

RSROC Community Center
346 N Goodman St.
behind Village Gate,
near Elevate Gym



APRIL

Rainbow Seniors ROC

2026 Calendar

Please make checks to:
Rainbow Seniors ROC
Mailing Address:
PO Box 90381
Rochester NY 14609

Every Tuesday: Senior Lunch & Learn
12:30pm - 2:30pm, (Front door opens at Noon)
NOTE NEW TIME

RSROC Community Center,
346 N Goodman

\$5 donation appreciated.

Donated desserts are welcomed!
(Plant-based entrées are available.)

4/7 Tuesday

Sliced ham, mashed potatoes, veggies & Salad
Cake Day: Celebrate April birthdays
Honorees share their stories

4/14 Tuesday

Pulled pork sandwich or Veggie burger
with chips and salad
Climate and Clean Energy—Heidi Beutler of Third Act
Facilities Committee meets

4/21 Tuesday

Chicken & Veggie Alfredo over penne, salad & rolls
Image Out Spring Festival with Braden Reese

4/28 Tuesday

Potluck: meat dishes, sides & salad
RSVP what you are bringing to Larry at
lawrencesteffler@gmail.com
Dimitri House—Laurie Prizel
We are collecting shelf stable foods & hygiene supplies
for the unhoused.

Tuesdays & Thursdays:

Senior Yoga with Tom Somerville
Tuesday & Thursday 10:30—11:30am
RSROC Community Center,
Cost \$5-\$10 Bring a yoga strap or buy one.
All are welcome

Every Wednesday

Euchre Night
6:00 to 8:00PM, \$5 includes snacks.
Beginners welcome, we will teach you to play!

SAVE THE DATE:

Rainbow Seniors ROC Annual
Business Meeting and Recognition Event
April 18, 2016
1:00 PM—3:00 PM

Thursday April 9: Breakfast Club

9am, Bill's Long Pond Diner, 496 Long Pond Road.
All are welcome.
RSVP to Audet by April 7: aprice002@aol.com or
(585) 287-2958

Thursday April 16, 5-7pm

Happy Hour & Charity BINGO at ROAR
621 Culver Road

Friday April 17 2-3:30pm

LGBTQ Community Building Discussion Circle
hosted by PIRI, Various topics
Relaxed and friendly, join us!
RSROC Community Center

Saturday April 18, 1-3pm

Rainbow Seniors ROC Annual Business Meeting &
Recognition Event
RSROC Community Center
All are welcome!

Thursday, April 23, 4:30pm

Foodie Dinner with Amy
Red Fedele's
920 Elmridge Center Dr. 14626
Happy hour 4:00 dinner at 5:00
RSVP to Amy at: a.doohan@yahoo.com

Friday April 24, 2-3:00pm

Round Table Readers Book Club
RSROC Community Center
See Kate Coster for details
kcoster123@gmail.com

G.R.E.A.T. (Greater Rochester Eastern Area Tournament) FUNDRAISER

May 1—3 ABC Gates Bowl
Volunteers needed for this fundraiser to benefit RSROC!
Contact Kate Coster kcoster123@gmail.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."



Lifespan Stacey Kuebel, MSW, comes to lunches on 3rd
Tuesdays as a social work resource available to seniors.

Connections Card Outreach Request greeting cards for ill
seniors, special occasions or for isolated homebound folks.
Refer a friend. There is no cost.
Contact Deb Eaton at deaton5@rochester.rr.com

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

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

