



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



The Rainbow Seniors Newsletter

April 2006

Our Sunday, April 16 Potluck

Although our April potluck falls on Easter Sunday, and many of us may be away, we will still host our potluck even tho we'll have a smaller group. Feel free to bring games and cards, along with a dish to share. Those with last names beginning N-S, please assist with set up, and if your last name begins T-Z, please assist with clean up. See you there!

Please note: the date of our Spring Fling has been changed

- Due to a scheduling conflict beyond our control, we've had to change the date for our upcoming Spring Fling dance. It has been rescheduled for Friday evening, May 26,, same time, same location (Roger Robach Community Center, 5:30-10 p.m., with DJ Chuck Argento).
- Instead of an auction, we're having a basket raffle. If you know anyone who can donate a basket, please let Nan know.
- Volunteers are needed to help set up at 3 p.m. and clean up immediately following at the dance 10 p.m. Contact Nan Fry, 585.544.2633, nanfry@rochester.rr.com if you can spare an hour or two.
- Tickets are \$10 in advance and \$12 at the door and are on sale at Pride Connection, Outlandish, or by contacting Nan.

Upcoming elections

It's hard to believe, but Rainbow Seniors of Western New York is nearing the end of our third year. Election of officers will be held at our June 18 potluck. If you're interested in running for a position on the Board, contact any Board members for more information.

Changes to our Bylaws

RSWNY's Bylaws can be revised once a year, if needed, at election time. If there is something you would like to see changed or added to the Bylaws, please submit your suggestion in writing to Nan Fry either in person or at nanfry@rochester.rr.com. Current Bylaws are on our Web site, or, if you would like a paper copy, contact Nan Fry at 585.544.2633. We'll vote on any proposed changes at our June meeting.

We had two wonderful events in March!

- Our annual Intergenerational Panel was held on Sunday, March 19, with 63 people attending. It was a wonderfully affirming event, and thanks go out to DeeDee Corcimiglia for organizing the event, Karen Monast for moderating, David Bar-Tzur and Marilyn Mitchell for interpreting, and of course the awesome panelists for sharing their stories!
- Dr. Silvia Sorenson of the University of Rochester provided an enjoyable, interactive workshop on Memory Myths & Memory Tips, Saturday, March 25, for an attentive audience of 22 people.

April Euchre Club

Euchre Club will meet on Sunday, April 2, at the home of Karen and Barb. RSVP and get directions by sending an email to kntonka29@aol.com, or call them at either 585.392.8143 or 585.703.4799. Please bring a snack to share.

Member appreciation event coming soon

Stay tuned for details about a member appreciation event in the next few months. This will be for members only, or those who wish to become members at that event. Rainbow Seniors wouldn't be the organization it is without your support, and we want you to know we never forget that!

Like our new look? We need a name!

