

RSROC Community Center
346 N Goodman St.
behind Village Gate,
near Elevate Gym
585-442-4469



JUNE

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

6/3: Alice's Market

Sandwich variety and pasta salad
"Cake Day"- celebrate June birthdays.
Honorees tell their stories.
Program committee meets.



6/10: Ham, Mac & Cheese and Veggies

Cornell Cooperative: Rochester Olmstead Parks
Facility Committee meets

6/17: Salvatores

Pizza and subs, green salad
Black Heritage—Rochester's History



6/24 Chef Salad Bar

Strawberry Shortcake

Marriage Equality SCOTUS Anniversary:
Carol Ebersole HRC, NY Assembly Harry Bronson,
Bess Watts PAW, Anne Tischer Equality Rochester

6/19 Launch of Thursday Health Quest Lunch

Sponsored by Home Care of Rochester
12pm-2pm, Community Center
Shawarma Bowl Bar—tofu or chicken
Ancient grains salad, pita, fruit
Discussion of Health Quest program:
defining health & nutrition as we age
RSVP to Anne at: anne.tischer1@gmail.com



6/26 Thursday Health Quest Lunch

Mideastern Falafel salad
The "Healthy Plate"
RSVP to Anne at: anne.tischer1@gmail.com

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!

1st & 3rd Sundays: TAGR, June 1 & 15 1pm-4pm

Trans Alliance of Greater Rochester
Support, advocacy & social connections
Contact Sigh at spiridr3@yahoo.com

Thursday June 5 1pm-2pm: LGBTQ+ Caregivers Support Group, Lunch served at 12:30pm

Bring a friend.

Meet monthly with Maddie Barry MSW, of Lifespan's
Finger Lakes Caregivers Institute.
RSVP to Maddie at 585-244-8400 x257

Thursday June 12: Breakfast Club

9am, Bill's Long Pond Diner, 496 Long Pond Road.
All are welcome.
RSVP to Audet by June 10: aprice002@aol.com or
(585) 287-2958

Thursday June 19 Happy Hour at the 4M

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

Saturday, June 21 & 28 Float Building for Pride

12:00pm—4:00pm

Tischer/Watts home, 3 Rossmore Street 14606
All are welcome...wear old clothes.
Hots & beverages provided, bring something?
Info: anne.tischer1@gmail.com

Thursday June 26: Foodie Dinner with Amy

Heintzelmans BBQ Pit —6361 Knickerbocker Rd, Ontario,
14519 (Rib Eye, lobster tail and snow crab night)
4pm Happy Hour, 5pm Dinner,
RSVP to Amy at: a.doohan@yahoo.com



ANNOUNCING:

There is a new Book Club forming.
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: On 1st Thursdays at 1pm Maddie Barry MSW
conducts a LGBTQ+ caregivers group. In addition, **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

