Discover the joy of new opportunities at our newly renovated café and social gathering spot 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!

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!

“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)