March 2020

FEATURED EVENTS

Lifespan’s Celebration of Aging Fundraiser Event!
Thursday, March 26
11:00 am
Please join us for this wonderful celebration of Lifespan at the Convention Center. Guest speaker, John Quinones kicks off this event. See Michelle for availability.

Monroe County’s “Beat the Winter Blues”
Thursday, March 5
10:00 am - 2:00 pm
Radio Social
$5 includes lunch & transportation. Join us for games, good food and plenty of laughter! Be sure to sign up today!

Join us for our daily lunch!
Monday-Friday
11:30 am - 12:30 pm
$3 Suggested Contribution

Happy Spring!!!
It is hard to believe we are finally approaching warmer weather. At the Lily, we love spring, the start of all things new and the return of our snowbirds!

We have two fun parties! The County is hosting, “Beat the Winter Blues” at Radio Social! Games, good food and plenty of laughter! We have a few seats left on the van for people who don’t have transportation, but plenty of spots for those who do! See Michelle or Kim for details! $5 suggested contribution.

Lifespan is hosting its annual Celebration of Aging fundraiser event! We have a few seats left, so please check with us! More seats may open up soon!

It is St Patty’s month so we will have a delicious meal on the Tuesday, March 17! $7 per person, and plenty of Irish spirit!

We also have our two “feel good” presenters, Marty Golub and Joy Lecesse again in March. If your heart and mind need a tune up, this is the place!

Love,
Your Lily Family!
## March 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
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<td>Cards</td>
<td>Working through Grief</td>
<td>Book Group</td>
<td>Cooking with Kim!</td>
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<td>Beat the Winter Blues</td>
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<td>Alzheimer’s Association Office Hours</td>
<td>Marty Golub Talk: Worry Control</td>
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<td>Rosemary Irwin’s “Women who broke codes”</td>
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<td>Long Term Effects of Trauma and how to Heal</td>
<td>Book Group</td>
<td>Updates with Vanessa</td>
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<td>Refresher Friday’s</td>
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<td>Tech Tuesday with Daniel Jones</td>
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<td>St. Patrick’s Day Celebration $7</td>
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<td>Memory Exchange with Gary &amp; Diane Snyder</td>
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<td>Featured items include: tossed salad daily and Nathan’s soups served 2-3 times weekly.</td>
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<td>Check out our weekly menu!</td>
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<td>March Birthdays</td>
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Daily lunch available Monday-Friday 11:30 am-12:30 pm

$3 Suggested Contribution  Featured items include: tossed salad daily and Nathan’s soups served 2-3 times weekly.

Check out our weekly menu!
March Program Highlights

**Billiards (c)**
Mondays, March 2, 9, 16, 23, & 30 10:00 am
Did you know that billiards is good for both the body and mind? Sharpen your focus, develop strategy and stretch!

**Lifespan’s Living Healthy Workshop (ff)**
Mondays, March 2 & 9
11:00 am-1:00 pm
Living Healthy is a six-week workshop proven to help you deal with fatigue, discover better nutrition and exercise choices and learn how to learn how to talk to your doctor and family about your health. Sessions include self-management of symptoms, fitness and exercise, nutrition, medication, and depression.

**Chorus (ff)**
Tuesdays, March 3, 10, 17, 24 & 31 10:00 am
Join the “Singing Lilies” for a weekly practice. All are welcome! Looking for new members!!

**Alzheimer’s Association Office Hours (c)**
Tuesdays, March 3 & 17 12:00-3:00 pm
The Alzheimer’s Association, in collaboration with Lifespan, are holding office hours at the Lily Café the first and third Tuesdays every month. Stop by for a visit!

**Working through Grief (ff)**
Wednesday, March 4  9:30 am
Join us for these nurturing gatherings 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.

**Eldersource Care Management (c)**
Wednesdays, March 4 and 18 11:00 am-1:00 pm
Meet with our Eldersource case manager trained in the diverse needs of older adults. Your one-stop resource for assistance!

**Worry Control (c)**
Wednesday, March 4  12:00 pm
Join Marty Golub as he discusses ways for us come up with plans to help us worry less.

**Book Group (L)**
Thursdays, March 5, 12, 19 & 26 9:00-10:00 am
Each book will be broken down into sessions with weekly discussions. Book to be determined based on group interest.

**Monroe County’s “Beat the Winter Blues” $5 Sugg. Contribution**
Thursday, March 5  10:00 am-2:00 pm
Includes lunch & transportation
Join us for Monroe County’s “Beat the Winter Blues” Party at Radio Social. Sign up in the café! Limited transportation.

**Rosemary Irwin Presents: Women who Broke Codes (c)**
Thursday, March 5  12:00 pm
Join Rosemary Irwin as she will bring us back to look at the importance of Women’s History Month. She will take us on a journey to explore women who broke codes. This gifted educator is guaranteed to please!

**Cooking with Chef Kimberly (c)**
Friday, March 6  10:00 am
Join Kimberly as she teaches us to cook up some delicious dish. Samples will be provided!
Reiki Share (ff)
Friday, March 6  10:00 am-2:00 pm
Join this spectacular group to experience and learn about this alternative energy healing option.

