

Older Adult Program Newsletter

May 2022



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SAGE National update- Moving from an affiliate model to a collaborative model. For many years, SAGE of the Rockies has been an affiliate member of the national organization SAGE, an organization based in New York City and dedicated to serving LGBTQ elders. In the winter of 2022 SAGE National revealed its strategic plan. This new plan changes the affiliate relationships from a centralized model to a collaboration model. This new model ceases the participation requirements placed on organizations and allows for programs outside the national organization to have the freedom to expand, create, and be the programs they choose to be. The tradeoff means affiliates are no longer able to use the SAGE name. Due to this, we will have to develop a new name and logo for our program. This needs to be completed by the end of 2022. The Older Adults team is hard at work creating some awesome events and collaborations for this year. Due to this, we have started to move forward with this project now. To gather community feedback we hosted four Name Change forums and published an online and paper survey.

Starting April 25th to May 6th you will be able to vote on the new name. The link for the online survey is <https://www.surveymonkey.com/r/SF2L6SS>. For this survey we are asking you to rank the names from your most favorite to your least favorite. Paper copies of the survey will be available as well.

Please contact Jason or Bryant should you have any questions.

Introducing Meditation and Visualization with Bryant! Meditation is the act of centering the mind towards relaxation, inner awareness, and mental and physical change. Join Bryant, Monday mornings from 10:30-11:30 as they present **Meditation and Visualization**. Through this series Bryant will be leading sessions based on Progressive Muscular Relaxation, guided visualizations, and introduction to meditation. They've led meditation and relaxation groups throughout their time as a therapist and are excited to bring this opportunity to all who are interested. If you are attending in-person all you will need to bring with you is a pillow or something comfortable to rest your head on. If you are attending from home you need a place to rest that is free from distractions. **Date: Starting Monday, May 2nd at 10:30am— 11:30am. Bring your favorite pillow!** This will be a hybrid group, please register for the group at <https://us06web.zoom.us/join/zoom/register/tZUucO2tqT4iG9HCsCr2flrvwXmMx8THbXDs>

Update your information with us! We are undergoing the process of updating our files regarding our community participants as we have found that some addresses, phone numbers, and emails are out of date. To ensure everyone has access to this survey we now have an online option. Even if you think your information has not changed, please take a few minutes to fill out this survey so we can make sure we have the most up to date information! The survey link is: <https://www.surveymonkey.com/r/QWG2SNH>

Introducing the Naughty Steppers Walking group - Tired of walking alone? Looking for a new way to motivate yourself and others to get moving? Wanting to walk in the Pride Parade but concerned that you will not make the mile? Join the Naughty Steppers Walking group! **Every Thursday from 1:30p - 3:00p** at either Cheeseman or City Park. Reach out to Jason or Bryant to learn more!



Conversations with Jason- Cultivating Resilience- This constructive conversation will focus on helping one understand what resilience is and how it can be used as your protection against the speed bumps of aging: anxiety, grief, depression. This conversation won't guarantee immunity from these emotions, but it could give you tools to help you recover more quickly. **Date: Wednesday, May 18th from 11:45 - 1:30p. Lunch will be provided. Please RSVP by May 12th.**

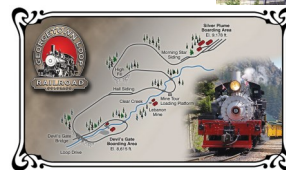


Road Trip to Georgetown Loop Railroad- Climb aboard one of Colorado's famous historic narrow gauge railroads. This engineering marvel takes you high over the Devil's Gate Bridge and winds you through a scenic Rock Mountain Pathway. This day trip includes the cost of transportation and train tickets:



Georgetown & Railroad

- 10:30a Depart The Center on Colfax
- 11:00a lunch at Uncle Julio's Hacienda
- 1:00p Arrive at Georgetown Railroad
- 2:30p Depart Georgetown Railroad
- 2:30p Explore Georgetown
- 3:30p Leave Georgetown
- 4:30 Arrive at The Center on Colfax



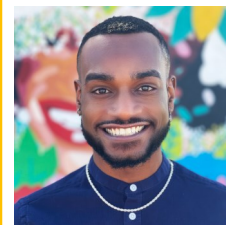
Attendees will be responsible for the cost of their lunch at Uncle Julio's Hacienda.

Fee for this trip: \$15.00 Nonrefundable. Space is limited to 11 attendees. Your \$15.00 is due at the time of RSVP. Date of trip: Tuesday, May 24th. No Checks will be accepted only cash.

March Eye of the Beholder recap- On March 31st we hosted our first Eye of The Beholder Event. The engagement hosted 30 participants who were excited and thankful to see programming that explored how lesbians impacted the arts. Kathleen Kelleher, national and Colorado award-winning playwright, Performance Artist, Essayist- explored the very modern fact that two leading salons, led by American Lesbians Natalie Barney and Gertrude Stein, were at the heart of French culture in Paris at the onset of the 20th Century. Kelleher, brought down the house with a constructive presentation that provoked nonstop focus, education, and enjoyment. Kelleher will be returning on April 28th for the next Eye of the Beholder. In May we will have the world famous artist Sherry Wiggins speak.



