

# West of 50

## June Newsletter—PRIDE Issue

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### Who is August Celestial?

Are they a he, or she, a they? A femme fatale? A womanizer? A **gallant**? This promiscuous acrobat burst on to the Denver drag scene

late 2021 and has been shaking things up ever since.

I was able to sit down with this seductor to learn more about who they are and what makes them tick.

**Are you are drag queen or king?** *"I am the drag experience. <They giggle.>*

*Jason: Your caught me off guard with that.*

**Why do you do drag?** *"Um. For attention, artistic fulfillment, and because I am good at it."*

**What is the toughest part about being performing?** *"I would say... The moment right before you go on stage is the toughest. Because, you have to convince yourself that what you envision in you head is going to be delivered on stage."*

**What is the most rewarding?** *"There are a couple of things. I believe that one element is being able to do it for The Center and for the elder community. The attention. <They giggle.>"*

**If you could be in a movie what movie would you be in and what character would you play?** *"I feel like it would be... In the high fantasy genre. I have always enjoyed morally grey characters because I think they would be fun to play".*

**For the record. Do you agree that RuPaul is so old her colostomy bag is made of wood?** *"Yes. I do".*

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**If animals could talk, which would be the most boring?** "Um. Probably pigeons... Because their not that coo. <They laugh>."

**Do you think cavemen had nightmares about cavewoman?** "And wet dreams probably".

**Why is a burger not a sandwich?** "Fundamentally, it is. Your only options for a sandwich are sandwich, tortilla, pita or open faced toast".

**For the record. What has been your biggest accomplishment?** "Hum. 6 years of drag. That would be getting to perform for Columbus, Indiana's first Pride. Because, it turned into this massive event with national attention. Because, that is where Mike Pence is from."

**For the record. What would be your do over?** "I would have learned how to style wigs. I did not wear wigs for the first 3 or so years of doing drag."

### **Lunch & Learn— Maintaining Muscle**

**Mass.** Learn how to maintain muscle mass



now and well into the future, with key foods and supplements all recommended by science based research.

This session is presented by the Natural Grocers Nutritional Health Coach Grey.



**Bio:** Grey Trizna graduated from Virginia Tech with a Bachelor of Science in Psychology. After working in organic and regenerative farming, they moved to Denver with their love for food and eventually decided to pursue a certification in holistic nutrition with the Nutritional Therapy Association. Grey worked with multiple nonprofits focused on accessibility and wellness during her time in Denver. She wants to share her passion for community care with Natural Grocers. Outside of Natural Grocers, you can find her dancing or doing yoga in the park, studying transpersonal psychology, and celebrating art and connection out in her community.

**Date: Wednesday, June 7th.**

**Time: 11:45a— 1:00p**

**RSVP with Jason or Bryant.**



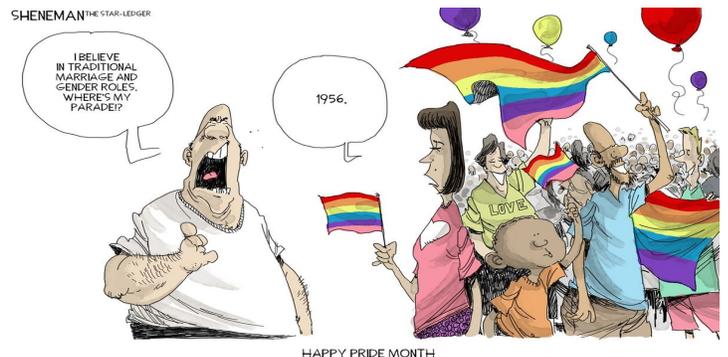
### **Welcome Emma! Our new BSW intern!**

- Emma is currently a senior working toward her Bachelors in Social Work. She is ecstatic at the opportunity to work with The Center in order to further her education! She moved to Colorado

from Texas two years ago, and has been loving it ever since. Emma has actively been engaged in the queer community for the past seven years and hopes to share her passions and knowledge with all of you.

She has spent the past several years working with individuals who have disabilities and when she is not working or in school. She loves to dance, work on her many crafting projects and spend her pay checks at the local thrift shops.

Be sure to say hello to Emma as she will be stopping in at all your groups!



**Thank you Zac & Scarlet for a wonderful**



**year!** - We had such a great time working with you and learning from you. In their time here, the pair have

worked hard on and contributed to the West of 50 program in countless ways. Thanks again & best of luck with your studies!

