

A Santa For All! - When I started working at The Center I was introduced to Linda Warren, a wonderfully fun person who loves to give to the community. It was in that conversation, I learned about Queer Santa. Linda noted that over twenty years ago she met a queer child that needed a Christmas present because their parents had kicked them out of their house.

Linda made it a personal mission to take care of that child. She organized her friends and for the past 26 years, she and



her friends have partnered with Rainbow Alley to ensure that our queer kids have a present. I found this conversation to be extremely impactful. Linda taught me that kindness and generosity have not been forgotten and that they are much alive and can be found in the simplest of gestures. One thing that I have enjoyed seeing over the years is the consistent giving our community does. You all are there for each other and will make time to take someone to the doctor or volunteer at one of our events. Thank you for being such amazing humans. The West of 50 team is so grateful for and all you do for us.

Jason

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The Center will be closed December 24th-January 1st and for MLK Day on Jan. 20th.

Q: What do you call a snowman who moves into your house?

A: A puddle!



Lunch & Learn— Therapeutic Masturbation- The Sexploratorium is back with a new Lunch and Learn. This December, learn about the psychological, emotional, and physiological benefits of masturbation. Through expert guidance and open discussions, this class aims to help participants cultivate a healthier relationship with the body, enhance self-esteem, and embrace self-care as a critical aspect of well-being. The Sexploratorium is a science-based interactive museum that underscores the importance of accurate information and education in promoting sexual health and wellness.



Come learn with us on **Monday, December 2nd at 12:30p. RSVP required.**

Club50 drives West of 50 programs, creates volunteer opportunities, and makes meaningful change whenever possible.

Agenda

- Review of Holiday Party set for Dec. 6th
- Pet Drive
- Talent show
- Volunteer Work

Wednesday, Dec. 4th at 1:30pm.

Location Thai Basil: 1400 E 18th. Ave, Denver, CO 80218



Please help Club50 Support our four-legged friends!

Holiday Pet Food Drive

December 1st— 23rd

Donations can be dropped off at The Center.

Items we are collecting:

Unopened and not expired dry or wet cat or dog foods, kitty litter, & new toys.

Please do not donate dirty, expired, or unusable crap.



Q: What Christmas carol do they sing in an insane asylum?

A: Do you hear what I hear?



The Center on Colfax's Holiday Party & Art Show

Friday, December 6th

4:00 p Meet the Artist & learn about their art

5:00 p – 8:00 p Community Party

Please bring a can of pet food for our food drive

Art – Entertainment – Community
Drinks – Food – Give Aways



Live music provided by
Sarah Adams



CHERRY BLOSSOM
FESTIVAL

VII- MEMORIES OF AN OLD MAN

Ken Felts

After my duty time on the minesweeper was up, I was transferred to shore duty with the Headquarters of Mine Squadron Seven at Sasebo, Japan. Located on the southern island of Kyushu, it was home port for me for several months while the war was winding down. It felt good to sleep in a regular bed again, instead of 3-tiered bunk beds. I also had access to a jeep to use on base. Sasebo is a small seaport surrendered to the U.S. at the end of WWII and was used to house part of our Pacific fleet. The population was about 240,000, but it felt like a small village. Although the war had only been over for a few years, the people were all friendly and helpful. They were obedient to the emperor's edict that his people were to treat the conquering forces with respect. After 4 or 5 years of occupation, most had a fair command of the English language, especially the shop keepers. Living on base, we had evenings and weekends to explore the area. Walking the street, about the first person that greets you is a pimp, and he asks, "You want girl?" When rejected, he says, "You want boy?" Temptation abounded on the streets. While many of my shipmates took advantage of the situation, I was working hard to be a straight boy and decided to see what sightseeing places were available. One of my first adventures out of the village took me to a cherry blossom festival. The narrow street through a neighborhood was lined on both sides with beautiful trees in full bloom. Along the side of the road small vendors had set up small booths, selling souvenir type articles as well as food and drinks. On another outing, I came upon a Bonzi nursery. An older Japanese

BUDDHA AT KAMAKURA



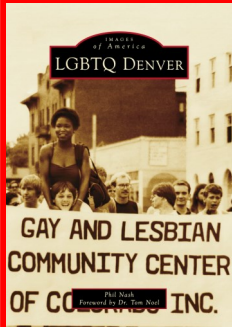
man explained to me the process of creating this small work of art and showed me several very old specimens.

