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## Special Issue

## November/December 2023

**Thankful 4U**— Thanksgiving is among my favorite holidays. When organizing West of 50's Thankful 4U Celebration the team starts planning months before the event. We reflect on the previous year's program and determine what we would like to see change and what we think should remain a tradition.

Bryant and I spend weeks debating who should receive awards. This is never easy because we enjoy all our community members so much. We pick out new ideas for dishes, silver, and in some cases re-view décor. For this year it was determined that we should switch venues due to the size of the activation. To encourage engagement we wanted to bring in prizes and games. Thus, BINGO will be introduced.

All of these things are done with care, admiration, and the intention of making the engagement what it is meant to be: a thank you to our community members, a reflection of the friends and family we have, and sharing the belief that we can all come together to celebrate all that is wonderful.

We hope that you have a wonderful Thanksgiving and we are Thankful 4U!

With love,

Jason & Bryant

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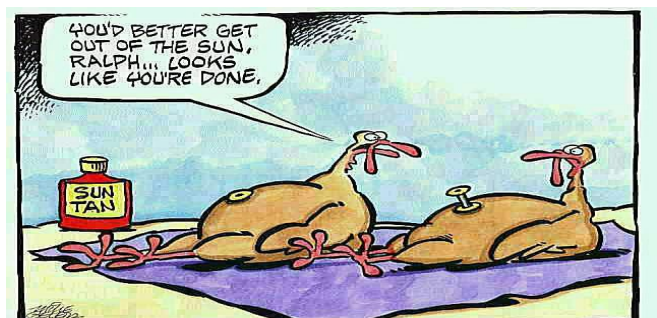
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Please join  
**West of 50**

- AT OUR ANNUAL -

*Thankful 4U Thanksgiving  
Celebration*



Friday, November 10th

Doors 11:00 am

Food Orders at 11:30 am

Thankful 4U Presentation at 12:30 pm

Dessert & BINGO at 1:00 pm

Bingo hosted by:

*The Fabulous Ty Woo*

Location: Christ Church United Methodist,

690 Colorado Blvd.

**RSVP's dose October 27th**



**Meal to include:** *Ham, Turkey, Stuffing, Mashed Potatoes, Gravy, Green Bean Casserole, Macaroni and Cheese, Salad, rolls & butter.*

**Dessert:** *Pecan Pie, Sweet Potato Pie, pumpkin Pie, Chocolate Silk, Peach Cobbler, Cherry Pie.*

**New this year!** *Vegan or vegetarian option*



**Your Feedback**—Every quarter the departments send out surveys for community members to complete. This allows for us to understand how effective the groups are and what we need to do to make them more enjoyable for everyone.

We value this information immensely. That is why we were the first to create the surveys. There are a few things that I would like to address before we get into the feedback. We have two BIG issues that will be addressed aggressively.

1) individuals speaking over each other and the presenter. When I started this role, one of the first things

I heard was “don’t treat us like children.” Well use your manners and stop being rude to our instructors, facilitators, and to your fellow community members.

There is no rush. You all will get your turn to speak.

2) People who RSVP and don’t show up for field trips.

Months of planning, relationships building and money are spent on these programs. Please be respectful and communicate with us when you are no longer able to attend an event.

With that noted here is some of your feedback:

**Feedback:** *“My second family”*

**Jason’s response:** This is wonderful to hear! We have spent the past two and half years building community. Thank you for attending!

**Feedback:** *“The Center has expanded the scope of its activities prodigiously to be more relevant and more inclusive. This group has been a cornerstone of my involvement here.”*

**Jason’s Response:** The Center has been striving to introduce new programming that is relevant to what the community needs. Over that past year, The Center introduced Disability Programing, young adult programming, and just a few weeks ago a new mental health program. Range also has a number of new employment based supports and the Trans and Nonbinary program has expanded as well.

**Feedback:** *“remind groups about common courtesy. Can we do better?”*

**Jason’s Response:** We will do better! Things are

getting the to a point that if people can’t respect each other then we will have to start asking people to take some time away from the program until they are able to develop proper communication skills.

**Feedback:** *“We used to have separate groups.”*

**Jason’s Response:** We have separate groups, and mixed groups. We work at creating programs that meet the needs of our diverse community. Additionally, if we look at the world around us - a little desegregation is what is needed. We need to learn and support each other. A little understanding can go a long way.