Zac will be continuing on with his MSW studies. His next placement will be focusing on supporting youth and their mental health needs.

Scarlet graduated with her BSW and was ac-

cepted into MSU Denver’s MSW program.

“I learned a lot from our elderly people—our grey gays,” said Scarlet. “ I had so much information I learned in school that I wanted to pass on to others, and I’ve accomplished that. I did not know how impactful it would be to learn from the community.”

It’s been such a pleasure working at The Center,” said Zac. “I’ve been able to grow so much personally and professionally, and been able to become my authentic self as I move forward with my social work journey.”

“There were sometimes when I would struggle, but those moments were educational,” sad Scarlet. “I’ve learned how to take on difficulties and really turn them into positive experiences.”

**Social Outing: Vibrant Accessibility—**



Enjoy our next social outing to the Denver Arts & Venue’s opening exhibit tour of Vibrant Accessibility from 4-5 p.m. on June

16. “Vibrant Accessibility” is a group show featuring artists Chloé Duplessis, Melanie Walker and John Bramblitt. Each artist creates accessible artwork, especially for low vision and blind audiences. The exhibit will be on display at the McNichols Civic Center in the Boettcher Cultural Pavilion from 06/08/23-08/27/23. This tour and discussion will be led by curator, Shanna Shelby and artists Chloé Du-



plessis and Melanie Walker. This tour and discussion is free and open to the public, and offered through either a

virtual or in-person format. Following the tour and discussion, enjoy light refreshments at the opening reception. RSVP with Bryant and inform them if you want to attend in-person or online.

**When:** Friday, June 16th with the Tour from 4-5pm with reception to follow. **Where:** McNichols Civic Center, 144 W. Colfax Ave., in the Boettcher Cultural Pavilion.



**A Pride Party for Older Adults**

Thursday, June 8, 3:00 - 5:00 PM  
Town Hall Collaborative

Join Steve-Anne & CowPoke Avi as they host a very special Pride celebration in honor of LGBTQ+ Older Adults!

This collaboration from West of 50 and Denver Public Library will be a fun afternoon full of bingo, karaoke, and connection!

Prizes include VIP tickets to Denver PrideFest, gift cards, passes to Denver Art Museum, and MUCH MORE!

Register by visiting [lgbtqcolorado.org/event/proud](https://lgbtqcolorado.org/event/proud) or by scanning the QR code.



## The Center's Got Talent! -

There was singing, there was dancing, comedy, theatre, a golf club somehow lodged in a dress, and all 10 1/4 inches of Cowpoke Avi. The last Friday in April we all gathered at Christ Church United Methodist to celebrate and honor the talent in our community. Over 80 community members turned out to support this event and we are so grateful for each and every one of you. Our talent included members from the West of 50 program, new people who have never interacted with The Center before, and local groups like the Denver Women's Chorus "Take Notes." The Center's Got Talent has now become a part of our quarterly large scale events, on par with the Tea Dance, Thanksgiving, and The Holiday Party and Art Show. Thank you to everyone who made this event such a success! And also thank you to our amazing hosts Cowpoke Avi, Steve Anne, and myself, August Celestial. It was an incredible honor to get to perform for you and lead you through the night's events!



Thank you,  
August Celestial

## DENVER PRIDE Center Stage

New Orleans icon **Big Freedia** is dreaming of the future of bounce music. Over the past two decades, the Queen of Bounce has expanded the booming sounds of Southern rap on a string of high-energy, twerk-inducing projects, while showcasing her inimitable charisma on blockbuster hits by Drake and Beyoncé. But where some might rest on their laurels, the Queen Diva still sees plenty of opportunity to expand her empire.



## HEADLINERS

**Salina EsTitties** is a Cholita, plus-size ghetto superstar. California-born and raised, she has spent the past decade as a leader not only in the Los Angeles drag community but as a "booked and blessed diva" in the entertainment industry at large. Her original drag shows, Eloteria and Shark Bait Sundays, have received tremendous acclaim, the former being voted the Best Drag Show of 2022 in Los Angeles Blade. She has written and released a wide variety of parody videos on YouTube, many of which have reached over a million views. She is also a musician, having released two holiday tracks, Cancel Xmas and Xmas On, and the political anthem STFU Karen.



