

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.



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



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



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



"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 home-
bound folks. Call (585) 813-5081 or email Communitycon-
nectsRoc@gmail.com

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

