

Lifespan's Wolk
Café AT
SIBLEY
SQUARE

... CELEBRATING ...
ASIAN AMERICAN
— AND —
PACIFIC ISLANDER
Heritage MONTH

May 2024 Newsletter

Lifespan's Wolk Café

A gathering place for people 60 and better!
Coffee, tea & infused water available.

Café Hours

Monday - Friday
8:30 am - 3 pm

Breakfast

8:45 - 10:30 am
\$3.50 suggested contribution

Lunch

11:30 am - noon
\$3.50 suggested contribution,
reservations appreciated!

Address/Phone

25 Franklin St.
Sibley Square Building
585-232-3280

 LIFESPAN WELCOMES EVERYONE

Outings:

Rochester Museum & Science Center

Wednesday, May 22, 10 am

Redwings Baseball Game

Thursday, May 30, 10:30 am

*Free admission for both outings!

\$2 suggested contribution for Med. Motors

Special May Dates:

Wednesday, May 8, Café Closes at 2 pm

Memorial Day!

Monday, May 27, Café Closed

Mother's Day Meals

Tuesday, May 7, 11:30 am

Wednesday, May 8, 11:30 am



Adam J. Bello
COUNTY EXECUTIVE



Proud to be a
COMMUNITY IMPACT PARTNER
2020-2023

United Way
of Greater Rochester

Lifespan's Wolk Café - May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:30 am Balance Class with Barb 12:15 pm Greater Rochester Black Agenda Group Overview with Hanif	2 10:15 am Exercise class with Mickey  12:15 pm Quarter Bingo with George	3 10:15 am SAIL Exercise Class 12:15 pm Nutrition Talk with Cindy Rapp: Keeping Your Kitchen Safe
6 10:15-11:45 am Mini Chair Massage 10:15 am SAIL Exercise Class 12:15 pm Climate Action Opportunities for Older Adults with Abby 12:30 pm Curbside Market	7 10:15 am  Purple Sneakers 12:15 pm Nickel Bingo with George	8 9 am - 12 pm Tamika: Care Manager 10:30 am Daniel Jones Tech Seminar 12:15 pm Managing Stress: Part 3 with Jeff Goldstein	9 10:15 am Exercise class with Mickey  12:15 pm Quarter Bingo with George	10 10:15 am SAIL Exercise Class 12:15 pm Mother's Day Celebration!
13 10:15 am SAIL Exercise Class 12:15 pm Civil War Era Period Music with Jerry Bennett 12:30 pm Foodlink Curbside Market	14 10:15 am  Purple Sneakers 12:15 pm Nickel Bingo with George	15 10 am Nutrition & Hydration Prize Bingo with Barb 12:15 pm Painting Class with Molly Wolf, Americorps Volunteer	16 10:15 am Exercise class with Mickey  12:15 pm Quarter Bingo with George	17 10:15 am SAIL Exercise Class 12-1:30 pm 1x1 Technology Sessions with Daniel Jones 12:15 pm ROC Library Short Story Discussion
20 10:15 am SAIL Exercise Class 12:15 pm Funeral Consumers Alliance Presentation with Marjorie Focarazzo 12:30 Foodlink Curbside Market	21 10:15 am  Purple Sneakers 12:15 pm Nickel Bingo with George	22 9 am - 12 pm Tamika: Care Manager 10 am Outing! Rochester Museum & Science Center 11:45 am Wellness Talk with Marty	23 10:15 am Exercise class with Mickey  12:15 pm Quarter Bingo with George	24 10:15 am SAIL Exercise Class 12:15 pm Teaching Kitchen with Tanisha, Foodlink
27 Café Closed 	28 10:15 am  Purple Sneakers 12:15 pm Nickel Bingo with George	29 10:15 am Adult Protective Services Overview with Lynn White 12:15 pm Café Council	30 10:15 am Exercise class with Mickey  10:30 am Outing! Redwings Baseball Game 12:15 pm Quarter Bingo with George	31 10:15 am SAIL Exercise Class 12:15 pm Prize Bingo & Birthday Celebration! 



Wolk Café Program Highlights May 2024



**Teaching Kitchen
with Tanisha,
Foodlink**
Friday, May 24
12:15 pm

Join us as we learn
how to prepare a
delicious snack!

Foodlink Curbside Market!
Mondays, 12:30 - 1:30 pm

**Managing Stress: Part 3
with Jeff Goldstein**
Wednesday, May 8, 12:15 pm



Learn methods on how to avoid
arguments and how to respectfully
disagree. We will examine different
techniques that help us handle
stress effectively.

Climate Action Opportunities for Older Adults

Monday, May 6, 12:15 pm



Join Abby, Executive Director of Climate
Accelerator Solutions, to learn about local
climate issues and what you can do to help.

Funeral Consumers Alliance Presentation with Marjorie

Monday, May 20, 12:15 pm



Learn about the services Funeral
Consumers Alliance provides, funeral
options, and pricing for funeral homes.

New Regular Exercise Class!
SAIL with Julie from Lifespan
Mondays & Fridays, 10:15 am



What is SAIL?

Stay Active and Independent for Life
is an exercise class that combines
balance, strength, dance, and fitness.

Period Music: Pre-Civil War and Civil War Era with Jerry Bennett

Monday, May 8, 12:15 pm



Lunch Club 60 Menu: May 2024

Monday	Tuesday	Wednesday	Thursday	Thursday
6 Fish Filet Sandwich w/ Tartar Sauce Boiled Potatoes Mixed Vegetables Pineapples	7 <u>Happy Mother's Day</u> Vegetable Lasagna Broccoli Tossed Salad w/ Italian Dressing Crusty Roll Pears Grape Juice	8 <u>Happy Mother's Day</u> Baked Chicken Breast w/Bread Dressing & Gravy Mashed Sweet Potatoes Green Beans Wheat Dinner Roll Pie	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 (2) Fruit Cocktail Cookie	15 Turkey Tetrazzini served over pasta Carrots Broccoli Wheat Dinner Roll Petite Banana	16 Pub Burger on Bun w/ Catsup, Mustard & Relish Tomato & Onion Slice Cabbage Beef Soup Saltines (1 Packet) 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 Roll Pears	21 Chicken Salad on 12-Grain Bread Lettuce & Tomato Slice Mixed Vegetables Mandarin Oranges	22 Pulled Pork Boiled Potatoes Coleslaw Wheat Dinner Roll Fresh Apple Sherbet	23 Mexican Chicken Rice Zucchini Pineapples Cookie	24 Seafood Pasta Salad w/Lettuce & Tomato Slice Vegetable Soup Saltines (1 Packet) Fruit Cocktail
27 Goodwill Closed No Meal Served	28 Chicken Parmesan Pasta w/Sauce Italian Blend Veg Wheat Dinner Roll Apple Juice	29 Tuna Salad on Croissant Lettuce & Tomato Slice Peas Corn Petite Banana	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 - 3/6/2024

*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.