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Aging Services  
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Senior Services

# Rainbow Elder News

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## On The Move

### Facts of Interest

- Boulder County Aging Services offers one-on-one nutrition counseling with a Registered Dietician. Call 303-678-6115 for information.
- The *Respite Care Volunteer Program* offers family caregivers an opportunity for renewal. Volunteers are carefully selected, screened, and trained. If interested in respite care for a loved one or would like to volunteer call the Respite Services Coordinator at 303-678-6286.

Many Rainbow Elders have been and are participating in *Boulder County on the Move*. *On the Move* is an activity in which participants wear a step counter to record the number of steps they take each day. For the first seven days participants wear the step counter and follow their normal routine. The number of steps walked that first seven days becomes a baseline. For the next 14 weeks participants are encouraged to increase their baseline number every week. The goal, of course, is to significantly improve on the original baseline. Ten thousand

steps per day equals approximately thirty minutes of physical activity. Everyone who participates has been challenged to meet or exceed ten thousand steps per day. One participant, Annie Deetz started with a baseline of around seven thousand steps. After 14 weeks, she now averages between 12,000 and 13,000 steps a day. Annie tells us that on good days she has walked as much as 17,000 steps. She has found walking helpful in dealing with chronic back pain and it affords her quality time with her dog, Tina. Annie says, “we

just like to walk.” If you would like to participate in *Boulder County on the Move*, it is not too late to do so. Call Emily at 303-441-3583.



Annie and her dog Tina walk the trail behind their home.

## Eating Out with the Rainbow Elders

A popular Rainbow Elder activity is eating out. After the regular meetings on the third Tuesday of each month, the group usually adjourns to a local restaurant. Chinese and Thai are particularly popular with

the group. Should you be unable to make the 4-6pm meeting time, join us at 6:00pm for



dinner out. Another dining out option is to join the Rainbow Elder Lunch Bunch. The “Lunch Bunch” dines out at one of the Senior Centers once a month. The group has been rotating between the

Boulder, Louisville, Lafayette and Longmont Senior Centers. Should you like to join the “Lunch Bunch” in their noontime adventures just call 303-441-3583 and be added to the mailing list.



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SENIOR SERVICES**

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We're on the web at  
[www.boulderpride.org](http://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.**

**April 19, Longmont Senior Center,  
910 Longs Peak Ave, Longmont .**

**May 17, 1st Congregational Church,  
1128 Pine St., Boulder**

**June 21, Longmont Senior Center,  
910 Longs Peak Ave, Longmont**

**To be added to the Rainbow Elder e-lert or  
mailing list call 303-441-3583.**

## Interests & Activities

The activities of the Rainbow Elders are as varied as the interests of its members. Those interests range from Astrology to Yoga. Recently, during a spring snow storm a hardy group of Rainbow Elders showed up at the Longmont Senior Center to learn a series of yoga stretches called the "salute to the sun". On the other hand, those members of the group interested in walking on a regular basis are meeting at the Wonderland Trailhead on north Broadway, Wednesday afternoons at 3:30pm. For directions call 303-441-3583. With avid card players in the group, a card and game night is sure to be one activity on the horizon. At the regular June meeting, one of our more vocally talented members will lead us in "a musical salute to pride." Our resident astrologer, Bill Autrey, will give a reading for the group sometime during the coming months. One history buff will do a slide show and discourse on traveling the Lewis and Clark trail. August will bring a Rainbow Elder group picnic. In October many of the Rainbow Elders will be attending and helping with the Gay and Gray in the West Conference that will be held in Denver October 15th. For the dancers in the group, there is the Winter Lavender Gala, the group's annual winter dance held in December.



**Bill Autrey, a founding member of the Rainbow Elders, has a particular interest in Astrology. He is currently writing a book on the subject.**