Come for a visit!

**Lily Cafe at the Maplewood YMCA**
25 Driving Park
(585) 341-4013

**Westside Resource Center at the Westside YMCA**
920 Elmgrove Rd.
(585) 341-3075

**Eastside Resource Center at the Eastside YMCA**
1850 Fairport Nine Mile Rd.
(585) 341-3084

A partnership of Lifespan, the YMCA and United Way.

Your support through donations is welcome.

For more than 45 years, Lifespan has helped older adults take on the challenges and opportunities of longer life. We offer more than 30 services such as care coordination, elder abuse intervention, caregiver support, health insurance guidance and education through workshops and classes. Learn more about Lifespan and how we can help you! www.LifespanRochester.org

“The best place in town!”

“IT'S MY SECOND HOME!”

Lifespan’s RESOURCE CENTERS at the YMCAs
So much more than the name implies!

The Lily Café at the Maplewood YMCA
The Westside Resource Center at the Westside YMCA
The Eastside Resource Center at the Eastside YMCA
Lifespan’s
RESOURCE CENTERS
at the YMCAs
Where strangers become friends & family!

Our centers are where you can dust off your dreams and discover the joy of new opportunities!

You’ll meet people and learn something new. 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 find health and wellness classes with opportunities to learn and share.

You’ll find camaraderie and fun.

You’ll find fulfillment and joy.

Join us for lunch at the Lily Café at the Maplewood Y. Our other locations have “lunch and learns” and special occasion celebrations.

“So many wonderful programs are offered, but the most important thing is the friendships I’ve developed. It is a wonderful family atmosphere!”

You do need to be a YMCA member. Financial support may be available through your insurance or the Y. Do not hesitate to contact us for assistance!

We do think we’re pretty cool, but then again we did win a “Great Idea in Aging” Award!