One of the most interesting visits was to the Takashima Pearl farm. I took a bus to the location, which stopped at a head road and then I walked to the farm. They provided a tour of the entire process and then our group, mostly Japanese, was taken to the gift shop where I bought pearl items for both my mother and grandmother. While still on sea duty and while our ship was being outfitted for our next tour, I was granted leave for several days, which I spent on R&R to Karatsu, a resort type village located on Karatsu Bay, with a very old history. Relaxing on the beach was a real pleasure.

One of my most enduring memories was a side trip to Nagasaki where I visited the site where the second atomic bomb was exploded on August 9, 1945, essentially ending WWII. My visit was just six years later, and I found the area cleaned and some rebuilding had begun. It is hard to imagine the huge loss of life, over 40,000 people killed instantly and another 30,000 who died later. At that time there was no visitor's center, just a billboard-like sign describing the destruction. Also, as I was in Nagasaki, I had the opportunity to visit a home that is attributed to Madam Butterfly, from Puccini's opera "Madam Butterfly." It is a beautiful setting for such a tragic story. It sits atop a hill overlooking Nagasaki Harbor and is beautifully landscaped. And, finally, I visited the Noritake china factory where I purchased three sets of chinaware to send home for my family. When it was time to return to the U.S., several of us went to Yokosuka on the big island and during the one day there we visited the Shinto Shrine at Kamakura. The immensity of the Buddha shrine there is breath-taking. These are "places of worship and the dwellings of the kami, the Shinto "gods". This is the second tallest such bronze statue in Japan and was cast in 1252. With that short trip over, I returned to the Naval base in San Diego where a few months later I was discharged from service.

ATOMIC BOMB CENTER



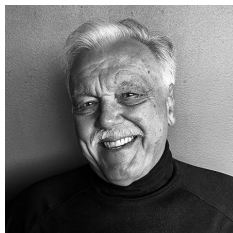


Queer Woke: LGBTQ Denver—

The Center welcomes Phil Nash as he showcases his new book *LGBTQ Denver*. Learn firsthand about Denver’s queer past and how the city evolved from its pre-1970s

history of rebuking gay people to a magnet for LGBTQ+ residents.

Attendees will have the opportunity to ask questions and purchase the book.



About Phil Nash: Phil has called Denver home since 1976, he helped found and later became the first director of the Gay Community Center of Colorado (The Center on Colfax). When AIDS reached Colorado in the early 1980s, he helped found and chaired the Colorado AIDS Project.

Date: December 10th

Time: 5:30 – 8p Pizza served at 5:00 pm

Q: Why was the advent calendar sad?

A: Its days were numbered



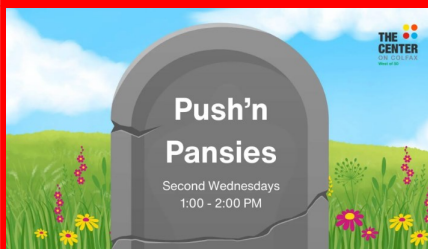
Lunch Bunch—Melita’s Greek Cafe—

This small but delightful restaurant serves up some of the most **delicious and authentic Greek cuisine in Denver**. The gyros are juicy and full of flavor, while the Souvlaki Salad Platter is a fresh and healthier option. The atmosphere is warm, inviting, and will make you feel right at home. These charming qualities combined makes Melita’s Greek Cafe & Market definitely worth checking out!



Date: Dec. 19th **Time:** 12:30p.

Location: 1035 Lincoln St. Denver 80203
Attendees must pay for their own meals.



The Essentials of Estate Planning—Estate planning is a vital process for securing your wishes, protecting loved ones, and gaining control over your financial and healthcare decisions. Discover how estate planning can empower you to make informed choices that provide lasting peace of mind and security. Topics addressed:

- The importance of estate planning for managing your finances, healthcare, and safeguarding your family’s future.
- Essential estate planning documents, such as Wills, Trusts, Financial and Medical Powers of Attorney, and Advance Directives.
- Common estate planning mistakes and how to avoid them through clear communication and regular updates.
- Special considerations for the LGBTQ+ community, focusing on legal recognition of relationships and chosen family protections.

