

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



JULY

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)
RSROC Community Center,
346 N Goodman
\$5 donation appreciated.
Donated desserts are welcomed!
(Plant-based entrées are available.)

7/7 Tuesday
Alice's Market sandwich variety and pasta
Cake Day: Celebrate July birthdays
Honorees share their stories
Program Committee meets

7/14 Tuesday
Madeline's Penne with Asparagus & Tomatoes in
Lemon Herb Sauce/Baked Ziti with meat
My First Pride & What it means to Me
Facilities Committee meets

7/21 Tuesday
Salvatores Assorted Subs and Green Salad
Pride Then and Pride Now—What has changed?

7/28 Tuesday
Summer Pot Luck with Larry
Sharing Pride Together—
How I met my Partner or Best Friend



Health Quest Plant-based Lunches

7/2 Thursday 12:15pm—2:15pm
Madeline's Plant-based fajitas, rice & beans
Joy Valvano RD, Tour of Tofu: Explains different types
& preparation methods

7/16 Thursday 12:15pm—2:15pm
Vegan BLTs, Various bacon & cold cut prep techniques
"Stone Soup" Minestrone

**Saturday, July 18—Pride Parade Meet at
Science Parkway at 10:00AM to march (for
good parking) Step off at 11:00AM, down
South Ave. Happy Pride!!**

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!

Thursday July 9, Breakfast Club 9am,
Bill's Long Pond Diner, 496 Long Pond Road.
All are welcome.
RSVP to John by July 7:
rutkowski382@gmail.com or text 585-598-4335

Friday, July 10th, 11am-3pm
PRIDE PARADE FLOAT BUILD
Tischer-Watts home
RSVP text 585-910-9886
Wear old clothes... we'll have hot,
bring your beverage!



Thursday July 16, 5-7pm
Happy Hour at Forum 73 (formerly 4M)
670 University Ave
Pizza—all are welcome!

Friday July 17, 2-3:30pm
LGBTQ Community Building Discussion Circle
hosted by PIRI, Various topics
Relaxed and friendly, join us!
RSROC Community Center

Friday July 31, 2-3:00pm
Round Table Readers Book Club
RSROC Community Center
See Kate Coster for details
kcoster123@gmail.com



No "Foodie" Dinner with Amy in July

July 12—Pride Picnic, 12-6pm
Let the Light Shine!
Roundhouse - Genesee Valley Park
Free admission
Senior lunch provided



"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.
skuebel@lifespan-roch.org—585-736-8483

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

