

Sept.
'25

THE
CENTER
ON COLFAX
lgbtqcolorado.org

WEST OF 50

An inclusive LGBTQ+ older adults space focused on creative aging, healthy living, and social connection.

September is one of my favorite months in Colorado! The days grow cooler, the leaves begin to turn, and the fall harvest brings apples, pumpkins, and—oh yes—the smell of roasting chiles in the air. I love the chiles!

This time of year also marks the tail end of elk mating season. If you have the chance to visit Rocky Mountain National Park, you might witness the powerful spectacle of bull elk shedding their velvet and locking antlers in the quest for a mate. Their haunting bugles can echo for miles—it's one of nature's most awe-inspiring performances. Or head up to State Forest State Park, where bull moose can be seen competing during their own dramatic rut. Colorado's beauty is unmatched—from our 14,000-foot peaks to high plains, mesas, and deep canyons. We're fortunate to live in a place with such diverse landscapes, a vibrant culture, and a deep appreciation for the outdoors.

So I encourage you—step outside and enjoy it! Take a bus ride, hop on a train, share a meal with friends, and don't forget to savor a bowl of green chili.

We've got a full month of wonderful programs ahead, and I hope to see you there. Happy fall, everyone!

-Jason

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Colorado Green Chile 101

In Colorado, our love for green chile runs deep—it's woven into our communities, our history, and our agricultural roots. While no one knows exactly when chiles were first grown in the Arkansas River Valley, they may have been introduced by Mexican traders and settlers in the mid-1800s. The modern Pueblo Chile variety is a more recent development, yet the tradition of cultivating chiles in our region stretches back for centuries.

Chile vs. Chili: What's the Difference?

In Colorado and much of the Southwest, "chile" refers to a spicy, savory sauce made from roasted chile peppers—green or red, depending on ripeness. Green chiles ripen to red as they mature, changing both their flavor and color. Our chile often features pork and is a staple in everything from burritos to breakfast. "Chili", on the other hand, is the classic ground beef and bean stew popular in Texas and the Midwest. Here in Colorado, it's all about the chile.

To celebrate this flavorful tradition, I encourage you to explore one (or all!) of the exciting green chile festivals happening this fall:

- **Big Chili Cook-Off** - September 6 | Buchanan Park, Evergreen - Sample chili from local fire departments, enjoy live music, browse local vendors, and more.
- **Superior Chili & Beer Fest** - September 6 | Superior, CO - Enjoy chili tastings paired with beer, cider, wine, and spirits—plus live music and entertainment.
- **Pueblo Chile & Frijoles Festival** - September 19–21 | Pueblo, CO - A statewide favorite featuring food, music, and cultural festivities celebrating the iconic Pueblo Chile.

To celebrate the season and honor our state's rich food heritage, we're hosting a special **Lunch & Learn: Colorado Green Chile 101**. In this session, Jason will share a brief history of Colorado's chile culture and guide attendees through the steps to create the perfect pot of authentic Colorado Green Chile.

Don't miss this flavorful event! RSVP required to attend.

Wed. September 17th

11:45 - 1:30p

RSVP required. Space is limited



Our West of 50 team provides free, short-term case management services to help adults ages 50 and better maintain their independence in the community. Our team connects individuals with essential resources such as community benefits, healthcare, transportation, and mental health support.

We also assist with navigating Colorado's complex housing options and help individuals access employment opportunities.

Contact us at 303-733-7743 or visit the website to schedule an appointment or visit us during our walk-in hours. Walk-in sessions are offered on a first-come, first-served basis. Please note that we may not be able to accommodate you after walk-in hours unless you have scheduled an appointment with a team member in advance.

Walk in hours -

Mondays, 3:00 - 6:00 PM

Tuesdays, 10:00 AM - 12:00 PM

Wednesdays, 10:00 AM - 12:00 PM

Thursdays, 10:30 - 12:30 PM



Agenda:

Thankful 4U planning

Bus Trip Oct. 8

Holiday Party

Pride Compass

Program updates

Date: Wednesday, Sep. 3th.

Time: 1p

Lunch



Denver Central Market features 11 top-notch food retailers. Dip beer-battered cod in house-made tarter sauce from Tommen's Fish Market or indulge in ice cream swirled with blackberries at High Point Creamery. Other eats include freshly baked bread, French- style chocolates and chili-honey friend-chicken sandwiches.