Estate planning is more than just drafting documents; it’s about providing peace of mind and ensuring your wishes are respected. Attendees will gain valuable insights into the steps needed to secure their future and protect those who matter most.

Wednesday Dec. 11th at 1:00p

Denver rezones over 31 acres for LGBTQ senior housing development-

A rezoning effort approved Monday night in north Denver opened the doors for creating Colorado's first LGBTQ-affirming affordable housing development for seniors.

The Denver City Council voted 9-2 to rezone almost 31.5-acres off North York Street and 39th Avenue, in the Clayton neighborhood, at the request of developers proposing the project.

The new zoning allows residential buildings of up to seven stories on the property, home to the York Street Yards, an adaptive mixed-use industrial and commercial campus. The only development currently planned is the addition of affordable housing units on a 1-acre parcel at the northeast corner of the site.

Philadelphia-based real estate developer Pennrose and Oregon-based SKB, owners of York Street Yards, plan to build 75 units that will serve the aging LGBTQ population with an average income of 30% to 80% of the area median, speakers at the public hearing said. The LGBTQ population is statistically more likely to face housing discrimination and harassment, said Fred Glick, the applicant behind the project and owner of some of the rezoned property. A study cited by Glick stated that 48% of LGBTQ couples experience adverse treatment when seeking out senior housing options, something he believes the residential project would help address.

"Our queer elders have had to endure so much between the AIDS crisis, legalized discrimination, and rejection of family and peers," said Bryant Mehay, the coordinator of

elder and disability services of The Center on Colfax. "You here, tonight, have the power to not add homelessness to that list."

The center, Colorado's largest LGBTQ community center in the Rocky Mountain region, will have a dedicated space in the area to provide services to residents. Pennrose has developed three LGBTQ-affirming senior housing developments on the East Coast.

The project at York Street Yards received over 100 letters in support. The 23 speakers who signed up for the public hearing unanimously spoke in favor, despite what city planners called a "complex rezoning application." The project, according to Milo Halpern, who spoke at the hearing, would set a precedent in the state for how people care for seniors in what he called "a historically vulnerable community." "It doesn't make sense for the project to stop because of something as inconsequential as a change in zoning," Halpern said. "The proposed rezoning addresses the concerns of existing tenants, provides more land to a valuable cause and has minimal impact on the surrounding community."

Some council members expressed concern about the entirety of the land being rezoned despite the proposed project taking up a small portion of the area. *Continue on page 7*



Continuation from page 6

Rezoning the entire property would move it from the “antiquated” former Chapter 59 zoning, into the city’s current zoning process, allowing for flexibility on permitting, said John Olivier, a principal with SKB. But that didn’t quell concerns raised by several councilors who said the rezone bypassed the large development process that usually applies to parcels of at least 5 acres. Council member Shontel Lewis supported the housing project, but said the larger rezoning sets a bad precedent.

“It’s really inconsistent with zoning procedures, and I worry ... about what that means for the future,” Lewis said, ultimately voting

against the rezoning.

Council President Amanda Sandoval cited similar concerns and voted no. For city councilor Darrell Watson, the project is personal.

“We call it LGBTQ-affirming, but in every other state, in every other city that has one of these spaces, it’s a beacon,” Watson said, noting he has been married to his husband for 20 years. “It’s a North Star for elder queer folks, with the services provided by organizations like the center that we trust, that we rely on, that we know, that fight for us and our families on a daily basis.” *By Justyna Tomtas – Reporter, Denver Business Journal. Oct 15, 2024*

The Healing Power of Purrs and Tail Wags: Why Animals Are Good for Our Health

— Animals have long been cherished companions and sources of joy for many of us, but their impact extends far beyond their cute faces and unconditional companionship. Growing research shows that animals can also provide profound physical and mental health benefits. Interacting with pets can help lower blood pressure, help reduce stress and anxiety, and improve mood. Dogs, cats, and other pets promote playfulness, laughter, and physical activity, all of which can strengthen your immune system and boost your energy levels. Pets also offer a form of positive, nonverbal communication that can help alleviate loneliness.



