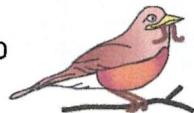


RSROC Community Center  
346 N Goodman St.  
behind Village Gate, in strip  
mall with Elevate Gym  
585-442-4469



# APRIL

## Rainbow Seniors ROC 2025 Calendar



Follow us on Instagram &  
Threads  
[@rainbowseniorsroc](https://www.instagram.com/rainbowseniorsroc)



### Every Tuesday: Senior Lunch & Learn

12pm - 2:00pm, Community Center, 346 N Goodman  
\$5 donation appreciated. Donated desserts are welcomed!  
Please notify us if you are vegan



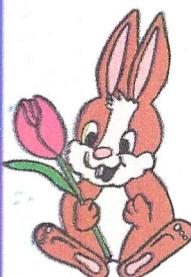
### 4/1: Alice's Market

Sandwich variety and pasta salad

"Cake Day": celebrate April birthdays; honorees tell their stories.  
Program committee meets.

### 4/8: Retro Lunch!

Grilled cheese sandwiches, tomato & chicken noodle soup provided  
Bring something you remember like  
ants on a log, fluffernutter or spam sandwiches,  
Or your mom's Jello surprise!  
Make Spring / Easter baskets for Veterans.  
Facility Committee meets



### 4/15: Salvatores

Pizza and subs, green salad  
Image Out: Spring festival offerings  
Pride Parade Float Planning

### 4/22 Dyngus Day—Polish Celebration

Pierogi, kielbasa, red cabbage  
Traditional polkas & live accordion music

### 4/29 Kentucky Derby Day

Southern style chicken, mac & cheese, green beans, banana pudding  
Mock Juleps. Learn Derby lore, make a hat & pick the winning horse!



### Tuesdays & Thursdays: Yoga with Tom Somerville

10:30-11:30am, RSROC Community Center, 346 N Goodman  
Cost \$5 Bring a yoga strap or buy one.

### Every Wednesday Euchre at the Center

6:00 to 8:00PM, \$5 includes snacks. Beginners welcome!

**Focus Groups:** RSVP Marvin Krieger, [kriegermw72@gmail.com](mailto:kriegermw72@gmail.com)

Tuesday 4/1, 2pm; Tuesday 4/15, 2pm;

Thursday 4/3, 6pm; Thursday 4/17, 6pm.

Provide feedback to guide the next steps of Rainbow Seniors ROC

Sunday April 6, 12noon: Trans Alliance of Greater Rochester  
Lunch (subs & mac salad) & activism discussion with Anne Tischer.

Sunday April 6, 2:00pm: Rally for Our Rights at MLK Park.

### Thursday April 10: Breakfast Club

9am, Bills Long Pond Diner, 496 Long Pond Road. All are welcome.  
RSVP to Audet by April 8: [aprice002@aol.com](mailto:aprice002@aol.com) or (585) 287-2958



### Thursday, April 17: Tour Lollypop Farms

Leaving the rear parking lot, via minibus,  
at 1 pm and returning by 4 pm. RSVP Henry: [hasathump@aol.com](mailto:hasathump@aol.com)



### Thursday, April 17: Happy Hour at the 4M

5pm -7pm, Bachelor Forum, 670 University Ave.  
Pizza and drink specials. All are welcome.

### Thursday April 24, Foodie Dinner with Amy

Maria's Mexican, 75 W Main St, Webster  
4pm Happy Hour, 5pm Dinner,  
RSVP to Amy at: [a.doohan@yahoo.com](mailto:a.doohan@yahoo.com)



Adam J. Bello  
Administrator

"THIS PROGRAM FUNDED IN PART BY MONROE COUNTY OFFICE FOR  
THE AGING, NEW YORK STATE OFFICE FOR THE AGING, US  
ADMINISTRATION ON AGING, AND PARTICIPANT CONTRIBUTIONS."



### Call to Connect

Pat Cole, MSW, our dedicated social worker, makes weekly calls to chat  
and check on homebound folks. Call (585) 813-5081 or  
email [CommunityconnectsRoc@gmail.com](mailto:CommunityconnectsRoc@gmail.com)



### Lifespan

On 3rd Tuesdays, Lifespan has a social worker, Stacey Kuebel  
available to discuss issues you may be facing.

### Connections Card Outreach

Request greeting cards for ill seniors, special occasions or for  
isolated homebound folks. Refer a friend, there is no cost. Contact Audet  
Price at: [aprice002@aol.com](mailto:aprice002@aol.com) or (585) 287-2958 .



Information: [admin@rainbowseniorsroc.com](mailto:admin@rainbowseniorsroc.com)  
Facebook group: Rainbow Seniors ROC  
*In the event of a cancellation, check Facebook*