**Feedback:** *“We have discussion, but I am not sure much in the way of friendships has come out of them.”*

**Jason’s Response:** Developing new friendships at any age is difficult. I feel that it gets harder as we age.

Often times we don’t want to put ourselves out there for fear of rejection or make the time for others. For those of you who are here to make new friends. Take the steps. Say hello, ask for their contact information and ask to get coffee with the person. I also recommend having a few dates and times in mind when asking. Also, state your intentions as some people may view your invitation as something other than what you want it to be.

**Feedback:** *“People need to respect each other and not engage in cross talk.”*

**Jason’s Response:** I agree! This was the first time since taking over the program that I have been provided so much constructive feedback. West of 50 has grown consistently over the past two years. This is a good thing! The community must learn to respect each other. Its sad that this has become such a big issue.

Thank you for taking the survey and Please be kind to each other.— Jason

### **An interview with Bobby The Center's newest staff member!**

#### **What do you do for the Center?**

Bobby: "I am the Front Desk Volunteer Manager."

#### **Why did you want to work for the Center?**

Bobby: "Um. because. The mission is valuable and I wanted to be in a place where my values align with what the organization is doing."

#### **Do you eat or drink soup?**

Bobby: "You eat soup."

#### **How many pairs of shoes do you own?**

Bobby: "40."

#### **What has been the best part of your job?**

Bobby: "The volunteers."

#### **Now that you have been here for a few weeks is there anything that you really want to work on?**

Bobby: "Stronger resource development. Like better and more consistent information."

#### **How would you hide inside a dead body?**

Bobby: "I would cut it open. Tuck in my arms and legs

and ball up."

#### **When is it ok to murder someone?**

Bobby: "Never."

#### **Is animal testing wrong?**

Bobby: "No."

#### **Are you exhaling warm air?**

Bobby: "I hope so."

#### **Have you ever slapped a grandma?**

Bobby: "No."

#### **What has been the hardest part of your job?**

Bobby: "Being open to the learning process and parking on the street."

### **Center Closer Dates & Program Disruptions:**

- Nov. 1st No SS Yoga
- No WOF Groups on Nov. 10th Due to West of 50's Thanksgiving Celebration
- Center Closed Nov. 23rd & 24th
- No WOF Groups on Dec. 8th Due to The Center Holiday Party & Art Show
- Center Closed Dec. 25th—Jan. 1st.
- Center Closed Jan. 15th
- **Keep in mind— If DPS closes due to inclement weather The Center will close as well. We will not send you an email noting that the group has been canceled as we most likely will not be in the building and won't have access to our computers.**

### **Lunch & Learn with the FBI**

As of late The Center has forged stronger ties with our local FBI office, with them having offered to speak to our communities about a range of topics. Supervisory Special Agent Tom Shea of the FBI's Denver Field Office will discuss Federal Hate Crimes. He will provide information on what legally constitutes a true threat, the manner in which threats can be conveyed, how to report a threat and the four primary Federal Hate Crimes statutes.



**When:** Wednesday, November 1st 11:45-1:00pm

Please RSVP in advance as food will be provided, please list any food allergies.

## Attention Artist

# GET YOUR ART READY

West of 50's Art Show is  
Friday, December 8th.

Art is due Monday, November the 20th

- Your name must be on the back of your art.
- You must complete a bio form with each submission.
- Applications will be available for pick up the first week of November.

Questions? call Jason or Bryant  
303.773.7743



**WOF a Pancake popup!** Help the Community Group get ready for this years holiday party! We are in need of people to help us craft Luminaries for this years Holiday Party and Art Show. Attendees will learn about the history of these beautiful light displays and aid in the creation of these mini lanterns. You will also be provided yummy pancakes.

**Date:** Thus. Nov. 16th

**Time:** During Open Art Studio  
10:00am — 12:00pm.



### Lesbian Lounge Speakers:

**10/30** — What is AI with Lynn Marlowe

**11/6** — The Moth:  
Art and Craft of Storytelling

**11/13** — Dan Stewart MSG: Human Rights Campaign Foundation

**11/20** — The Moth: Art and Craft of Storytelling



### **Dining & Developing with Jason: Collaborative Creativity & Enriching Your Marriage or Relationship**

**ship:** Creativity is a vital part of our personal relationships. It allows for us to deepen our connections, express ourselves, and allows for both personal and partnered growth. In this conversation we will unpack positive strategies to help your relationship move to another level of connectedness. We will address the following:

- Understand the basic internal and external forces that work in your relationship.
- Identify aspects of your relationship you feel need improvement.
- Explore activities that will help you focus on inner growth separate from your partner.
- Explore activities that will help you grow as a couple.

This program is sponsored by AARP Colorado.