Tech Tuesday with Daniel Jones (c)
Tuesday, March 10  12:00 pm
Join Daniel Jones the second Tuesday of every month for an informal opportunity to ask your burning computer questions over lunch.

The Long Term Effects of Trauma & How to Identify and Heal (c)
Wednesday, March 11  10:00 am
When we experience traumas – big or small – they can stay with us as physical symptoms. Using simple mindfulness tools with breath work, gentle movement, sound, and attention to body sensations, we can heal: remove pain, restore health and bring peace of mind. Come join us for a dip into soothing techniques you can take home with you!

Lifespan’s Geriatric Addiction Program Presentation (c)
Wednesday, March 11  12:00 pm
Join Taylor Brown, Addictions Counselor from Lifespan’s Geriatric Addictions Program as he gives us an overview of the concerns, causes and effects of substance misuse among older adults including alcohol, medications and other drugs.

Café Advisory Meeting (c)
Thursday, March 12  10:00 am
Meet with Michelle to share suggestions and future programming ideas for the Café.

Restaurant Reviewer’s Club
Thursday, March 12  11:15 am-1:30 pm
$2 trans + meal
Join the group as we head to the Cracker Barrel, a member favorite!

Updates with Vanessa (c)
Friday, March 13  11:45 am
Join us for our monthly gathering with Vanessa Martell, Executive Director of the Maplewood YMCA.

Refresher Friday’s $15 (L)
Fridays, March 13, 20, & 27  12:00-1:30 pm
Join Daniel for this 3-part informative refresher about the internet, email and Facebook. Whether you are brand new or have been online for years, you are guaranteed to learn something new. Bring your questions!

Talking Circles (ff)
Monday, March 16  12:00 pm
This month’s topic is, "Happiness: What makes you smile" Join facilitator Phil LaPorta as we explore this topic in a safe and welcoming circle! This is a unique experience you won’t want to miss. Topics change monthly

St. Patrick’s Day Luncheon $7 (c)
Tuesday, March 17  11:30 am
Wear you green and join us for this wonderful celebration in honor of St. Patrick’s Day. We will be serving the traditional corned beef and cabbage and enjoy plenty of treats!
March Program Highlights

**Reading with the Kids** (c)
Wednesday, March 18  10:00 am
Join us for this wonderful intergenerational opportunity as we connect with the YMCA’s preschool children. Volunteer readers always welcome!

**Memory Challenge Support Group** (ff)
Wednesday, March 18  12:00 pm
Join staff from Lifespan’s Caregiver Institute for this informal gathering for people who are experiencing memory difficulties, including early Alzheimer’s and Dementia.

**Thought Exchange and Visual Learning** (c)
Thursday, March 18  12:00 pm
In this member favorite, Gary & Diane Snyder facilitate a discussion by sharing inspiring videos meant to invoke feelings of goodwill and wellness.

**Music and Song for Your Wellness** (c)
Monday, March 23  12:00 am
Join Marty as he gives us simple techniques to boost our mood with music and song. Come find out about them!

**AARP’s Safe Driving Course** (ff)
Tuesday, March 24 & Thursday, March 26  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

**Massage with Bill** (c)
Wednesday, March 25  11:00 am-1:00 pm
Feeling stressed? See Bill for a complimentary 10-minute chair massage.

**Lifespan’s Celebration of Aging Luncheon**
Thursday, March 26  11:00 am
Please join us for this wonderful celebration of Lifespan at the Convention Center. Guest speaker John Quinones kicks off this event. See Michelle for availability. Donations are always welcomed!

**GVPT Presents: “Multiple Sclerosis”** (c)
Friday, March 27  11:45 am
Learn about the research based education on multiple sclerosis, the benefits of exercise and the exercise prescription for individuals with M.S.

**Overview of the Finger Lakes Caregiver Institute** (c)
Monday, March 30  12:00 pm
Join Katy Allen from the Finger Lakes Caregiver Institute as she gives us an overview of the services they provide.

**March Birthday Celebration** (c)
Tuesday March 31  12:00 pm
Were you born in the month of March? Join us as we celebrate your birthday!
March Program Highlights

Lifespan’s “Singing Lillies” are looking for more people who enjoy singing in a group setting. Chorus meets one time per week, Tuesdays at 10:15 am! Additionally, if you know someone who may be interested in playing keyboard or piano, our Chorus would be thrilled!!!

The Alzheimer’s Association, in collaboration with Lifespan, is holding office hours at the Lily Café!

Office hours are the first and third Tuesdays every month.

**March Dates:**
Tuesday, March 3  12:00-3:00 pm
Tuesday, March 17  12:00-3:00 pm
Stop by and say hello!

**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@lifespan-roch.org

Kimberly Yeoumas
Assistant Program Coordinator
kyeoumas@lifespan-roch.org

Kris Santillo
Program Director
ksantillo@lifespan-roch.org

Kevin Hanley
Sheila Crooks
Kitchen Assistants

Anja Jabs Devins
AOA Coordinator
anjaj@rochesterymca.org

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Lifespan at the Maplewood YMCA
25 Driving Park Avenue
Rochester, NY 14613
Office (585) 341-4013