

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

# DECEMBER

## Rainbow Seniors ROC

### 2025 Calendar

Please make checks to:  
Rainbow Seniors ROC  
Mailing Address:  
PO Box 90381  
Rochester NY 14609

#### Happy Holidays!

**RSROC Community Center will be closed from Christmas to New Year to give our wonderful volunteers a chance to fully enjoy their holidays.**  
(No programming of any kind 12/25/25 thru 1/1/26)

#### Every Tuesday: Senior Lunch & Learn

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

#### 12/2 Tuesday

Sandwiches & salads from **Legacy at Clover Blossom**  
Cake Day: Celebrate December birthdays  
Honorees share their stories

*Happy Hanukkah*

#### 12/9 Tuesday

Salvatores pizza & subs, green salad  
Games & cards

Facilities Committee meets

#### 12/16 Tuesday:

Catered: chicken & eggplant parm, penne  
Holiday Trivia

Program committee meets

#### 12/23 Tuesday:

Soup & Salad Pot Luck  
Program: tba

#### 12/30 Tuesday:

**No lunch—Center is closed**

#### Every Thursday: Health Quest lunches

#### 12/4 Thursday Health Lunch

Khong Thai Restaurant caters  
Jennifer Quick of Foodlink demos: brussel sprouts,  
apples & onions...healthy holiday eating

#### 12/11 Thursday Health Lunch

Natural Oasis catered lunch variety  
Dan Buettner's Blue Zones:  
longevity workshop series

#### 12/18 Thursday Health Lunch

Effortlessly Healthy caters a  
Holiday dinner of lasagna, ratatouille,  
potatoes, green beans, fruit  
**Sponsored by HCR Cares**

#### Tuesdays & Thursdays: Yoga with Tom Somerville

10:30-11:30am, RSROC Community Center,  
Cost \$5 Bring a yoga strap or buy one.  
No yoga on Thanksgiving Day



#### 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

#### No Breakfast Club with Audet in December

#### No Foodie Dinner with Amy in December

#### But YES there is Happy Hour with Anne at the 4M

Thursday Dec 18 5pm -7pm,  
Bachelor Forum, 670 University Ave.  
Pizza and drink specials. All are welcome.

**A great group on 3rd Fridays: The Journey of Aging,**  
a community building discussion circle hosted by PIRI,  
all are welcome, join us!



#### **Friday December 19, 2-3:30pm**

RSROC Community Center

#### **Also on Friday Dec 19, 2-3:30pm**

#### **Round Table Readers Book Club**

RSROC Community Center  
See Kate Coster for details



#### **VETERANS HOLIDAY GIFT COLLECTION**

Veterans Outreach Center is seeking gift items for their  
resident veterans - new items like socks, t-shirts, briefs,  
dental care & toiletries, individually wrapped snacks, etc.  
Collecting until Dec.15 at: Bachelor Forum daily 2pm-  
2am and at RSROC Center during program hours.



"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 Audet Price  
at: aprice002@aol.com or (585) 287-2958 .

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



#### **Jingle Mingle Holiday Party** **Saturday December 6, 2-5pm RSROC** **Community Center**

"Minute to Win It" elf games,  
Bob Dietch piano, ugly sweaters, finger  
foods, desserts, adult beverages. Please  
bring an appetizer to share! \$5 donation  
**You must RSVP to Amy at:**

a.doohan@yahoo.com or text to: 585-236-6060