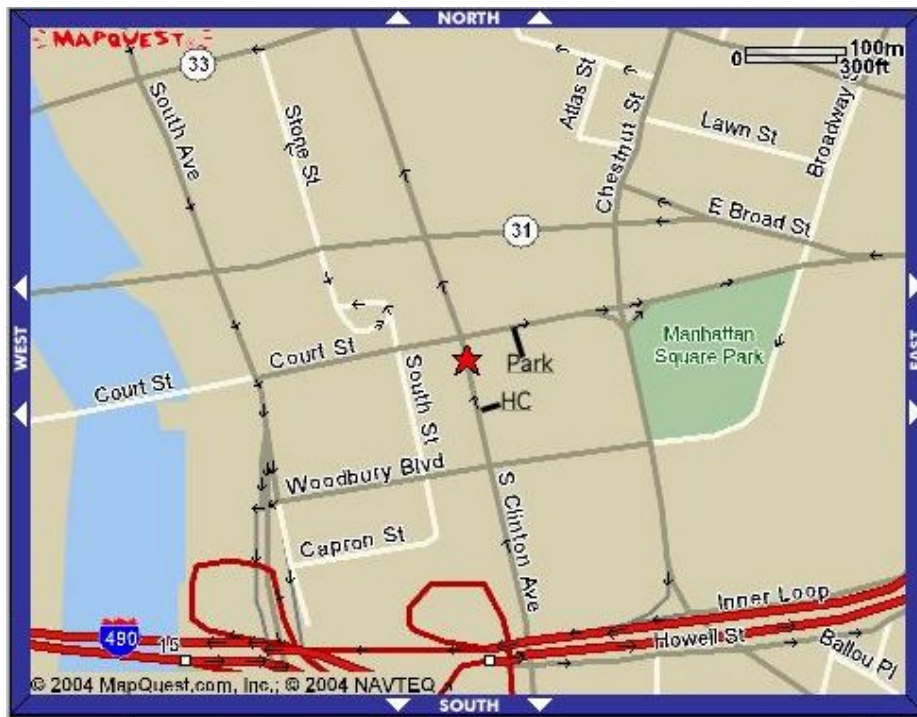
Rainbow Seniors recently purchased a color laser printer with some of the funding we received through the NYS legislature. This means we can now do our newsletters from start to finish in house! We need your help in coming up with a name for our newsletter. Send your ideas by April 30 to Sherlea Dony at sherlea_dony@rainbowseniorswny.org or 585.544.2633. The winner will be announced at our May potluck.

Potlucks and other dates of interest

- **Sunday, April 2, Euchre Club, 3-6 p.m.** Contact Ginny Dekin, 585.473.4765, rudinandreaxx@aol.com, for details.
- **Tuesdays, April 4, 11, 18, 25,** Yoga, Metropolitan Community Church, 175 Norris Drive.
- **Sunday, April 16, 2006, 4 p.m.** Spring is in the air! Bring light and airy foods.
- **Tuesdays, May 2, 9, 16,** Yoga, Metropolitan Community Church, 175 Norris Drive.
- **Sunday, May 7, Euchre Club, 3-6 p.m.** Contact Ginny Dekin, 585.473.4765, rudinandreaxx@aol.com, for details.
- **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.
- **Sunday, May 26, 2006, 5:30 - 10 p.m.** Spring Fling dance with DJ Chuck Argento, Roger Robach Community Center.

For transportation, call Sherlea at 585.544.2633.

Map To 1st Universalist Church



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Elder Humor

Remember: You don't stop laughing because you grow old, You grow old because you stop laughing.

I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

Reporters interviewing a 104-year-old woman: "And what do you think is the best thing about being 104?" the reporter asked. She simply replied, "No peer pressure."

The nice thing about being senile is you can hide your own Easter eggs.

Just before the funeral services, the undertaker came up to the very elderly widow and asked, "How old was your husband?" "98," she replied. "Two years older than me." "So you're 96," the undertaker commented. She responded, "Hardly worth going home, is it?"

I've sure gotten old.! I've had two bypass surgeries, a hip replacement, new knees. Fought prostate cancer and diabetes. I'm half blind, can't hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore. Can't remember if I'm 85 or 92. Have lost all my friends. But, thank God, I still have my driver's license.

An elderly woman decided to prepare her will and told her preacher she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over Wal-Mart. "Wal-Mart?" the preacher exclaimed. "Why Wal-Mart?" "Then I'll be sure my daughters visit me twice a week."

My memory's not as sharp as it used to be. Also, my memory's not as sharp as it used to be.

Know how to prevent sagging? Just eat till the wrinkles fill out.

I'm getting into swing dancing. Not on purpose. Some parts of my body are just prone to swinging.

It's scary when you start making the same noises as your coffeemaker

These days about half the stuff in my shopping cart says, "For fast relief."

Don't think of it as getting hot flashes. Think of it as your inner child playing with matches.

Don't let aging get you down. It's too hard to get back up!

Author appreciated but unknown.....!