

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



AUGUST

Rainbow Seniors ROC

2025 Calendar

Follow us on Instagram &
Threads
@rainbowseniorsroc



Every Tuesday: Senior Lunch & Learn

12pm - 2:00pm, Community Center, 346 N Goodman
\$5 donation appreciated.

Donated desserts are welcomed!

Please notify us if you are vegan

8/5 Tuesday: Alice's Market

Sandwich variety, rotini pasta salad, coleslaw
"Cake Day"- celebrate August birthdays &
Celebrate the 90th Birthday of Social Security
with Scott Fearing & AARP

Program meeting rescheduled to August 19

8/12 Tuesday: RSROC Annual Picnic in the Park

11-2pm, lunch at noon. Long House Pavilion, Seneca
Park, 2222 St Paul. BBQ chicken (+vegan option)
salt potatoes and beverages provided. Please bring
a salad, fruit or dessert to share! All are welcome.
\$5 donation appreciated. Bring your lawn chair.



8/19 Tuesday: Bella Pasta

Sausage, peppers & onions,
beans & greens, and caprese salad
Amy Stein: Learn about the
Rochester Education Foundation
Program committee meets

8/26 Tuesday: Anne & Amy

Meatball Stroganoff, green salad
Dr. Julie Berkhof Director of Wilmot Cancer Institute
Regional Nursing Practice: A Discussion on Aging
and Cancer

Every Thursday: Health Quest lunches

8/7 Thursday Health Lunch

Pasta, Pesto & Cheese for plant lovers, Zucchini
Program: Addictive Foods video by Dr. Barnard

8/14 Thursday Health Lunch

Lentils 3 ways... and apple salad
*How to Build a Healthy Plate:
the power of a plant-based diet.*

8/21 Thursday Health Lunch : **Effortlessly Healthy**

Healthy "Trash Plate" Buffet
"Falls Prevention" & Movement.
Sponsored by HCR Cares

RSVP to rainbowseniorsroc@gmail.com for 8/21

8/28 Thursday Health Lunch

"Tofu goes Wild": taste several dishes & decide.
Presentation & Cooking Demo by Jennifer Quick,
Food Educator from Foodlink.



Tuesdays & Thursdays: Yoga with Tom Somerville

10:30-11:30am, RSROC Community Center,
346 N Goodman

Cost \$5 Bring a yoga strap or buy one.

Every Wednesday Euchre at the Center

6:00 to 8:00PM, \$5 includes snacks.
Beginners welcome!

Also, **Game Night**, same time & place. If you are not a
card player there are other options for fun.
Info: Molly at mlanders@pobox.com

Thursday Aug 14: Breakfast Club

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

RSVP to Audet by Aug 12: aprice002@aol.com
or call (585) 287-2958

Thursday Aug 21 Happy Hour at the 4M

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

Thursday, Aug 28 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

The Round Table Readers Book Club

will next meet On Friday August 29, 2-3pm
RSROC Community Center
See Kate Coster for details
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."



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

Lifespan: Stacey Kuebel, MSW, comes to lunches on
3rd Tuesdays as a social work resource available to
seniors then.

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

