



Promoting and addressing life issues affecting the general welfare of older gay, lesbian, bisexual, transgender, and intersex (GLBTI) individuals



The Rainbow Seniors Newsletter

December 2005

Yule'll love our December holiday celebration!

- We'd love to see you on Sunday, December 18, 2005, 4 p.m., 1st Universalist Church, 150 S. Clinton Ave., for our December holiday celebration! We'll have a voluntary gift exchange (\$5 limit) if you'd like to participate.
- Paul Mykins will be bringing a ham for our feast, but we'll need some trimmings! Please contact Paul: p_mykins2002@yahoo.com or 585.427.9292, to let him know what you plan to bring.
- As always, we need your help with set up and clean up. If your last name begins **A-E**, please assist with set up, and if your last name begins **F-L**, please assist with clean up. Thanks for pitching in!

1st Universalist's food cupboard

We're continuing to collect items for 1st Universalist's food cupboard. The most important items are those that can't be purchased with food stamps. However, any donations are welcomed. As you probably know, food cupboards have low inventories this holiday season because so many donations have gone to the victims of the hurricanes in the South. Please help if you can.

Baby face, you got the cutest little baby face!

We're having a Baby Picture Contest at our February 19 potluck get together! Pencil in your name on the back of your baby photo, put it in an envelope, and bring it to Paul Mykins at the **January** potluck. He will be mounting them on a board so that everyone can guess who's who on February 19. Prizes will be awarded for 1st, 2nd, and 3rd place winners. Don't miss this fun activity!

RSWNY's November 12 fundraiser

A *huge* round of applause and wave of hands to co-chairs Nan Fry and DeeDee Corcimiglia, the Board, our many volunteers, DJ Chuck Argento, and the local businesses who donated auction items to make the dance and secret auction a great success! The next dance/auction will be on or about June 4, 2006. Stay tuned for details!

Yoga resumes

Another *big* round of applause to our awesome and inspiring Yoga instructor Laurie Brewer! This class is very popular and is held on Tuesdays from 6-7 p.m., Metropolitan Community Church, 175 Norris Dr. Classes for the next three months will be on these Tuesdays: December 13, 20, 27; January 10, 17, 24; February 7, 14, 21, 28.

Women's swim

Naturist Rochester and Rainbow Seniors are co-sponsoring a *clothed* swim for the women of Rainbow Seniors on Saturday, January 21, 2006, 3-6:30 p.m., 237 Vassar Street, Rochester. The cost is \$5 per person. The Naturists' regular clothing optional swim is from 7-10 p.m. that evening, and anyone can participate. For the women swimming earlier that day, there will be no additional charge. To RSVP, contact Don Hoyt, 585.768.7395, Farmerdih@aol.com.

Save \$\$ with easy access to R_x drug prices

According to the *AARP New York Update*, in spring 2006 the state Department of Health will be required by law to post retail prices for the 150 most-prescribed drugs on the Department of Health's Web site. The Web site will be updated weekly, and you can search by zip code or drug type to compare prices in our area. Shopping for drugs this way can save money!

It's just a rumor... .

Just so you know, we don't have to vacate 1st Universalist Church at a specific time on Sundays after our potlucks. If you'd like to stay and play cards or board games on any Sunday, feel free to do so!

Potlucks and other dates of interest

- **Sunday, December 4, 3-6 p.m.**, Euchre Club. Contact Ginny Dekin, Club coordinator, 585-473-4765 or rudinandreaxx@aol.com for details.
- **Monday, December 5**, celebrate the holidays with Lifespan and Irish singer Cahal Dunne, Syracuse Holiday Inn, lunch included. Contact Sherlea at 585.544.2633 or Sherlea_dony@rainbowseniorswny.org for prices and more information.
- **Tuesday, December 13, 11 a.m.**, Rainbow Traders book swap. Call 585.473.4765 for details.
- **Tuesday, December 13, 6-7 p.m.**, Yoga, Metropolitan Community Church, 175 Norris Drive.
- **Sunday, December 18, 2005, 4 p.m.** RSWNY Holiday dinner. Gift exchange (voluntary). Announcing February Baby Picture contest! 1st Universalist Church, 150 S. Clinton Ave.
- **Tuesday, December 20, 6-7 p.m.**, Yoga, Metropolitan Community Church, 175 Norris Drive.
- **Tuesday, December 27, 6-7 p.m.**, Yoga, Metropolitan Community Church, 175 Norris Drive.
- **Sunday, January 8, 3-6 p.m.**, Euchre Club. Contact Ginny Dekin, Club coordinator, 585-473-4765 or rudinandreaxx@aol.com for details.
- **Tuesday, January 10, 11 a.m.**, Rainbow Traders book swap. Call 585.473.4765 for details.
- **Tuesday, January 10, 6-7 p.m.**, Yoga, Metropolitan Community Church, 175 Norris Drive.
- **Sunday, January 15, 2006, 4 p.m.** Take the chill off winter with soup and breads. Brown Bag Auction. Place - TBA. **Bring baby pictures for February contest.**
- **Tuesday, January 17, 6-7 p.m.**, Yoga, Metropolitan Community Church, 175 Norris Drive.
- **Tuesday, January 21, 3-6:30 p.m.**, swim for Rainbow Seniors' women, \$5 admission. Co-sponsored by Naturists Rochester and RSWNY.
- **Tuesday, January 24, 6-7 p.m.**, Yoga, Metropolitan Community Church, 175 Norris Drive.
- **Tuesday, February 7, 6-7 p.m.**, Yoga, Metropolitan Community Church, 175 Norris Drive.
- **Tuesday, February 14, 11 a.m.**, Rainbow Traders book swap. Call 585.473.4765 for details.
- **Tuesday, February 14, 6-7 p.m.**, Yoga, Metropolitan Community Church, 175 Norris Drive.
- **Sunday, February 19, 2006, 4 p.m.** RSWNY potluck dinner - Valentine's celebration: bring red foods. Baby Picture Contest. Place - TBA.
- **Tuesday, February 21, 6-7 p.m.**, Yoga, Metropolitan Community Church, 175 Norris Drive.
- **Tuesday, February 28, 6-7 p.m.**, Yoga, Metropolitan Community Church, 175 Norris Drive.
- **Sunday, March 5, 3-6 p.m.**, Euchre Club. Contact Ginny Dekin, Club coordinator, 585-473-4765 or rudinandreaxx@aol.com for details.
- **Tuesday, March 14, 11 a.m.**, Rainbow Traders book swap. Call 585.473.4765 for details.
- **Sunday, March 19, 2006, 4 p.m.** RSWNY potluck dinner - St. Patrick's theme, Irish food favorites. Bring anything green! Place - TBA.
- **Tuesday, April 11, 11 a.m.**, Rainbow Traders book swap. Call 585.473.4765 for details.
- **Sunday, April 16, 2006, 4 p.m.** RSWNY potluck dinner - Intergenerational panel. Spring is in the air! Bring light and airy foods. Place - TBA.
- **Sunday, May 21, 2006, 4 p.m.**, Garden theme, dress in your favorite garden garb. Bulb or seed exchange. Bring cold cuts, breads, or salad.

For transportation, call DeeDee at 585.872.2631.

Map To 1st Universalist Church



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