

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



AUGUST

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.)

8/4 Tuesday

Alice's Market sandwich variety and pasta

Cake Day: Celebrate August birthdays!

Honorees share their stories

Programming Committee meets

8/11 Tuesday

Rainbow Seniors ROC Picnic at Seneca Park

Madeline's pulled pork, marinated chicken and vegetable
fajitas

Bring a dish to pass.

8/18 Tuesday

Assorted Salvatore's Pizza and green salad

John from JonJohn's Bakery along with sweets to sample

8/25 Tuesday

Summer Potluck with Larry! Sign up to bring a dish to pass.

Cassie Shearer, Music Therapy Instructor

Health Quest Plant-Based Lunches

8/6 Thursday 12:15pm - 2:15pm

Madeline's Penne & Mushroom Ragout, Mardi Gras Slaw
with Vidalia Dressing, Fruit Salad

Joy Valvano, RD, presents "Fiber-Rich Meals and Snacks"

8/20 Thursday 12:15pm - 2:15pm

Han Noodle's Buddhist Delight Veggies, Wheat Noodles,
Garlic Tofu & Veggies, Chinese Eggplant &

Tofu in Bean Curd Sauce, Rice

Anne Tischer presents, "Exploring Healthy Asian Habits"

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

6:00pm to 8:00pm, \$5 includes snacks.

Beginners welcome; we will teach you to play!

Wednesday, August 5 - 3-5pm

Legacy Writing Course

Runs through September 23rd

at Rainbow Seniors ROC Center

Hosted by Professor Tony Leuzzi

Pre-registration required



Thursday, August 13 — Breakfast Club 9am

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

RSVP to Diana by August 11

diana.simpatico@rainbowseniors.org or text 585.415.3510

Thursday, August 20, 5-7pm

Happy Hour at Forum 73 (formerly 4M)

at 670 University Ave.

Pizza - all are welcome!



Friday, August 28, 2-3pm

Round Table Readers Book Club

at RSROC Community Center

See Kate Coster for details: kcoster123@gmail.com

No "Foodie" Dinner with Amy in August

Tuesday, August 11, 11:30am-2:30pm

Annual Rainbow Seniors Picnic

at Longhouse Shelter, Seneca Park



Friday, August 21, 10am-2pm

Salute to Seniors Picnic at Ontario Beach (Rainbow Seniors ROC)

Annual county-sponsored event.

**RSVP to Diana by August 7 diana.simpatico@rainbowseniors.org
or text 585.415.3510**



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COUNTY OFFICE FOR THE AGING, NEW YORK STATE
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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

Information: admin@rainbowseniorsroc.org

Facebook group: Rainbow Seniors ROC

In the event of a cancellation, check Facebook

