

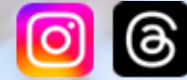
RSROC Community Center
346 N Goodman St.
behind Village Gate,
near Elevate Gym
585-442-4469



MAY

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

5/6: Chef Sam from Papiitos

Cinco de Mayo Taco Bowls
“Cake Day”- celebrate May birthdays. Honorees tell their stories.
Program committee meets.

5/13: Alice’s Market

Sandwich variety and potato salad
Cassandra Bocanegra of NY Immigration Coalition
Facility Committee meets

5/20: Salvatores

Pizza and subs, green salad
Empowering Your Future: Beneficial Financial Assistance Programs
by Gloria Harrington of Lifespan
Pride Parade Float Planning

5/27 Bella Pasta

Ziti and meatballs with salad
Dolly Parton’s Imagination Library
presented by Matthew Present—Donate a book!



Thursday May 1, 1pm-2pm: LGBTQ+ Caregivers Support Group

Meet monthly with Maddie Barry MSW, of Lifespan’s Finger Lakes
Caregivers Institute. RSVP to Maddie at 585-244-8400 x257

Thursday May 8: Breakfast Club

9am, Bill’s Long Pond Diner, 496 Long Pond Road. All are welcome.
RSVP to Audet by May 6: aprice002@aol.com or (585) 287-2958

Thursday, May 15: Happy Hour at the 4M

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

Saturday, May 17: LGBTQ+ Clothing Exchange

11:00am—5:00pm, info: queerclothingexchange@gmail.com

Thursday May 22: Foodie Dinner with Amy

Romigs—18 Bennington Drive 14616
4pm Happy Hour, 5pm Dinner,
RSVP to Amy at: a.doohan@yahoo.com

Saturday, May 17 at 5:00pm

HRC Western & Central NY Annual Dinner
Riverside Convention Center

<https://wcnyc.hrc.org/events/western-and-central-new-york-dinner-2>



Adam J. Bello
County Executive

“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.”



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!

1st & 3rd Sundays: TAGR, May 4 & 18, 1pm-4pm

Trans Alliance of Greater Rochester
Support, advocacy & social connections
Contact Sigh at spiritdr3@yahoo.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

Lifespan: On 1st Thursdays at 1pm Maddie Barry MSW conducts a
LGBTQ+ caregivers group. In addition, **Stacey Kuebel, MSW**, comes to
lunches on **3rd Tuesdays** as a resource available to seniors then.

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