While not everyone is able to have a pet of their own, there are still plenty of ways to enjoy and benefit from our furry friends. We can enjoy time with friends' pets, volunteer at an animal shelter or sanctuary, visit parks to watch dogs running and playing, spot cats lounging in windowsills, or simply watch animal videos online. Interacting with animals, or even just watching them from a distance or in videos, can be a powerful mood booster. Simply seeing adorable and funny animals can stimulate the brain’s reward system, triggering a release of endorphins. Endorphins are hormones that reduce stress, relieve pain, and produce feelings of happiness and well-being.



Whether it's the calming purr of a cat, the happy wag of a dog's tail, the reassuring presence of an animal companion, or the laughter sparked by a funny animal video, animals have a unique and impactful way of boosting our well-being. - Lindsey



Happier stool passing in 2025! It's December... You know what that means. Time to stuff your face with all the holiday treats. I'm talking about pies, cookies, ice cream, muffins, cakes, and bread. Do you know what all of that has in common (other than being delicious)? Being low in fiber.

You might be thinking... Helena, why do you care about fiber? Aren't you a young lad who doesn't care about fiber intake? Well, in full disclosure your

favorite intern actually DOES need to care about fiber intake due to her Dad, who passed down the lovely hereditary gene of hemorrhoids. Yes, it is true. I have no shame in admitting I have had my fair share of dealing with them and have had to learn how to live with them. One thing I have found effective in dealing with them is a high-fiber diet and taking fiber supplements. As my gift to you all this season, I will share my tips and tricks on how to up your fiber so you can enjoy those holiday goodies.

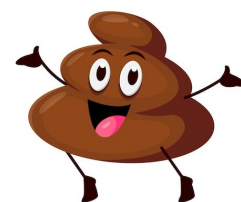


Before we begin... Upping your fiber intake can be tricky. If you eat a bunch of fiber at once, you also may experience some discomfort related to bloating and gas. Start slow and build your tolerance up. It is suggested men over 50 should get 28 grams of fiber a day and women should be getting 22 grams a day. It's a marathon not a sprint!!

- Benefiber and Metamucil. They both work the same, they take water from your intestines and adds it to your stool to make it softer and easier to pass. My gastroenterologist recommended Benefiber over Metamucil, as they said it has natural ingredients, dissolves easier in liquid and it is flavorless. He told me Metamucil is a knock-off of Benefiber and does not work as well and has extra unnecessary additives. I am a Benefiber girl through and through but to each it's own.



- Miralax! Miralax! Miralax! It works similarly to Benefiber and Metamucil and adds water to your stool to soften it and promote regularity. I have asked my gastroenterologist, and he told me, it is a-okay to take it daily. He told me he recommends it to anyone from babies-the elderly, it is safe for all. It helps me the most when I am constipated to get things moving! Again, it is flavorless and mixes easily in liquid. Of course, I would check in with your doctor before starting any new supplement.
- Up your fiber in other ways in what you eat! It is easy to sneak in some fiber in your day-to-day diet if you know what to look for. Here are some ways I have upped my fiber game recently... I switched my normal sandwich bread I eat at lunch (which has NO fiber) to a high-fiber seeded bread that has 5 grams per slice! I like the brand called, Dave's Killer Bread. I add chia seeds or flax seeds into my oatmeal or baked goods (you can't even taste it! But you get 2-3 grams per tablespoon). I eat oatmeal in the morning which is a natural good source of fiber (mix in some Benefiber and you're on your way to a great day). Fresh fruit and veggies are always a good idea as well as buying granola bars or crackers that are high in fiber or contain seeds. (I like FiberOne granola bars!)



Here is to better gut health and happier stool passing in 2025!

Happy New Year!

January 2025!



The Talk– Navigating the hard truths of Aging. Approximately 10,000 individuals turn 65 every day, it's estimated that by 2030 the older adult community will increase to 19% of the overall population. In this conversation we will discuss how to help our loved one's age well and how to navigate some of the most uncomfortable conversations a family unit will have. Talking to their loved ones about their future health and well-being and when it's time to take a more active role in one's day-to-day life. In this conversation, we will discuss the following:

- Signs to look for when you need to step in and support for aging friends and family.
- Develop the confidence to navigate a hard conversation
- Review what one needs to consider when making this decision.

