

Rainbow Seniors
by Deedee Corcimiglia

I have not gotten any younger since I joined Rainbow Seniors of Western New York! I just turned 50 this past year and I sure don't feel it. I look it, but I don't feel it. As I discovered my eye lids drooping, I said, "I am too vain to be 50!" It's funny, as we age we start to see people as older and then realize they are the same age as we are. I joined RS about five years ago. I have been on the board. I have chaired and co-chair committees. I am coordinating the Intergenerational Panel which will be on the 18th of March 2007.

This will be Rainbow Seniors' fourth year hosting the The Intergenerational Panel. It is an awesome group of people from our Rochester area, young and not so young, sharing how they fit in this community.

And RS has not collected any dust on any involvement with activities in this community. It just keeps growing!

We are now hosting two dances a year! This is something that the whole community comes to, young and old. And the attendance has been growing with every dance.

We also have a yoga class weekly for those of us who are trying to make healthy decisions. And once in the habit of going, how much better we feel!

There is also a monthly euchre club that always is looking for new members to challenge.

We also get together for Coffee and Conversation, now meeting on the second Saturday at various coffee shops around the city.

Plus we have an office space and drop-in space now and are located at the Downtown United Presbyterian Church at 121 N Fitzhugh. We'll be moving in some time in February.

We are still having our Potluck dinners every month with guests doing presentations, sometimes on health issues.

And a few month ago, we had some people reading poetry about their life experiences. We are always looking for new faces with new ideas so we can continue this route for our community. We want to reach out to you. Let us know what your thoughts are, what you can help with and what you need help with. If you're not on our mailing list, please call our info line at 585.234.1290 or email at

RSWNY@rainbowseniorswny.org.

I hope I will see you soon!