Welcome Darby! our Front Desk and Volunteer Manager.



Darby (he/they) received their Bachelor's in Foreign Languages from the University of North Alabama in 2017. They are excited to apply their skills and experience to this position. They are eager to engage, learn and absorb all there is to offer from The Center!

PRIDE 2022

Pride 2022 is quickly approaching. We at the Older Adult Program are making plans to walk in the parade with you, our community members. If you are wanting to join us in the parade and don't have the materials to create your own unique sign to carry with you, fear not because we are going to begin hosting a Pride Sign Workshop where you will get to design and create the signs you will be holding during the parade. The workshops will be held **every Wednesday starting May 18th through June 15th from 1:30p to 3:00p.**



If you are interested in walking the parade, please RSVP with Jason at jeatonlynch@lgbtqcolorado.org or Bryant at bmehay@lgbtqcolorado.org. The requirements to walk in that parade are: you must be 50+, an active member of the Older Adult Program, and have a sign to use for the parade. The sign you use may be made here with us or one from home. The parade route will be one mile long, so please bring with you any assistance devices that you will need.

Movement of the SAGEs has been extended! We are excited to announce that Movement of the SAGEs is now a permanent group at The Center. This engaging session provides a gentle warm-up and introduces techniques that increase flexibility, muscular strength, endurance, balance, and power. This free class is every **Friday from 10:30am—11:30pm.**



IN THE EYE OF THE BEHOLDER: Gender Fluidity and the Shaping of Lesbian Artistic Perspectives & Imagery in the Written, Visual and Performing Arts.



"Masculine? Feminine? It depends on the situation. Neuter is the only gender that always suits me." – Claude Cahun

For many of us French artist Claude Cahun (1894-1954) has materialized as a kind of queer superheroine in recent years. Cahun was born Lucy Renee Mathilde Schwob in Nantes France. Early in life Schwob identified as androgynous, resisting a gendered life. Cahun was a prolific writer, a photographer, an avant-garde performance artist and during the second-world war an anti-Nazi activist. The black and white self-portraits that Cahun made throughout their life appear to us now as intimate explorations of identity, gender and selfhood. Cahun published the feminist text *Heroines* in 1925, where she deconstructs gender roles and stereotypes in Western history and literature. Their semi auto-biographical text *Disavowals*, first published in the 1930s, reveals Cahun as a major surrealist writer and a radical theorist on sexuality and identity.



In the third presentation of this series: entitled "*My Heroine Claude Cahun*," Sherry Wiggins will discuss the breadth and importance of Cahun's artistic production as well as Cahun's activism and what insight we might gain from their life and works. Sherry Wiggins is an interdisciplinary artist living in Boulder, CO. She is concerned with art as a specifically feminine / feminist relational process and enactment. Her artistic practice has taken multiple forms over the last three decades in: digital works, drawings, installations, performances, photographs, public art, sculptures, video and writing. Wiggins is represented by Michael Warren Contemporary in Denver. **Date: Thursday, May, 26th Time: 5:30 pm —7:30 pm Light refreshments will be provided.**

Baked Sweet Potatoes With Toasted Nuts and Oranges- Preheat oven to 400°F. Prick 2 small **sweet potatoes**



with a fork and wrap foil. Bake until tender, about 1 hour. Unwrap and split open with knife. Top each with 1/4 cup chopped toasted **almonds** or **pecans**, a pinch each of **ground cinnamon** and **nutmeg**, and **flakey sea salt**. Serve with **orange wedges** for squeezing on top.

White Bean Salad with Spice Roasted Tomatoes and Broccoli- Preheat oven to 375°F. On a rimmed baking



sheet, toss 1 cup chopped **broccoli** florets, 1 cup halved **cherry tomatoes**, 1 thinly sliced **garlic** clove, and a pinch of **red-pepper flakes**; drizzle with **extra-virgin olive oil** and season with **salt**. Roast until broccoli is tend and tomatoes are soft. 20 minutes. Let cool. Toss 1/2 cup cooked white beans (drained and rinsed) with broccoli, tomatoes, 1/2 cup baby spinach, and 2 tablespoons vinaigrette.

Denver Museum of Nature and Science Recap— At the end of March, during a snowy day, The Older Adult



Program took a trip to the Denver Museum of Nature and Science. Everyone who came got to explore not only the limited time Guitar exhibit but also had the choice of seeing an IMAX 3D movie or visiting the Planetarium. For those that chose to see the IMAX, the museum was showing two movies, one told the story of migratory birds as they travel to wetlands in the Great Plains the other catalogued the story of a spirit Bear through the wilderness. Participants also got to enjoy the museum's longstanding exhibits focused on Gems and Minerals, Outer Space, the Wildlife Halls, the Prehistoric Journey, and more.