Wednesday, January 9th, 1:30pm

Lunch & Learn: Between US— Relationships are never easy and in a community that seems to have a revolving door of connections we will take the time to slow down and discuss the importance of creating healthy networks. The goal of this conversation is to provide attendees with new skills that could help one manage their relationships. In this conversation we will discuss the following:

- Understanding what you want from a relationship.
- Ten ways to think about feelings.
- Conflict styles
- Ways to approach conflict.

Date: Wednesday, January 15th. **Time:** 11:45a

Please RSVP so we know how much food to order.



Q: What did the woman say when she was offered a raisin on New Year's Eve?

A: "No thanks. I already have a date."

BINGO With Steve Anne & CowPoke Avi! - Steve Anne and CowPoke Avi are back and ready to ring in the new year. Join these two for an afternoon of BINGO, jokes, and prizes. Come celebrate Steve Anne's birthday with some fun HOMOSEXUAL BINGO games!

Date: Tuesday, January 14th

Time: 1pm



Online Dating: Safety, Security, and Success

Online dating is an efficient way to meet others, start relationships, and form lasting connections. However, it comes with its own challenges and questions. What do you put in a profile? How do you decide if you and someone else are compatible? Should you share pictures of yourself & how explicit should they be? Partnering with Denver-based disability focused dating app, Dateability, and Phases of the Mind Therapy, The Center of Colfax's Disability Program is launching a three-month series on online dating safety, security, and success. Once a month Dateability will host a hybrid conversation where participants can learn about different tips and tools for engaging with online dating. Following these sessions, Chelsea Newton, a Sex Therapist, and Alice Henningsen, a queer disabled Social Worker, will host an online group that will focus on expanding on the topics discussed through the lens of Sex Therapy. This series will end with an in-person accessible Valentine's Day Social event! Below are listed all times and topics for this series.



Monday, December 16th 5:30-7pm: Online Dating: Safety & Security

For our first session we will be covering the broad topic of online safety. This includes tips for securing yourself and red flags to look out for. We will also discuss what information should and should not be shared when online dating, including personal information and pictures. Come and learn how to protect yourself online while you dive into the world of online dating. This session will be hybrid.

Wednesday, December 18th 6-7pm: Boundaries, Boundaries, Boundaries

During this online session, Chelsea Newton & Alice Henningsen will discuss how to confidently express your boundaries and limitations while dating online and IRL. Learn how to pace the disclosure of disability information, set limits on intrusive questions, and set expectations around physical intimacy and accessibility. Plus, how to set boundaries around "caretaking" roles. Establishing boundaries helps set expectations and supports a healthy dynamic in any relationship.

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PHASES OF THE
MIND THERAPY

QUEER SEX THERAPY IN COLORADO

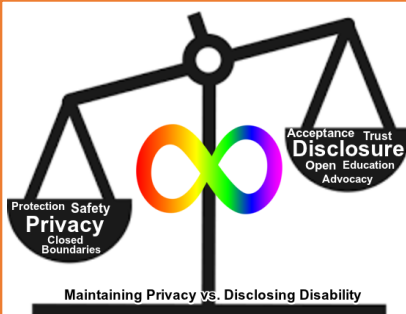
Monday, January 13th 5:30-7:00pm: Online Dating: Success

Now that we have covered security, this event will delve into how to successfully online date. What pictures get the most likes? What should I include in my bio? Participants will also have the opportunity to have profile pictures taken during the session! A photographer will be present to take a professional photo for your profile. This session will be hybrid, only those in-person will be able to work with the photographer.

Wednesday, January 22nd 6-7pm: Different Relationship Types & You

Your photos are GORGEOUS. Let's dive into relationship types and structures and answer any burning questions you may have about sex while dating. During this online session, Chelsea and Alice will cover the basics of monogamy, non-monogamy, long distance relationships, and queerplatonic relationships. They will also spend time answering your anonymously submitted questions about sex and dating with a disability. Sample questions/ FAQ we will cover if we don't have a lot of specific questions submitted: How do I talk to my partner about my disability and sexual needs? What does "kink friendly" mean on someone's profile? Are there adaptive devices or techniques that can make sex more comfortable or pleasurable? What do I do if I need assistance before, during, or after sex?