**Marcia Marcia Marcia** is every parent's dream: multi-talented, beautiful, smart, and she always gets her homework done on time! You may have spotted Marcia making a splash on the NYC club circuit with her hilarious mixes, handmade outfits, and dynamic dance moves. Her love and talent for theater has landed her spots performing in Broadway shows, including Kinky Boots and the national tour of Hello Dolly. Marcia and Salina EsTitties appeared on RuPaul's Drag Race Season 15 on MTV.



## Weekly Groups

### Mondays

**Telling Your Story**, 1:30 PM—3:00 PM—hybrid  
*Participants are provided a weekly topic that sparks memories, connections, and friendships. We welcome all and are open to people who choose to compose their stories or tell others about their experiences.*

**Sexuality & Disability** Projected late Summer-  
*A weekly discussion group facilitated by a staff member focusing on sex and sexuality. Each week the group will dive into topics that have been chosen by the group and reached by the staff. Topics could include; sexuality in media, canescent, healthy sex practice.*

**Stitch & Bitch**, 6:15 PM—7:45 PM  
*A weekly group that welcomes all and provides space for sewing, crafting and conversation.*

### Tuesdays

**Men's Coffee**, 10:00 AM—12:00 PM  
*A weekly group for men focusing on conversation and friendship.*

**Trans & Non-Binary Support Group (for 40+)**, 1:30 PM—3:00 PM—Online  
*A weekly peer-led group welcoming all transgender and non-binary adults to an online space where they can come together for conversation and connections.*

**Older, Wiser, Sexual Smarter**, 2:00 PM—3:30 PM  
*A weekly discussion group facilitated by a West of 50 staff member focusing on dismantling sexual misconceptions and introducing evidence based topics to help older adults engage in their best sex-positive-selves.*

**Veterans Support Group**, 6:00 PM—7:00 PM—online  
*A weekly group for veterans to come together for conversation and connections.*

### Wednesday

**Silver Sneakers Seated Yoga**, 10:30 AM—11:30 AM—hybrid  
*A certified Silver Sneakers® instructor leads partici-*

*pants through a complete series of chair-assisted yoga poses designed to increase flexibility, balance, and range of movement. Silver Sneakers® membership is not required.*

**AARP Community Group**, 1:30 PM – 3:00 PM  
*A group that's focused on their own interest such as community engagement, volunteering, advocacy, event planning and so much more.*

### Thursday

**Open Art Studio**, 10:00 AM—12:00 PM  
*Let your creativity fly while connecting with others who share a passion for the arts.*

### Friday

**Movement Therapy**, 10:30 AM – 11:30 AM  
*Instructed by Cristina Michaels, participants are introduced to techniques such as Qigong, Tai Chi, modern and contemporary dance movements, along with some classical ballet techniques.*

**Meditation & Visualization**, 11:45 AM—12:45 AM—hybrid  
*Instructed by Bryant Mehay, participants are introduced to techniques based on Progressive Muscular Relaxation, guided visualization, and basic meditation for individuals who are new to the practice.*  
*-The first Friday of every month, starting June 2nd, Meditation will be taken over by local artist and inner peace gardener Quana Madison!*

**Disability Peer Support Group**, 1:30 PM—3:00 PM—hybrid  
*A peer support group for individual who have a disability and identify as a member of the LGBTQ+ community. This is a drop in space that provides conversation, social support and resource sharing.*

*- Groups could change due to participation level or implementation of new projects-Jason*

# West of 50's Tea Dance

Beats Dropped by—DJ Blaque Gurl!  
Performances by —Ty Woo— Nuclia Waste—  
Hosted By — August Celestial



The Center's mixologist will keep you lubricated with alcoholic and non-alcoholic beverages.

August Celestial will be giving away VIP tickets to DenverPride and who knows what else.

This event caters to the 50+ crowd & The West of 50 community.

RSVP by 06/16/23 and receive Center exclusive drink cozy.

The Center on Colfax: 1301 E Colfax Ave.  
Denver CO 80218

Join Us on the rooftop of The Center  
Wednesday, June 21st  
4-8pm.

RSVP now open on The Center's  
&  
DenverPride websites.



