

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

# MARCH

## 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

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

#### 3/3 Tuesday

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

#### 3/10 Tuesday

Spaghetti, meatballs and green salad  
Monroe County Dept of Environmental Services:  
Recycling  
*Facilities Committee meets*



#### 3/17 Tuesday:

Celebrate St Patricks Day  
Corned Beef and Cabbage  
**RSVP: [admin@rainbowseniorsroc.org](mailto:admin@rainbowseniorsroc.org)**  
Irish-themed entertainment from our talented members

#### 3/24 Tuesday

Salvatores pizza subs and salad  
Michael Solis from Writers and Books will be coming to  
discuss potential new projects and possible  
collaboration opportunities.

#### 3/31 Tuesday

Soup and Salad Potluck  
**RSVP [a.doohan@yahoo.com](mailto:a.doohan@yahoo.com)—what you'll bring**  
Jerry Fisher, PhD A.I. (Artificial Intelligence)  
What you need to know!

#### 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 Night

6:00 to 8:00PM, \$5 includes snacks.  
Beginners welcome, we will teach you to play!

#### Thursday March 12: Breakfast Club

9am, Bill's Long Pond Diner, 496 Long Pond Road.  
All are welcome.  
RSVP to Audet by March 10: [aprice002@aol.com](mailto:aprice002@aol.com) or  
(585) 287-2958

#### Thursday March 19, 5-7pm

Happy Hour & Charity BINGO at ROAR  
621 Culver Road

#### Friday March 20, 2-3:30pm

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

#### Saturday March 21, 11-3pm

Community rally sign making for all.  
Any issue, any cause, any rally.  
We have supplies or bring your own  
Donations welcome

#### Thursday, March 26, 4:30pm

Foodie Dinner with Amy  
Grand Super Buffet  
1100 Jefferson Rd Henrietta  
No happy hour, \$17.00  
RSVP to Amy at: [a.doohan@yahoo.com](mailto:a.doohan@yahoo.com)

#### Friday March 27, 2-3:00pm

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

**SAVE THE DATE: March 28 is Rainbow Dialogues!!!**

**NOTICE: Thank you for your patience** as we try to get  
all of our key volunteer staff healthy.  
**No Thursday Health Quest lunches in March**



"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](mailto: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](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*



**2026 Rainbow Seniors ROC**  
**Annual Meeting and recognition event**  
**coming in April**