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

585-442-4469



Follow us on Instagram & Threads
@rainbowseniorsroc





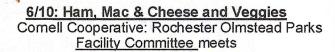


Every Tuesday: Senior Lunch & Learn

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.



6/17: Salvatores

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



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 spiritdr3@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

Adam J. Bello

"THIS PROGRAM FUNDED IN PART BY MONROE COUNTY OFFCE FOR THE AGING, NEW YORK STATE OFFICE FOR THE AGING, US ADMINISTRATION ON AGING, AND PARTICIPANT CONTRIBUTIONS."

AeA Administration on Aging

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

<u>Lifespan:</u> 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