Community—Dancing— Drag— Comedy—  
Food—Fun

**THE  
CENTER**  
ON COLFAX  
West of 50

# West of 50's PRIDE Events

**June 8th**

**Be Proud! Out Loud! - BINGO Event with CowPoke Avi & Steve Anne**

**When:** 3:00pm to 5:00pm

**Location:** Town Hall Collaborative, 525 Santa Fe Dr, Denver, CO 80204

**June 21st**

**West of 50's Tea Dance**

**When:** 4:00pm to 8:00pm

**Location:** The Center on Colfax

**June 24th**

**West of 50's Denver Pride Neighborhood**

**Hourly events including live music, educational sessions, BINGO, and games**

**Time:** 11:00am to 11:30pm

**Location:** West of 50 Main Tent

**Event:** Live Music

**Bio:** Hang out at the West of 50 Tent and enjoy live music from local community members.

**Time:** 11:30am to 1:00pm

**Location:** West of Main Tent

**Event:** Queer BINGO with CowPoke Avi & Steve Anne

**Bio:** We want to hear you SCREAM OH 69! Join Cowpoke Avi, Steve Anne, and West of 50 staff for all the shenanigans you could ever want! FREE to play and prizes include Center swag, Vail Lift Tickets, and much more!

**Time:** 1:00pm to 2:00pm

**Location:** West of 50 Main Tent

**Event:** WTF is The Center

**Bio:** Join The Center on Colfax's staff for prizes and an interactive session focused on empowering you to learn how to best engage your community center.

**Time:** 2:00pm to 3:00pm

**Location:** West of 50 Main Tent

**Event:** Queer BINGO with CowPoke Avi & Steve Anne

**Bio:** We want to hear you SCREAM OH 69! Join Cowpoke Avi, Steve Anne, and West of 50 staff for all the shenanigans you could ever want! FREE to play and prizes include Center swag, Vail Lift Tickets, and much more!

**Time:** 3:00pm to 4:00pm

**Location:** West of 50 Main Tent

**Event:** Denver Art Museum—Queer's & Art.

**Bio:** Join the Denver Art Museum's Lifelong Learning & Accessibility team for an interactive session focusing on LGBTQ+ artists. In this session you will have the opportunity to look at art, learn some fun facts, and score some sweet takeaways!



**Time:** 4:00pm to 5:00pm

**Location:** West of 50 Main Tent

**Event:** Queer BINGO with CowPoke Avi & Steve Anne

**Bio:** We want to hear you SCREAM OH 69! Join Cowpoke Avi, Steve Anne, and West of 50 staff for all the shenanigans you could ever want! FREE to play and prizes include Center swag, Vail Lift Tickets, and much more!

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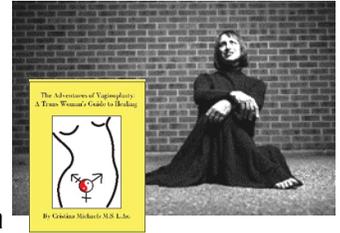
## West of 50's PRIDE Events

**Time:** 5:00pm to 6:00pm

**Location:** West of 50's Main Tent

**Event:** The Adventures of Vaginoplasty A Trans Women's Guide To Healing

**Bio:** There is so little information about what to expect from the powerful gender affirming procedure of vaginoplasty. Let alone how to heal and recover after this gender confirming surgery. After years of treating the transgender community in her private acupuncture practice, Cristina Michaels has taken years to gather some of the most useful complementary medical tools to help the transgender population in their long and arduous twelve-month journey. Using the experience of several other transgender women who have gone through this empowering procedure along with her own experience. Cristina brings you this comprehensive book that will tell the reader what to expect weekly and monthly and give them a guide to their own healing and recovery.



Join Cristina as she talks about her groundbreaking book and welcomes an open discussion about the process of vaginoplasty.

**Time:** 6:00pm to 7:00pm

**Location:** Main Tent

**Event:** Queer BINGO with CowPoke Avi & Steve Anne

**Bio:** We want to hear you SCREAM OH 69! Join Cowpoke Avi, Steve Anne, and West of 50 staff for all the shenanigans you could ever want! FREE to play and prizes include Center swag, Vail Lift Tickets, and much more!

### June 25th

#### West of 50's Denver Pride Neighborhood

Hourly events including live music, educational sessions, BINGO, and games

**Time:** 7:00am

**Location:** Cheeseman Park

**Event:** Lineup for the Parade

**Bio:** Want to walk or ride in this years Coors Pride Parade. RSVP with Jason or Bryant.

**Time:** 9:30am

**Location:** Colfax Ave

**Event:** Coors Pride Parade

**Bio:** Support West of 50 as we walk in the Coors Pride Parade. We are right behind the DYKES ON BIKES!

**Time:** 10:00-11:00am

**Location:** West of 50's Main Tent

**Event:** Seated Yoga With Patty

**Bio:** Need to get ready for the day's festivities? Join West of 50's Silver Sneakers Yoga instructor as she guides you through a complete series of chair assisted yoga poses designed to increase flexibility, balance, and range of movement. No need to worry about being a Silver Sneakers member- We want you to try out the group and see what your community center provides for you! 21+