If you were unable to go and would like for us to plan another trip, please reach out to our team and let us know!

SAGE Assistance Program—SAGE of the Rockies was awarded a small grant to assist our community partici-



pants in need. The grant allows for an individual to receive a one-time \$50.00 Visa gift card that could be used to purchase food, medication, pay utility bills, phone bill, car maintenance, or other daily needs. To apply, the applicant must be 50 years of age or older, attended at least two SAGE activities in the past 6-months, complete a letter of need form, and provide proof of need. The process is simple, reach out to Jason or Bryant to sign up.

Returning this Summer: AARP Driver Safety Course—This course is aimed at drivers



Driver Safety

who are 50+ and will provide you with a review of defensive driving skills and current rules of the road. Check with your insurance to see if this course entitles you to a discounted insurance premium. The cost for AARP members is \$20 and Non-members is \$25. Date: **Wednesday, June 8th. 10:30 am—2:30 pm.**



To RSVP contact Jason or Bryant.

 **Colorado Talking Book Library**

The Colorado Talking Book Library is a free service that provides reading materials for anyone who has trouble reading standard print. Patrons

can borrow audio, large print, or Braille books. If you need an audiobook they will send you an audio player and headphones along with your book. This service is completely free, and that includes the postage to mail materials back to them. If you are interested and want to apply for this program you can find the application at (<https://myctbl.cde.state.co.us/applications>). If you want to learn more about this service you can visit their website <https://myctbl.cde.state.co.us/getting-started>.

Let's go on a trip to Glenwood Springs!!!

Glenwood Springs is known for its mineral-rich hot springs, terrific restaurants, and charming downtown. This small mountain town is home to some of the best mountain living available. The Community Group has partnered with Galivant Colorado to take a 2-night trip to Glenwood Springs for 10 people. To ensure that this opportunity is economical we asked Galivant Colorado to find us the best group.

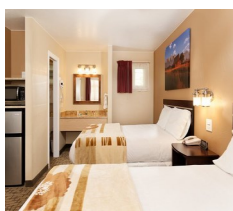
The most Economical dates this year are:

- ⇒ Wednesday, September 7th and Thursday, September 8th
- ⇒ Total Cost per person is \$290.00 (this trip is non-refundable)

What is included:

- ⇒ 2 night stay at the Glenwood Springs Inn. Every person will share a double queen hotel bedroom to keep the cost as low as possible.
- ⇒ Breakfast at the Glenwood Springs Inn is included
- ⇒ Round-trip travel provided by Galivant Colorado.

For the group to be able to go, 10 people must sign on and pay upfront the **\$290.00 by July 15th**. The Center on Colfax is not part of this event & will not be accepting any funds.



Steve-Anne's Game Extravaganza!- Join Steve-Anne as she maneuvers players



through a hilarious game of Queer Jeopardy. Players are encouraged to dress in their best campy Avant-Garde garb!

Date: Wednesday, May 11th from 1:30pm-3:00pm. Treats will be provided!



April Queer Woke Presenter Cristina Michaels- This past April The Center welcomed Cristina



Michaels who spoke about her path to her residency at the National Ballet of Canada. Retiring from dance at the age of 30 Michaels began her transition and spoke about the barriers she has since faced. The joy could be seen on her face as she introduced the group to her ground breaking business The *Queer Dance Project*, this awesome studio focuses on the strengths of the LGBTQ+ community and provide the community with a welcoming space to dance, create, and have fun. Cristina welcomed questions and provided the group with tips on how to manage migraines and reduce anxiety through simple acupressure. The Center is lucky to have Cristina as part of team as she is The Centers Movement instructor.



MAY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Eid al-Fitr begins 10:30 meditation 1:30-story	3 10 men's Coffee 1:30 trans & non-binary	4 10:30 ss yoga 1:30 community Group	5 Cinco de Mayo 10 open art 1:30 walking	6 Day Against Homophobia 10:30 movement 11:30 women's salon Last day to vote	7
8 Mother's Day	9 10:30 meditation 1:30-story	10 10-men's coffee 1:30 trans & non-binary	11 10:30 ss yoga 1:30 jeopardy with Steve-Anne	12 10- open Art 1:30 walking	13 10:30 movement	14
15	16 10:30-meditation 1:30-story	17 10 men's coffee 1:30 trans & non-binary	18 10:30 ss yoga 11:45 conversations 1:30 pride workshop	19 Agender Pride Date 10 open art 1:30 walking	20 10:30 movement	21 <u>Armed Forces Day! Thank you for your service!</u>
22 Harvey Milk Day	23 10:30 meditation 1:30-story	24 10 men's Coffee 10:30 road trip 1:30 trans & non-binary	25 10:30 ss yoga 1:30 pride Workshop	26 10 open art 1:30-walking 5:30 - Eye	27 10:30 movement	28
29	30 Memorial Day <i>closed</i>	31 10 men coffee 1:30 trans & non-binary				