

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



JUNE

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.)

6/2 Tuesday

Madeline's Honey Mustard pulled chicken, mac salad

Cake Day: Celebrate June birthdays

Honorees share their stories

Program Committee meets



6/9 Tuesday

Alice's Market sandwiches, variety & Italian salad

Jane Wineberg from Happy Earth Tea:

Around the World in 5 Teas

Facilities Committee meets

6/16 Tuesday

Madeline's Meat Lasagna & Spinach

Artichoke Lasagna & green salad

Calvin Eaton, MS: A presentation on Juneteenth

6/23 Tuesday

Salvatore's cold subs, salad &

Strawberry Fest shortcake & ice cream

Peter Elliott : Rochester Movie Theatre Memories

6/30 Tuesday

Summer Pot Luck with Larry!

Sign up with Amy at the registration desk

Jim Porter, NASA—Artemis II Mission to the Moon

Health Quest Plant-based Lunches

6/4 Thursday 12:30pm—2:30pm

Madeline's Lentil Shephard Pie, green salad
Sid from Sunshine Daygreens talks "Sprouts"

6/18 Thursday 12:30pm—2:30pm

Philomina's: Plantains with Tofu, Jollof Rice
with Vegan Meatballs

Joy Valvano RD: lentils & quinoa salad demo
and talk on nutritional benefits.



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 June 11, Breakfast Club 9am,

Bill's Long Pond Diner, 496 Long Pond Road.
All are welcome.

RSVP to John by June 9:

rutkowski382@gmail.com or call 585-582-1137

Friday June 19, 2-3:30pm

LGBTQ Community Building Discussion Circle

hosted by PIRI, Various topics

Relaxed and friendly, join us!

RSROC Community Center



Thursday June 18 5-7pm

Happy Hour & Charity BINGO at ROAR

621 Culver Road

Thursday, June 25, 4:00pm

Foodie Dinner with Amy

Proietti's in Webster

980 Ridge Road 14580

Happy hour 4:00 dinner at 5:00

RSVP to Amy at: a.doohan@yahoo.com



Friday June 26, 2-3:00pm

Round Table Readers Book Club

RSROC Community Center

See Kate Coster for details

kcoster123@gmail.com

Saturday June 27, 11am-3pm **PRIDE PARADE FLOAT BUILD**

Tischer-Watts home

RSVP text 585-910-9886

Wear old clothes... we'll have hats,
bring your beverage!



Save the date:

July 12—Pride Picnic, 12-6pm

Let the Light Shine!

Roundhouse - Genesee Valley Park



"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

