

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



OCTOBER

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

12:30–2:30pm (Front door opens at Noon)

RSROC Community Center, 346 N Goodman

\$5 donation appreciated. Donated desserts are welcome!
(Plant-based entrées are available.)

10/6 Tuesday

Baked potato bar with toppings, green salad, fruit

Cake Day: Celebrate October birthdays!

Honorees share their stories

Programming Committee meets

10/13 Tuesday

Madeline's Grilled Salmon in mango sauce, rice, salad

Actress Ann Johnson, OFC Creations Theater Center

Facilities Committee meets

10/20 Tuesday

Tops Fried Chicken, mashed potato, corn, salad

Spooky Jeopardy with Diana & Anne

Free flu & covid shots, 12noon-3pm

Gloria Harrington from Lifespan

Bring medicare & insurance cards



10/27 Tuesday

Harvest Pot Luck. Larry provides Baked Ziti.

Need green & other salads, soup, bread, fruit, dessert.

Sign up with Amy at the reception desk

ALSO: After Lunch Fun Club 2pm-5pm

Games, crafts, movies & more!



Health Quest Plant-Based Lunches

10/1 Thursday 12:15pm - 2:15pm

Aladdins Falafel salad, fruit

Joy Valvano, RD, presents "Sheetpan Dinners & Soups"

10/15 Thursday 12:15pm - 2:15pm

Madelines Lemon Veggie Penne, Vegetable Medley, Fruit

Team presents, "Exploring Meditation"



Tuesdays & Thursdays

Yoga with Tom Somerville 10:30–11:30am

RSROC Community Center

\$5 donation appreciated, all levels welcome

Every Wednesday

Euchre & Game Night

6:00pm to 8:00pm, \$5 includes snacks.

Beginners welcome; we will teach you to play!

MONSTER MASH DAY PARTY

Saturday October 24, 2-5 pm

Dancing, snacks, Costume Contest.

Bring finger foods to share, or not.

All are welcome, \$5 donation appreciated



Queer Arts Festival

October 11, Village Gate Square

10am-6pm Free

NEW: 10/7 Wednesday— Day Time Happy Hour 2-4pm

Yager's, 510 Monroe Ave

Amy hosts, Katie pours.

10/8 Thursday — West Side Breakfast Club 9am

Bill's Long Pond Diner, 496 Long Pond Road.

RSVP to Cathy by 10/5 at 585.509.4016 or cathy.scfp@gmail.com

NEW: 10/14 Wednesday — East Side Breakfast Club, 9am

Bayfront Restaurant, 1075 Empire Blvd, 9am

Note: location will vary monthly

RSVP to Amy by 10/12 a.doohan@yahoo.com

10/15 Thursday, Forum Happy Hour 5-7pm

Happy Hour at Forum 73, 670 University Ave.

Pizza, drink discounts - all are welcome!

10/22 Thursday — Foodie Dinner with Amy, 4pm

LuLu Taqueria, 6 N Main St Fairport

Cocktails at 4pm. Dinner at 5pm.

RSVP to Amy at a.doohan@yahoo.com



10/30 Friday, 2-3pm

Round Table Readers Book Club

at RSROC Community Center

See Kate Coster for details: kcoster123@gmail.com

Round Table Book Club presents:

Spooky Stories, a celebration of fright

Friday, October 23, 7:30pm. All are welcome.

RSROC Community Center, donations accepted



Saturday, October 17, 6:00pm

Wine & Cheese Pairing

at RSROC Community Center

Learn about quality wines and cheeses as you support
the Rainbow Seniors ROC Legacy Endowment Fund.

Minimum donation of \$50. is appreciated.

RSVP by 10/8 to admin@rainbowseniorsroc.org



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COUNTY OFFICE FOR THE AGING, NEW YORK STATE
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Lifespan Stacie Kuebel, MSW, comes to lunches on 3rd Tuesdays as a social work resource available to seniors. Connect with her via email at SKuebel@lifespan-roc.org.

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