Friday, February 14th 5-8: Join us on Friday the 14th for an exciting new in-person accessible Valentine's Day Social at The Center on Colfax. More information to come soon!



Disability Disclosure in Interviews and Work

Join the Center and The Division of Vocational Rehabilitation (DVR) for a discussion around disability disclosure and interview tips and tricks. DVR will review the ADA and provide guidance around reasonable accommodations and suggestions on disclosing a disability in an interview or on the job. Following that discussion, The Center will provide tips on successful interviewing skills. This group will be hybrid, please register online for Zoom link access.

Date: Friday, December 13th **Time:** 3:30-5pm

Lunch Bunch Each of our community members has a history! West of 50's Micheal Keaton assisted in the creation of **La Fillette Bakery**. This local bakery offers a wide selection of delicious pastries and baked goods. With a focus on quality and taste, they use only the finest ingredients to create their delectable treats, ensuring a delightful experience for every customer. With menu items like an Almond Croissant, Quiche, Cuban Sandwich, and Green Chili. Let's come together to dine at this top-rated bakery.



Date: Thursday, January 16th.

Time: 12:30p

Location: 6217 E. 14th Ave Denver, CO 80220





Q: Did you hear about the guy who started fixing breakfast at midnight on Dec. 31st?

A: He wanted to make a New Year's toast!

West of 50 Thanksgiving 2024





December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 10 Lesbian 12:30 L&L 1:30 Story 6:15 Stitch	3 10 Men's Coffee 2 OWSS	4 10:30 SS Yoga 1:30 Club50	5 10 Open Art	6 No Programs 4 Artist Gallery 5p Holiday Party	7
8 Pansexual Pride Day	9 10 Lesbian 1:30 Story 6:15 Stitch	10 10 Men's Coffee 2 OWSS 5 Queer Woke	11 10:30 SS Yoga 1:00 Push'n Pansies	12 10 Open Art	13 10:30 Movement 11:45 Meditation 1:30 DPSG 3:30 Disability Disclosure	14
15	16 10 Lesbian 1:30 Story 5:30 Online Dating 6:15 Stitch	17 10 Men's Coffee 2 OWSS	18 10:30 SS Yoga 1:30 Push 6 Online Dating	19 10 Open Art 12:30 Lunch Bunch	20 10:30 Movement 1:30 DPSG	21
22	23 10 Lesbian 1:30 Story 6:15 Stitch	24 10 Men's Coffee 2 OWSS Center Closes at 4p	25 Christmas Chanukah	26 	27	28
29	30	31	Key Lesbian: Lesbian Lounge Story: Telling Your Story Stitch: Stitch & Bitch OWSS: Older Wiser Sexually Smarter DPSG: Disability Peer Support Group			

Center Closed Dec. 25th—Jan. 1st. The Center reopens on Jan 2nd.

JANUARY 2025

Sun Mon Tue Wed Thu Fri Sat

			1 Center Closed!	2 Center Reopens 10 Open Art	3 10:30 Movement 1:30 DPSG	4
		Q: What do you call Santa when he falls down a fireplace? A: Krisp Kringle				
5	6 10 Lesbian 1:30 Story 6:15 Stitch	7 10 Mens coffee 2 sex	8 10:30 SS Yoga 1:00 Push'n	9 10 Open Art	10 10:30 Movement 1:30 DPSG	11
12	13 10 Les- bian 1:30 Story 5:30 Online Dating 6:15 Stitch	14 10 Mens coffee 1 BINGO	15 10:30 SS Yoga 11:45a Lunch & Learn	16 10 Open Art 12:30 Lunch Bunch	17 10:30 Movement 1:30 DPSG	18
19	20 Center Closed MLK Day	21 10 Mens coffee 2 sex	22 10:30 SS Yoga 6 Online Dating	23 10 Open Art	24 10:30 Movement 1:30 DPSG	25
26	27 10 Lesbian 1:30 Story 6:15 Stitch	28 10 Mens coffee 2 sex	29 10:30 SS Yoga	30 10 Open Art	31 10:30 Movement 11:45 Meditation 1:30 DPSG	