

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



FEBRUARY

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.)



2/3 Tuesday

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

2/10 Tuesday

Salvatores pizza & subs, green salad
Special Event: RMSC: "The History & Culture of the
Haudenosaunee "People of the Long House."
The Iroquois Confederacy "Great Law of Peace"
influenced the U.S. Constitution.
Facilities Committee meets

2/17 Tuesday:

It's Chilly..."Chili Cookoff" - win a prize!
*Traditional, *Non-traditional, *Plant based
Learn all about Chili!
Signup with Amy at: a.doohan@yahoo.com

2/24 Tuesday:

Salvatores subs, macaroni salad, coleslaw
Jennifer Quick of Foodlink
Cooking demo and nutrition talk.

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

VALENTINE'S DAY FUNDRAISER Saturday, February 14, 2:00-4:00

Round Table Reader's Book Club Presents
"Let the Words Ring Out: All About Love!"
an hour of poems, songs and readings
with sweets to share!
Suggested donation: \$10.00
Don Sheffrin for info



Friday February 20, 2-3:30pm

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



Thursday February 19, 5-7pm

Happy Hour is at ROAR
621 Culver Road

Thursday, February 26

Foodie Dinner with Amy

Happy Hour 4 -5, Dinner at 5 Monte Alban Mexican
2245 Empire Blvd
RSVP to Amy at: a.doohan@yahoo.com

Friday Feb 27, 2-3:30pm

Round Table Readers Book Club
RSROC Community Center
See Kate Coster for details
kcoster123@gmail.com

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 February and promise to
restart the Breakfast Club and Thursday Health Quest
lunch as soon as possible.

No Thursday Health Quest lunches until March

No Breakfast Club in February

INTERGENERATIONAL RED BALL

Saturday, February 7, 5—8PM

ROAR, 621 Culver Road
\$10 donation. Music, dancing, drag
performances and basket raffles! Cash bar and food
service, 18+ welcome. Todd Ranous for information.



"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. Re-
fer 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

