Train Dominoes with Bill 9:30 am</p> <p>ROC Library Short Stories with Maren 10:15 am</p> <p>Current Events! 12:15 pm</p>	<p>14</p> <p>URMC Talk 10 am</p> <p>AMP: Self-Confidence Talk with Barb & Sarah 10:30 am</p> <p>The Sunshine Committee on Illness & Grief with JoeEthel 12:15 pm</p>	<p>15</p> <p>Craft Class with Wendy 10 am</p> <p>Teaching Kitchen! Potato Salad 11 am, limit 6 12 pm samples</p> <p>Gardening with JoeEthel</p>	<p>16</p> <p>Book Club 9:30 am</p> <p>Foot massage with Diane 10 am</p> <p>Instructional Dulcimer 12 pm</p> <p>Dulcimer Practice 1 pm</p>	<p>17</p> <p>Euchre 9 am</p> <p>Urban Line Dancing with Lady P 12 pm</p> <p>Wellness Talk! with Marty 1 pm</p>
<p>20</p> <p>Mexican Train Dominoes with Bill 9:30 am</p> <p>Tech Q & A with Daniel Jones 11:30 am</p> <p>1000 Words with JoeEthel 12 pm</p>	<p>21</p> <p>Euchre 9 am</p> <p>Haircuts with Destiny 10 am \$3 sugg. cont.</p> <p>Healthy Relationships with Jeff Goldstein 10:30 am</p>	<p>22</p> <p>Gardening with JoeEthel 10 am</p> <p>Teaching Kitchen! Strawberry Spinach Salad 11 am, limit 6 12 pm samples</p> <p>Spades 12:30 pm</p>	<p>23</p> <p>Book Club 9:30 am</p> <p>Instructional Dulcimer 12 pm</p> <p>Dulcimer Practice 1 pm</p>	<p>24</p> <p>Euchre 9 am</p> <p>10-Minute Chair Massage 10 am - 12 pm limit: 12 spots</p> <p>Wellness Talk! with Marty 1 pm</p>
<p>27</p> <p>Café Closed</p> 	<p>28</p> <p>Technology Seminar: You & YouTube with Daniel Jones 9:30 am</p> <p>Mexican Train Dominoes with Bill 11 am</p> <p>Rummikub 12 pm</p>	<p>29</p> <p>Scrabble 10 am</p> <p>Teaching Kitchen! Rice & Beans 11 am, limit 6 12 pm samples</p> <p>Gardening with JoeEthel 12:30 pm</p>	<p>30</p> <p>Book Club 9:30 am</p> <p>Funeral Alliance: Green Burial 10:15 am</p> <p>Outing! Redwings Game & Lunch 10:30 am</p> <p>Instructional Dulcimer 12 pm</p> <p>Dulcimer Practice 1 pm</p>	<p>31</p> <p>Euchre 9 am</p> <p>Celebrating May Birthdays! 12 pm</p>  <p>Wellness Talk! with Marty 1 pm</p>



Outing! Red Wings Game!

Thursday, May 30 at 10:30 am

Join us for a Red Wings baseball game and picnic lunch at the Nest Pavilion.



***Limited spots available. Be sure to sign up in the program binder!**

Outing: Savers!

with Wendy

Friday, May 3 at 10:45 am

Hop on the Medical Motors van for a fun shopping trip!

\$2 suggested contribution for your ride.

***Limit 10. Sign up in the program binder!**

AMP Elective: Self-Confidence

with Barb & Sarah

Tuesday, May 14 at 10:30 am

Come & enjoy interactive talks aimed at developing self-confidence and learn ways to form a rapport with others.

***Sign up in the program binder.**

Teaching Kitchen!

Let's officially welcome
Tanisha, our new Foodlink
Community Educator!

Wednesdays, 11 am - 12 pm

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

Reminder: Foodlink's Curbside Market van arrives at 12 pm!

Baking Group!

with Wendy

Wednesday, May 1

9:30 am

Join us in the kitchen to bake classic thumbprint cookies made with simple sugar cookie dough, rolled in sparkling sugar then filled with delicious jelly!



Eldersource Care Manager

Wednesdays,

May 1 & 15

11 am - 1 pm

Stacie, our care manager, can meet with you to discuss information, supports & resources available to you.

Sign up in the Lifespan office with staff.

Short Story Group!

with Maren, ROC Librarian

Monday, May 13 at 10:15 am

Join us as we listen to a short story, followed by a lively discussion.

Lunch Club 60 Menu - May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center; color: red; font-weight: bold;">Enjoy lunch with us!</p> <p style="text-align: center;">\$3.50 suggested contribution, 60 years & better.</p> <p style="text-align: center;">No one is turned away for the inability to contribute!</p>		1 *Tossed Salad Half Sandwich or Wrap	2 Salisbury steak Mashed Sweet Potatoes Lima Beans Wheat Dinner Roll Petite Banana	3 Pulled pork Baked Potato Coleslaw 12 - Grain Bread Pineapples
6 Fish Filet Sandwich w/Tartar Sauce Boiled Potatoes Mixed Vegetables	7 <u>Mother's Day Lunch!</u> Vegetable Lasagna Broccoli Tossed Salad w/Italian Dressing Crusty Roll Pears Grape Juice	8 *Mother's Day Luncheon!	9 Individual Meatloaf w/Gravy Mashed Potatoes Corn 12-Grain Bread Fresh Orange	10 Sloppy Joes on Bun Peas Cauliflower Peaches Rice Pudding w/ Whipped Topping
13 Pork Riblet Mashed Potatoes Lima Beans Corn Muffin Fresh Apple	14 Ground beef tacos w/shredded cheese lettuce tomato, sour cream Chuckwagon Corn Tortillas Fruit Cocktail Cookie	15 *Tossed Salad Half Sandwich or Wrap	16 Pub burger on bun w/catsup, mustard & relish Tomato & Onion Slice Cabbage Beef Soup Saltines Ice Cream	17 Breaded Chicken Served over romaine & spinach salad w/ranch dressing Carrot Raisin Salad Wheat Dinner Roll Tropical Fruit Mix
20 Mild Chili Served Over Baked Potato Shredded Cheese Sour Cream Green Beans Wheat Dinner Rolls Pears	21 Chicken Salad on 12-Grain bread Lettuce & Tomato Slice Mixed Vegetables Mandarin Oranges	22 *Tossed Salad Half Sandwich or Wrap	23 Mexican Chicken Rice Zucchini Pineapples Cookie	24 Seafood Pasta Salad w/lettuce & tomato slice Vegetable Soup Saltines Fruit Cocktail
27 Goodwill & Lifespan Closed	28 Chicken Parmesan Pasta w/sauce Italian Blend Vegetable Wheat Dinner Roll Apple Juice	29 *Tossed Salad Half Sandwich or Wrap	30 Swiss Steak Baked Potato w/ Sour Cream Summer Squash 12 - Grain Bread Brownie	31 Macaroni & Cheese Stewed Tomatoes Broccoli Pears Muffin Top

All meals served with milk - Soup served with crackers certified by Jackie Williams, RD
3/26/2024 *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.