*Continued on next page*

## West of 50's PRIDE Events

**Time:** 11:00am – 12:00pm

**Location:** West of 50's Main Tent

**Event:** The Risk Game

**Bio:** Join Public Health Institute at Denver Health's HIV/STI Prevention as they demystify HIV/STI transmission and introduce you to strategies to prevent infection. Learn about PrEP and other sexual health resources in Colorado. This free interactive game includes prizes, snacks, and more!



**Time:** 1:00pm – 2:00pm

**Location:** West of 50's Main Tent

**Event:** Queer BINGO with CowPoke Avi and Steve Anne

**Bio:** We want to hear you SCREAM OH 69! Join Cowpoke Avi, Steve Anne, and West of 50 staff for all the shenanigans you could ever want! FREE to play and prizes include Center swag, Vail Lift Tickets, and much more!

**Time:** 2:00pm – 3:00pm

**Location:** West of 50's Main Tent

**Event:** WTF is The Center

**Bio:** Join The Center on Colfax's staff for prizes and an interactive session focused on empowering you to learn how to best engage your community center.

**Time:** 3:00pm – 6:00pm

**Location:** West of 50's Main Tent

**Event:** Queer BINGO With CowPoke Avi and Steve Anne

**Bio:** We want to hear you SCREAM OH 69! Join Cowpoke Avi, Steve Anne, and West of 50 staff for all the shenanigans you could ever want! FREE to play and prizes include Center swag, Vail Lift Tickets, and much more!

In addition to West of 50's own Neighborhood we will be offering two games:

### **Magic Wand Toss –**

Join West of 50 as we introduce you to new ways to use your weapons of ass destruction. A donation will get you 5 tosses of the toy dick or get a single toss of the old dildoozie for free. Nonetheless, you have a chance to win. 21+ to enter West of 50 space.

### **Dicks and Tits -**

Join West of 50 as we introduce you to a new way of using your suction drilldo. A donation will get you 5 tosses at the titties or a single toss of the dobber for free. Nonetheless, you have a chance to win. 21+ to enter West of 50 Space.

**Interested in volunteering for Pride?** This year West of 50's Pride activation is going to be larger and more involved than last year's by a longshot! And we want you, that's right, you the person reading this to consider volunteering for our booth. What can we promise you? Shade from the sun, opportunities to share with Pride attendees your experience with The Center & West of 50, occasionally water, and everything your heart desires, except that one thing. Reach out to Jason or Bryant for more information or if you are interested!

# June 2023

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Key:</b> <b>Story</b> – Telling our Story <b>DPSG</b> – Disability Peer Support Group <b>Trans</b> – Trans Support Group <b>Sex</b> – Older, Wiser, Sexually Smarter		<b>Vet</b> – Veterans Support Group <b>SS Yoga</b> – Silver Sneakers Yoga <b>Stitch</b> – Stitch & Bitch <b>Move</b> – Movement <b>Art</b> – Open Art Studio		1 10 Open Art	2 10:30 Movement 11:45 Meditation 1:30 DPSG	3
4	5 1:30 Story 6:15 Stich	6 10 MCoffee 1:30 Trans 2 Sex 6 Vet	7 10:30 Yoga L&L 11:45a 1:30 AARP	8 10 Open Art 3p WOF BINGO	9 10:30 Movement 11:45 Meditation 1:30 DPSG	10
11	12 1:30 Story 6:15 Stich	13 10 MCoffee 1:30 Trans 2 Sex 6 Vet	14 10:30 Yoga 1:30 AARP	15 10 Open Art	16 10:30 Movement 11:45 Meditation 1:30 DPSG 4 Vibrant Accessibility	17
18 Father's Day	19 Center Closed Juneteenth	20 10 MCoffee 1:30 Trans 2 Sex 6 Vet	21 No Programming 4p- TEA DANCE	22 10 Open Art	23 No Programming	24 PRIDE 11am-7pm
25 PRIDE 10am-6pm	26 1:30 Story 6:15 Stich	27 10 MCoffee 1:30 Trans 2 Sex 6 Vet	28 10:30 Yoga 1:30 AARP	29 10 Open Art	30 10:30 Movement 11:45 Meditation 1:30 DPSG	