

WEST OF 50

DEC/JAN 22/23 NEWSLETTER

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Healthy Outlook-



I rarely think about how old I am or how old anyone else is - age is just a number. I know you're thinking - he's young, what does he know. The truth is, the hallmark to successful aging is getting what you want out of life and doing the things you love to do regardless of age. Whether we are 20 or 80 life can be meaningful, purposeful, and beautiful as long as we have the right guidance and the right solutions to make it so. As we enjoy the last few days of 2022 I challenge you to ask yourself:

- How can I be more optimistic about aging?
- How can I maintain a sense of purpose?
- How can I strengthen social connections?
- How can I cultivate resilience?
- What new rituals can I create?
- How can I find new perspective?

People who engage, remain curious, and interested in the world around them thrive and live well. As we start 2023 here is your friendly reminder that it is never too late to start and never too early to begin.

-Jason

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Center Winter Closure re-minder-



If Denver Public Schools are closed due to inclement

New 4U -Wellness Fridays-



This past November our meditation classes moved to Friday mornings. We did this as a way to expand programming and implement our new wellness initiative, Wellness Fridays. This programming flip gives community members the option of engaging in holistic wellness with back to back physical, spiritual, and mental based activities. Wellness Fridays includes Qigong, Meditation, Mindfulness and Healthy Coping Support Group, Resource Navigation hours with Zac, and the Disability Peer Support Group. Our Monday programming has also been enhanced with an additional evening Disability Peer Support Group at 5pm and Bryant's new Monday crafting group for adults: Stitch & Bitch.

weather, the Center will also be closed. This applies only to full closures – if DPS is on an hour or two-hour delay, the Center will still open at 10am M-F. If the Center is closed due to Covid-19 or another emergency and the staff is working remote then online programming will continue.

YOU ARE INVITED TO
THE CENTER'S

HOLIDAY PARTY & ART SHOW

Performances by-



-Redden Risque

-Artwork by West of 50 Artist-

Friday, December 2nd

4:00pm – 7:00pm



Join in celebrating the season with friends, community, food, giveaways, art, & free spirits. Must be over 21 to enter. All Individuals ID will be checked upon entry.

West of 50 Road Trip—Camp Christmas

—Explore the six-acre winter wonderland filled with shimmering light displays, treats and drinks, and immersive holiday exhibits! Located at Heritage Lakewood Belmar

Park this quirky holiday tradition brings together kids from one to ninety-two. That's how the song goes, sorry Ken this is the last year you can go. Camp Christmas Produced by the Denver Center for Performing Arts and Hanzon Studios. Either sign up to ride on our limited space bus (\$5.00 nonrefundable holding fee is due at time of RSVP) or you can meet us at the Belmar shopping mall at 3:30pm. The nights events include a stop at Belmar for dinner and shopping, and then off to Camp Christmas to see the holiday lights.

Date: Wednesday, December 7th

Time: 3pm leave The Center. 3:30pm meet at Belmar Shopping Mall for shopping and dinner

We have Danny's bus for the night. If you would like a ride a \$5.00 nonrefundable fee is due at time of RSVP. This trip includes transportation and entrance into Camp Christmas. Participants are responsible for their cost of food and shopping expenses.



West of 50's Thanksgiving Social— On November 4th

we hosted our annual Thanksgiving event. We stuffed the hall full with 73 community members and guests, 18 volunteers, and the West of 50 team. Ty Woo really added the dressing to the event with her amazing voice and dresses. Jason and Bryant really hammed it up with the Thankful 4U awards. Zac, Scarlet, and Lindsey really enjoyed handing out drumsticks and greeting community members and guest. Here is some of the feedback we received from the event:

Service:

- 74.47% reported very good service
- 25.53% reported good service
- None reported below/negative service

Food taste and quality:

- 65.22% reported very good
- 28.26% reported good
- 6.25% reported indifferent

Beverages: flavor/quality

- 55.32.% reported very good
- 36.17% reported good
- 8.56% indifferent

Feedback:

- "Great Event"
- "Everything was very well done"
- "All was quite good"



Thankful 4U– At this years Thanksgiving Social we honored individuals in our community who gave their time and energy to help make West of 50 a success. The following is the list of individuals and organizations who were honored at this years event:

Pride Thank You Award— This past pride we had two community members really help us out at pride. They told their stories and their vulnerability inspired perfect strangers to stand up and tell their stories. Presented to Phil Hole & David Smith

Facilitator Thank you Awards— The presented to Cliff, Yogi, & Brangwyn for leading their perspective groups and empowering the community to be active and engaged.

