

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



MAY

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.)



5/5 Tuesday Cinco de Mayo

Taco Bar, beans & rice, Fiesta com

Cake Day: Celebrate April birthdays

Honorees share their stories

Program Committee meets

5/12 Tuesday

Baked chicken thighs, roasted potatoes, veggies

Jeannie Gainsburg: Ride for Pride

Facilities Committee meets

5/19 Tuesday

Chef Salad Bar

Bess Watts & Linda Donahue:

Rochester Labor Library & Labor History

5/26 Tuesday

Salvatores subs, pasta salad and chips

Phou Piccone: Rochester Regional Health Systems

Hospice and Home Health Care

5/11 Monday

Health Quest Plant based lunch

Madelines Catering: Pasta Primavera & Salad

Sid from Sunshine Daygreens talks "Sprouts"

12:00—2:00PM

Please join us!

Will return twice a month in June on Thursdays

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!



Save the date:

July 12—Pride Picnic

Let the Light Shine!

Roundhouse - Genesee Valley Park

Thursday May 14, Breakfast Club

9am, Bill's Long Pond Diner, 496 Long Pond Road.

All are welcome.

RSVP to Audet by May 11: aprice002@aol.com or
(585) 287-2958

Friday May 15, 2-3:30pm

LGBTQ Community Building Discussion Circle

hosted by PIRI, Various topics

Relaxed and friendly, join us!

RSROC Community Center

Thursday May 21, 5-7pm

Happy Hour & Charity BINGO at ROAR

621 Culver Road



Wednesday, May 27th, 11:05AM Game

Rochester Redwings vs Syracuse Mets

Sponsored by Monroe County OFA

Free Redwing Tickets and lunch for Seniors

Limited to 22 people

RSVP to Amy at: a.doohan@yahoo.com by May 12

Thursday, May 28, 4:00pm

Foodie Dinner with Amy

Signatures at the Humphrey House

1783 Penfield Road 14526

Happy hour 4:00 dinner at 5:00

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

Friday May 29, 2-3:00pm

Round Table Readers Book Club

RSROC Community Center

See Kate Coster for details

kcoster123@gmail.com

**G.R.E.A.T. (Greater Rochester Eastern
Area Tournament) FUNDRAISER**

May 1—3 ABC Gates Bowl

Volunteers needed for this fundraiser to benefit RSROC!

Contact Kate Coster kcoster123@gmail.com



"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