Date: Thursday, Sep. 4th

Time: 12:30p

Address: 2669 Larimer St, Denver CO 80205



AFTERGLOW
RADIANCE IN COMMUNITY

- A Fashion-Forward Rooftop Gala -

Afterglow is an immersive fashion-forward celebration honoring the bold self-expression, creativity, and cultural influence of LGBTQ+ communities. Hosted by The Center on Colfax, this rooftop gala fuses style, storytelling, and community to spotlight local talent and the future of queer fashion. From glam runway moments to red carpet interviews, Afterglow is a night of celebration, elevation, and transformation.

Catbird Hotel Rooftop - September 26, 2025 6:00 PM

Tickets on sale now on the website.



Pride Playwrights Needs You!

In honor of National Coming Out Day on October 11th, the Pride Playwrights are seeking authentic, powerful, and creative coming out stories to help shape a series of short theatrical presentations.

We're looking for submissions that can be transformed into 1-2 minute performances. Your story can be submitted in any of the following forms:

- Written narrative
- Oral storytelling
- Interpretive dance

Let your truth inspire others!



Submission Deadline: September 13th



Submit your concept to: mlvd1953@q.com



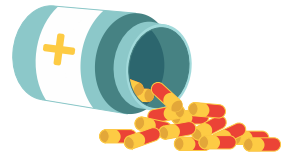
Or share in person: Join a Pride Playwrights meeting on the 2nd and 4th Saturday of each month.

Your story matters. Let's bring it to the stage





Polypharmacy



Wednesday, Sept 10th @1pm

Join us for an eye-opening presentation on the dangers of polypharmacy in older adults. We'll start by exploring what polypharmacy means—when someone

takes multiple medications simultaneously—and why it has become an increasingly common issue among seniors. Polypharmacy in older adults significantly increases the risk of adverse drug events, including falls, cognitive impairment, and hospitalizations. Understanding this concept is the first step in recognizing potential risks, especially as we age and face complex health needs.

This talk will highlight the unique concerns that come with mixing prescription drugs, over-the-counter medications, and supplements. Many products marketed as harmless can interact with prescribed treatments, amplifying side effects or reducing effectiveness. We'll pay particular attention to medications commonly used in older adults and address special considerations for individuals living with HIV, mental health conditions, or dementia whose medication regimens can be especially complex and risky.

Empowerment is the key takeaway! We will share practical strategies for patients and caregivers to advocate effectively in medical settings. Learn how to start important conversations with healthcare providers, review your medication lists for safety, and recognize warning signs. Whether you're a patient, friend, or family member, this talk will equip you with the knowledge and tools to promote safer health routines and protect those you care about most.

Charlotte Ricchetti, PharmD, BCACP is an assistant professor at the CU Skaggs School of Pharmacy and Pharmaceutical Sciences and serves as a clinical pharmacy specialist at the Seniors Clinic at University of Colorado Hospital / CU School of Medicine.



Emergency? *Don't know her*

Make emergencies as unfamiliar as your ex.

Disasters don't discriminate — they impact us all, whether natural or man-made. In this lively two-hour workshop, we'll dive into the latest disaster trends, help you assess your personal preparedness needs, and equip you with practical tools to conquer chaos like a pro. Can't make the September date or the group fills up fast? Don't stress, we'll be offering the group again in October.

Complete the program and receive your very own fire safety box to kick start your emergency readiness!

Space is limited to 10 attendees per session.
Participants must be 50 and better.

Dates

Thursday, August 14th 1:00p - 3:00p

Saturday, September 20th 1:00p - 3:00p

Thursday, October 9th 1:00p - 3:00p



Creative Play: Shadow Boxes

Shadow Boxes have long been used to store memorabilia, display meaningful achievements, and creatively celebrate life. Just by looking at one a stranger could gain a substantial understanding of the owner's past and the memories they value. If you've ever been interested in creating one, then look no further. Join Bryant Mehay as he leads a three-week class focused on the creation of your own Shadow Box. During these sessions, you'll creatively design what yours will look like, build your shadow box alongside community, and finally share it with the group. You'll receive a free shadow box and have access to all the materials you need to decorate it. You must be able to attend all three days to sign up for this class. There will be a maximum of 15 spot available for this class, if you register and find out later you cannot attend, please inform WOF team as soon as possible so they can open your spot. Registration required through the website.