Denver Art Museum– Lindsey and Danielle these two ladies truly embody the mission of The Center - To engage, empower, enrich, and advance the lesbian, gay, bisexual, transgender, and queer community of Colorado. - Thanks to them and their ability to see the value in aging, our community was able to access something invaluable. They gave them friendship, love, acceptance, and a spot in one of countries leading art museums to display their artwork. You will never know how much you have impacted our community.

Community Partner Award- WES has supported West of 50 for the past two years. Thank you for your hard work and support.

AARP Community Partner Award- Kathleen Keller is a member of the AARP Community Group. Her work on the Eye of the Beholder series. The series comprised of three different lectures that introduced over 60 individuals to queer history and how lesbians impacted art between the 20th and 21st century. For this she was awarded the AARP Community Partner Award. This award was presented to her on October 5th By AARP Colorado. Congratulations Kathleen and thank you for your support, ideas, and work.

Vitality Award– This award is presented to an individuals who represents the heart of the community. These people embrace The Center’s values. They are community focused, welcoming, inclusive, empowering, courageous, and honest. These people leave a sparkle wherever they go. This year we selected 3 individuals for this award- Michael King, Mary Silk aka “Lulu”, and Ken Felts



Michael, Lulu, and Ken– Thank you for being our sparkle and joy! The three of you mean so much to the community and to the West of 50 team. Thank you for being amazing and for all you do.

Aspiration Award– This is awarded to a new community member. The individual must demonstrate the values of The Center and take an active role in creating a welcoming and inclusive environment for all. All while fostering new relationships and encouraging community and healthy living. This years recipient was Avis Blankenship.



Avis- Thank you for all you do! Your work as Cowpoke Avi, your leadership with the Denver Art Museum’s group project, your work with the AARP Community Group, your activity in the various community groups, and so much more. Thank you.

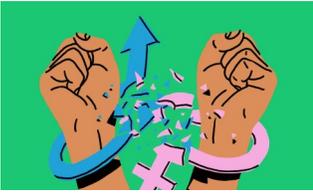
The Center Impact Award- This person embodies The Center’s values of being community focused, collaborative, courageous & honest, empowering, and welcoming & inclusive. This individual goes above and beyond in their service to the community and The Center. This was awarded to Steve Calcagno.

Steve – Your work as Steve-Anne, your volunteer work, your ideas, your support, your feedback, your guidance, everything you give! You make The Center so welcoming and warm... We truly appreciate you and your work.



-Thank you-

Dunk and munch —Living in a Gendered World— From an Early age, people are expected to conform to society's strict gender norms. Unrealistic standard of gender roles make it difficult to navigate through life, and it is difficult to accept oneself. The gender binary affects many areas of our lives, from relationships, career paths, sexuality, and gender expression. Let us explore and discuss these standards and find compassion for who we are and wish to be. **Developed and facilitated by Scarlet Holiday- Monday, December 12th from 12p to 1:30p. Coffee and donuts provided.**



Salesforce Technology 101-This past November West of 50 twinkled over to



Salesforce and attended their presentation on IT basics that included how to navigate your phones, computers, and other technologies. Participants were also able to tour the office space and meeting one on one with their Q-Force team to ask questions about the technology that has been giving them grief.



Kathleen noted that “the program was very helpful and I really enjoyed myself.”



This course is aimed at drivers 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, December 14th. 10:30 am—2:30 pm. Contact the WOF team to RSVP.**

For more than four decades, The Center on Colfax has offered a place for LGBTQ+ individuals and allies to find empowerment, enrichment, affirmation and acceptance.

