

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



November

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.)

11/3 Tuesday

Chicken (or veggie), black beans, rice, corn, salad and tortillas

Cake Day: Celebrate November birthdays!

Honorees share their stories

Programming Committee meets



11/10 Tuesday

Sliced ham, mashed sweet potatoes, peas, salad and bread.

Queer Veterans Project

Facilities Committee meets

11/17 Tuesday

Pulled pork sandwiches, roasted potatoes and salad
My Life in Radio and The Rainbow ROC Show

11/24 Tuesday

Harvest Pot Luck. Larry provides Chicken Thighs.
Need: salads, veggies breads and desserts.
Giving Thanks



Health Quest Plant-Based Lunches

11/5 Thursday 12:15pm - 2:15pm

Squatcho's pizza, salad and pumpkin mousse
Joy Valvano, RD, presents "Plant-based Holiday Side Dishes"

11/19 Thursday 12:15pm - 2:15pm

Soup's On: A variety of soups and sandwiches
Team presents, "Meditation with Diana & Anne"

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

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!

11/12 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

11/19 Thursday, Forum Happy Hour 5-7pm

Happy Hour at Forum 73, 670 University Ave.

Pizza, drink discounts - all are welcome!

Saturday, November 14, 12:30pm

Thanksgiving Community Dinner

at RSROC Community Center

All are welcome!

\$5 donation is appreciated.

Sign up to bring a side dish or dessert!

Vegan option available upon request.



RSVP required to admin@rainbowseniorsroc.org

Saturday, November 28, 11am-2pm

Deck the Halls



at RSROC Community Center

Help decorate the Center for the Holidays!

Cookies and hot cocoa provided.



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.



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

