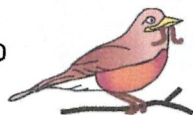


RSROC Community Center
346 N Goodman St.
behind Village Gate, in strip
mall with Elevate Gym
585-442-4469



APRIL

Rainbow Seniors ROC 2025 Calendar



Follow us on Instagram &
Threads
@rainbowseniorsroc



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

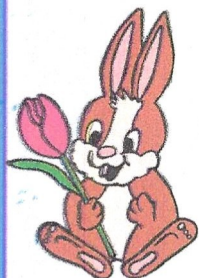


4/1: Alice's Market

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

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 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



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

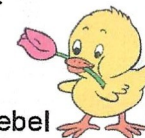


"THIS PROGRAM FUNDED IN PART BY MONROE COUNTY OFFICE FOR
THE AGING, NEW YORK STATE OFFICE FOR THE AGING, US
ADMINISTRATION ON AGING, AND PARTICIPANT CONTRIBUTIONS."



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

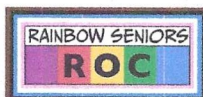


Lifespan

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 or (585) 287-2958 .



Information: admin@rainbowseniorsroc.com
Facebook group: Rainbow Seniors ROC
In the event of a cancellation, check Facebook

