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Boulder County
Aging Services
Division & City
of Longmont
Senior Services

Rainbow Elder News

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News written by:
Emily Lewis

Facts of Interest

- **Wellness Matters!** Is a bimonthly publication highlighting wellness events around Boulder County. It is distributed to over 150 locations. Look for it.
- Boulder County Aging Services offers one-on-one nutrition counseling with a Registered Dietician. Call 303-441-4995 for information.
- Diabetes support groups meet monthly in Louisville & Lafayette. Call 303-441-4995 for information.

Winter Lavender Gala Big Success

The Winter Lavender Gala was held this year at the East Boulder Senior Center in Boulder Colorado. It was a beautiful night for dancing and visiting with friends. The food, provided by Spice of Life catering was fabulous! The Swedish meatballs were high on everyone's list. The cookies were to die for! This was no small thanks to our own Dick Wilcoxon who provided us with some tasty treats from his own kitchen. Thanks Dick!

Our DJ, John, provided the perfect blend of country, big band, motown, seasonal etc. favorites provoking the crowd to dance the night away.

Twinkle lights, a decorated tree, wreaths and

beautiful center pieces added to the ambiance. Again we have Dick Wilcoxon to thank for the great seasonal arrangements which adorned the center of each table.

With 35 plus door prizes, its easy to say this was the best ever Winter Lavender Gala . **Thanks to our donors and volunteers: including Boulder County Aging Services, The Open Door Fund of the Community Foundation Serving Boulder County, Ellen Orleans, Zumo Hair Studio, Hard Copy Solutions, Refuge Inc., Boulder Community Hospital Senior Outreach, Joy Taylor, Maggie Kerrigan, Bill**

Autrey, Annie Deetz, Sara Beery, Emily Lewis, Teresa De Anni, George Ramsey, E-town and Word Is Out Bookstore

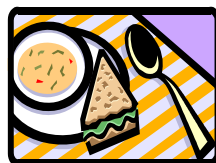


Dick Wilcoxon with one of his arrangements.
Thanks Dick!

Lunch Bunch to begin meeting in January

Many who returned the Rainbow Elders Activities Survey indicated a desire to start a "Lunch Bunch". The "Lunch Bunch" would dine out at one of the Senior Centers once a month.

On a trial basis those interested will meet the fourth Friday of the month alternating



between the Boulder, Niwot, Longmont, Lafayette and Louisville Senior Centers. Friday, January 28th meet at the West Boulder Senior Center at 909 Arapahoe. Meet in the lobby by 11:30am. Emily

who will be wearing a name tag will be there to greet you. The cost for lunch is \$3.50. Let them know you are coming a day ahead by calling 303-441-3148. **Any questions call Emily at 303-441-3583 .**



PO Box 471
Boulder Co. 80306

Phone: 303-441-3583
Email: elewis@co.boulder.co.us

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SENIOR SERVICES**

*Some activities funded by the Open
door Fund, a Fund of the Community
Foundation Serving Boulder County*

We're on the web at
www.boulderpride.org

The Rainbow Elders of Boulder County (REBC) is a fun-loving, passionate, loosely structured social group of older glbts and friends who support each other, offer information, and share common experience. We meet the third Tuesday of the month from 4-6pm. Meetings alternate between Longmont and Boulder. Odd numbered months we meet in Boulder at the 1st Congregational Church and even months at the Longmont Senior Center in Longmont. After meetings we usually go out to dinner at a local restaurant. Come join us.

Next Meeting:

January 18, 4-6pm.

Location: 1st Congregational Church, 1128 Pine St., Boulder

Topic: Presentation by OASOS, the local LGBT and questioning youth group.

Results of the REBC Activities Survey and Program Suggestions

Besides dancing the Rainbow Elders seem to be interested in just about everything from A to Z. At least, that's what the results from our recent Activities Survey have shown. The replies to the survey, sent out to everyone on the mailing list, were significant in numbers with over half responding. Its not to late to return your filled out survey, if you haven't done so already.

Eating out and doing outings were in general at the top of the list of favorite activities. Exercise such as walking was also a big choice. However, the single activity most often selected by survey respondents was a yoga session with one of our facilitators, George Ramsey. George is scheduled to show us some easy yoga stretches in February when we meet at the Longmont Senior Center.

Some folks indicated an interest in volunteerism and in particular how to support LGBT and questioning youth. At the January meeting the director and two members of OASOS will give us information about their organization and how we can support LGBT youth.

As the year progresses more activities selected by you from the survey will be spotlighted at Rainbow Elder meetings. Thanks to those of you who participated in the survey!



Having fun at the Winter Lavender Gala December 2004