

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



# JANUARY

## Rainbow Seniors ROC 2026 Calendar

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

### Happy New Year!



#### Every Tuesday: Senior Lunch & Learn

12pm - 2:00pm, RSROC Community Center,  
346 N Goodman  
\$5 donation appreciated.  
Donated desserts are welcomed!  
(Plant-based entrées are available.)



#### 1/6 Tuesday

Sandwiches & Rotini Salad from Alice's Market  
Cake Day: Celebrate January birthdays  
Honorees share their stories



#### 1/13 Tuesday

Salvatores pizza & subs, green salad  
Funeral Consumers Alliance of Greater Rochester  
Learn about funeral practices and  
consumer rights  
Facilities Committee meets



#### 1/20 Tuesday:

Chicken/beef/vegan tacos, rice & beans  
Salena's Mexican  
Jennifer Quick from Foodlink demos  
apple & cranberry salad toss

#### 1/27 Tuesday:

Salvatores subs, macaroni salad, coleslaw  
Presentation on the  
worsening status of food insecure and  
homeless people in Rochester and elsewhere.



"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,  
Cost \$5-\$10 Bring a yoga strap or buy one.  
All are welcome

#### Every Wednesday

#### Euchre & Game Night

6:00 to 8:00PM, \$5 includes snacks.  
Beginners welcome!  
If you are not a card player there are  
other options for fun.  
Info: Molly at [mlanders@pobox.com](mailto:mlanders@pobox.com)



#### Friday January 16, 2-3:30pm

**The Journey of Aging**, a community building  
discussion circle hosted by PIRI,  
all are welcome, join us!  
RSROC Community Center



#### Friday Jan 30, 2-3:30pm

**Round Table Readers Book Club**  
RSROC Community Center  
See Kate Coster for details  
[kcoster123@gmail.com](mailto:kcoster123@gmail.com)



#### Thursday January 29, 5-7pm.

**Happy Hour is at ROAR**  
621 Culver Road

**NOTICE: Thank you for your patience** as we try to get  
all of our key volunteer staff healthy.

We regret the need to cancel some programming for  
January and/or February and promise to restart the  
Breakfast Club, Foodie Dinner and Thursday Health Quest  
lunch as soon as possible.

**Happy Hour** too has changed owing to the temporary  
closing of the Bachelor Forum. We hope you will join us  
at ROAR, 621 Culver Rd on Thursday January 29, 5-7pm.

#### No Thursday Health Quest lunches until March

#### No Breakfast Club with Audet in January

#### No Foodie Dinner with Amy in January



**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](mailto:deaton5@rochester.rr.com)

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

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