If you would like to make a donation to the organization that brings you this vital programming you can do so by going to The Center's website and clicking DONATE NOW or by stopping by and chatting with a member of the WOF team. If you would like the funds to go to West of 50 program please note such on the check or donation.

Your support allows us to create innovative programming, provide you with events, lunch & learns, coffee & donuts, staff salary, pays for building maintenance and so much more! -

Thank you



Lunch & Learn— Denver PD: Spotlight on Softy: Date:

Wednesday, December 14th 12:00p—1:00p.

RSVP by Dec—12th. Lunch Provided

The Denver Police Department Presents

SPOTLIGHT ON SAFETY

Protecting Yourself



- Always be aware of your surroundings. If something doesn't feel right, it probably isn't.
- Avoid or limit distractions, such as cell phones and headphones, and pay attention to people approaching you.
- Park, walk, and exercise in well-lit areas, avoiding dark areas and less populated short-cuts.
- There is safety in numbers so travel with friends and utilize security to escort you to your vehicle or destination when possible.
- Be discreet with valuables and try not to carry more than you need. Keep valuables on your person so if someone steals your bag or purse, your more valuable items are safe.
- Don't leave personal belongings unattended, including cell phones, bags, and beverages.
- Be prepared when walking to your car by having your keys in your hand and move quickly in and out of your vehicle or residence.

January— Cleaning Closure Announcement—For the upcoming Christmas holiday, The Center will close down December 26th through January 6th. However, we have decided to spend the first week cleaning and organizing throughout The Center, that way we can reopen our doors and greet 2023 fresh faced and prepared. If you are interested in volunteering your time to the cleaning process please reach out to our Volunteer Manager Darby Garrison at dgarrison@lgbtcolorado.org. The Center will reopen to in person programming the week of January 9th.

January—New 4U -Stich & Bitch—

Do you have a sewing or crafting project you've been meaning to get done but don't have the motivation or time?

Do you enjoy creating in a group?

Do you want to have a Kiki?

If our answer is **yes** to any of these questions then join us for...

Stich & Bitch



A new group that provides space for sewing, crafting and conversation. The Center will have sewing needles, thread, basic crafting supplies, and sewing machines available for use during these sessions.

When: Every Monday starting January 23th from 6:15p —7:45p

January—Partner Up Power Up with Special Olympics Colorado— Lunch & Learn— Special Olympics Color-



ado is part of a worldwide organization that is the worlds largest sport and public health organization for people with intellectual and developmental disabilities (IDD). We are also the leading voice in raising awareness about the abilities of those with intellectual and developmental disabilities. It is extremely important for those in the IDD community to participate in fitness due to the daily striking health disparities that those with IDD face. In partnership with The Center, we will provide our

Partner Up Power Up Fitness Program. Partner Up Power Up is a 10-week fitness program centered around getting 5 days of physical activity a week and other healthy topics, including sleeping, nutrition, and mental health. In this Lunch and Learn you will have the opportunity to meet with Special Olympics staff as they discuss the Partner Up Power Up program, learn about how the program will work, decide if it is something you are interested in participating in. Although this program is being brought in through the Disability Program all who are seeking to improve their wellness are invited to learn more and participate in the program.

Date: **Wednesday, January 18th 11:45a—1:30pm Lunch provided. RSVP with the WOF team.**

January—Doc Talk with Oak St. Health— You're looking for a new LGBTQ+ Friendly Primary Care Doctor...

Now what? - Are you looking for an LGBTQ+ friendly doctor? Learn how to find a provider that you can trust and take charge of your health. Then, use the knowledge to stay healthy and feel empowered to make meaningful changes in your daily life. Take this opportunity to discuss best practices in searching for a LGBTQ+ affirming and educated primary physician.



Oak St. Health is an AARP approved healthcare system that provides services for Medicare-eligible adults.

When: Wednesday, January 25th 11:45a—1:30pm Lunch provided. RSVP with the WOF team.