Thursday September 11th @2-3:30pm – Collage

In this first session we will first create collages out of newspaper, magazine, and other materials that represent your vision for what your shadow box will contain, what memories you want to represent, and how you will put it all together.

Thursday, September 18th @2-3:30pm – Create Day

In our second session we will start to assemble your shadow box. You will bring items from home that you want to include and work with the group to begin putting your box together. There is no rush to finish them on this day, instead you can take your box home and put all the fabulous finishing touches on there.

Thursday, September 25th @2-3:30pm – Display and Share

In our final session, you will bring in your completed Shadow Box. As a group we will enjoy a gallery showing of everyone's work, with some light refreshments, where you will share with the group about what you've created and why.

WOF

A BUS TRIP IDAHO SPRINGS

Itinerary:

9:30 AM Building opens

10:00 AM Bus leaves for Idaho Springs

11:15 AM Arrive in Idaho Springs.

Free to explore the town at your leisure

3:45 PM meet at the bus and head back to town.

5:00 PM Arrive at the Center.

West of 50's hitting the road and going to Idaho Springs.

About Idaho Springs - Colorado's Mining history began in Idaho Springs. The states first gold was discovered there in 1859. Today the town is home to hot springs, ziplines, museums, trails and more.

RoundAbout

Is a free bus service that can help you get around town

Things to do in Idaho Springs

Argo Mill and Tunnel - Historical mine tour with hands-on gold and gem panning experiences, providing insight into mining history and activities. \$30.00 per person

Indian Hot Springs - Hot springs, caves, and a spa. Prices vary depending on what you choose to do.

The town boasts several shops and restaurants. Including Beau Jo's Pizza and Tommyknocker Brewery & Pub, as well as The Spice & Tea Exchange, The Majestic Gallery, and the Squatch Store.

Date: Oct 8th

Cost: 15.00 - Nonrefundable and due at time of RSVP.

RSVP due at signing.



2025

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	¹ Closed Happy Labor Day	² 10 Men's Coffee 10-12CM walk-in 2 Sex	³ 10:30 SS Yoga 10-12CM Walk In 1 Club50	⁴ 10 Open Art 10:30-12:30 CM 12:30 Lunch Bunch	⁵ 10:30 Move. 11:45 Med.	⁶
⁷	⁸ 10 Lesbian 1:30 Story 3-6CM Walk In 6:15 Stitch	⁹ 10 Men's Coffee 10-12CM Walk-in 2 Sex	¹⁰ 10:30 SS Yoga 10-12CM Walk In 1 Push'n P	¹¹ 10 Open Art 10:30-12:30 CM Walk In 2p Shadow Box	¹² 10:30 Move.	¹³ 10:30 Pride Playwright
¹⁴	¹⁵ 10 Lesbian 1:30 Story 3-6CM Walk In 6:15 Stitch	¹⁶ 10 Men's Coffee 10-12CM Walk-In 2 Sex	¹⁷ 10:30 SS Yoga 10-12 CM 11:45 Lunch & Learn	¹⁸ 10 Open Art 10:30-12:30 CM Walk In 2p Shadow Box	¹⁹ 10:30 Move.	²⁰ 1p Emergency
²¹	²² 10 Lesbian 1:30 Story 3-6CM Walk In 6:15 Stitch	²³ 10 Men's Coffee 10-12CM Walk In 2 Sex	²⁴ 10:30 SS Yoga 10-12CM Walk In	²⁵ 10 Open Art 10:30-12:30 CM Walk In 2p Shadow Box	²⁶  No Groups	²⁷ 10:30 Pride Playwright
²⁸	²⁹ 10 Lesbian 1:30 Story 3-6 CM Walk In 6:15 Stitch	³⁰ 10 Men's Coffee 10-12CM Walk In 2 Sex	Lesbian - Lesbian Lounge Story- Telling Your Story Stitch- Stitch & Bitch Sex- Older Wiser Sexually Smarter SS Yoga - Silver Sneakers Yoga Move - Movement Med - Meditation with Quana CM Walk In - Case Management Walk in hours			

Heads UP

No programs on September 26th.

The Center will be closed on Monday, September 1st.