A Reflective Journey—An Intergenerational Experience recap— This past November West of 50 teamed up



with Dish Network and their LGBTQ+ staff. Bryant created and facilitate an immersive memory sharing experience. Participants teamed up with a member of DISH Networks LGBTQ+ Staff, shared stories about themselves, exchanged life lessons, and gained insight into new perspectives. Resulting in participants feeling more well rounded and having a better understanding of how generations experienced the world.

Honoring the victims of Club Q in Colorado Springs

A full list relevant resources can be found at <https://lgbtqcolorado.org/clubq/>



Daniel Aston

He/Him



Derrick Rump

He/Him



Kelly Loving

She/Her



Ashley Paugh

She/Her



Raymond Green Vance

He/Him

DECEMBER 2022

SUN

MON

TUE

WED

THU

FRI

SAT

LEGEND					1	2	
Med: Meditation					10a Open Art World AIDS Days	10:30 Qigong 10:30 Res Nav 11:30 W-Salon 11:45 Med. 1:30 AMH Support 4 Holiday Party	
Res. Nav: Resource Navigation							
4	5 10a Res. Nav 1:30 Story	6 10a Men's coffee 1:30p Trans support 2:00p Sex ed	7 10:30 SS Yoga 1:30 Community Group	8 10a Open Art	9 10:30 Qigong 10:30 Res Nav 11:45 Med 1:30 AMH Support	10	
11	12 10a Res. Nav 10:30AARP Driv 12p Dunk & Munch 1:30 Story	13 10a Men's coffee 1:30p Trans support 2:00p Sex ed	14 10:30 SS Yoga 12p Lunch & L 1:30 Community Group	15 10a Open Art	16 10:30 Qigong 10:30 Res. Nav 11:45 Med 1:30 AMH Support	17	
18 Hanukkah	19 10a No Res. Nav 1:30 Story	20 10a Men's coffee 1:30p Trans support 2:00p Sex ed	21 Winter Solstice 10:30 SS Yoga 1:30 Community Group	22 10a Open Art	23 10:30 Qigong 10:30 NO Res. Nav 11:45 Med 1:30 AMH Support	24	
25 Christmas Day	26 Kwanzaa Last Day of Hanukkah	27	28	29	30	31 New Year's Eve	
CENTER CLOSED 26TH- JAN 2ND .							

JANUARY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 HAPPY NEW YEARS	2 Center Closed	3	4	5	6	7
<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #4a86e8; color: white;"> <p>There will be no in person programming the week of January 2nd. The Center staff will be cleaning and organizing the building. If you would like to volunteer and give back to your community center please contact our Volunteer Manager Darby Garrison at dgarrison@lgbtcolorado.org.</p> </div>						
8	9 <u>NO Res. Nav</u> 1:30 Story	10 10a Men's coffee 1:30p Trans support 2:00p Sex ed	11 10:30 SS Yoga 1:30 Community Group	12 10a Open Art	13 10:30 Qigong <u>NO Res Nav</u> 11:45 Med 11:30 W-Salon 1:30 AMH Support	14
15	16 Center Closed for MLK Day	17 10a Men's coffee 1:30p Trans support 2:00p Sex ed	18 10:30 SS Yoga 11:45 Lunch&L 1:30 Community Group	19 10a Open Art	20 10:30 Qigong <u>NO Res. Nav</u> 11:45 Med 1:30 AMH Support	21
22	23 10a Res. Nav 1:30 Story 6:15 Stich & Bitch	24 10a Men's coffee 1:30p Trans support 2:00p Sex ed	25 10:30 SS Yoga 11:45 Doc Talk 1:30 Community Group	26 10a Open Art	27 10:30 Qigong 10:30 Res. Nav 11:45 Med 1:30 AMH Support	28
29	30 10a Res. Nav 1:30 Story 6:15 Stich & Bitch	31 10a Men's coffee 1:30p Trans support 2:00p Sex ed				LEGEND Med: Meditation Res. Nav : Resource Navigation