**Date:** Wednesday, November 29th

**Time:** 5:30p—7:30p

RSVP with Jason or Bryant.

Dinner is Provided



SPONSOR

### **6 Thanksgiving Facts that will make you say WTF!**

1. The TV dinner was invented thanks to Thanksgiving.
2. 2 turkeys are sent to the white house each year. One for killing and the other to be pardoned. In 2022 Biden pardoned both birds.
3. Black Friday is the busiest day of the year for plumbers. Sorry tops.
4. 47% of hosts take time off of work to prep the fest.
5. It takes about 9.6 hours to cook a Thanksgiving meal.
6. 3,150 to 4,500 calories are consumed on Thanksgiving. It will take you over a day to work that off.



## Wellness Friday @ The Denver Art Museum

### Movement — Meditation — Memory

Wellness Friday is an intentional space to aid older LGBTQ adults with developing the skills needed to improve their physical, mental, and emotional wellbeing. Free and open to 50+ LGBTQ adults and their allies this one-day workshop will guide participants through the principles of movement, meditation, and memory. The Center on Colfax's West of 50 program and Denver Art Museum's staff have crafted a day designed to assist individuals with improving their balance, finding peace, and fostering skills to help stimulate memory.



The day's programming:

#### **Movement Therapy & Deep Breathing-**

This 45-minute class focuses on movement and breathing and focuses on meeting participants where they are with their bodies. Participants will be introduced to breathing techniques, basic Qigong (Chee-gong) and Tai Chi postures and movements, and Modern/Contemporary dance movements. Participants are encouraged to wear socks or comfortable shoes for this class. Comfortable clothing is very much encouraged.

#### **Creative Meditation-**

This 45-minute session uses a variety of mindfulness exercises and expressive arts-based activities to promote relaxation, self-compassion, emotional self-awareness, and mental well-being. In this workshop you will:

- Cultivate kindness and compassion for yourself.
- Explore mindfulness practices to promote well-being.
- Express your inner experiences and feelings through artmaking.

#### **Art & About Tour**

In this 45-minute session. Attendees slow down and interact with art and discover the overlooked details. You will be able to pose questions, and explore ideas, linger, look, and connect with art and each other.

#### **Healthy Reading-**

You will be introduced to books that could be of service to you. Engage with your local Denver Public Librarian and learn about books that could help you learn more about healthy aging and living.

### Additional Information

**Date:** Friday, December 1<sup>st</sup>

**Time:** 10:30a – 3:00p

**Location:** Denver Art Museum

This is a collaboration between The Center on Colfax's West of 50 program, Denver Art Museum, and Denver Public Library. **Lunch will not be provided. Please bring a sack lunch and a water bottle. Parking will not be validated.** Please do not sign up unless you are able to stay for the full program. RSVP through The Center's Website.



No one celebrates the holidays like  
The Center on Colfax

Please join us for  
**The Center's Holiday  
Party & Art Show**

12.08.23 | 5:00-8:00PM

ART—DRAG—COMMUNITY—LIVE MUSIC—DRINKS  
HORS D'OEUVRES—GIVE AWAYS

Must be 21+ to attend

Hosted by West of 50





### 6 Easy Ways to Practice Wellness Fridays everyday of the week-

1. Implement a Mantra — A mantra or an affirmation is a great way to set your intention. You don't have to pick profound. It can be as basic as "breath". By doing so you are increasing your awareness and promoting calmness in the body.
2. Thankful 4U— Take some time and jot down what you are thankful for. Doing so can aid positivity and kindling relationships.
3. Shake that Ass— Music has power. Embrace those tunes and dance or relax to your favorite bop.
4. Garden— But as you play in the dirt... Take note of how the soil feels. Focus in on the present and enjoy the work you are doing.
5. Tai Chi— This low impact movement is fun and aids one with breathing, balance, flexibility, and strength.
6. Cook for yourself— Stop procrastinating and bake or cook for yourself. Enjoy the experience and learn a new skill.

### Dunk & Munch with Bryant—Historical Drag and Theatre of the Oppressed

After graduating from KSU I was accepted into the Don Kelly Fellowship at Texas A&M University. Through this program I was brought in to do re-



search with the Don Kelly Collection, a massive archive of LGBTQ+ books, magazine, memoirs, firsthand materials, and more. I decided to expand on my master's thesis and do a deep dive exploration in Drag as Theatre of the Oppressed. So join me for my final Dunk & Munch of the year where I will explore drag as it existed in the 60s through the 90s and apply it to the lens of Theatre of The Oppressed.

The title of my research is: *Engaged in a Particular and Willful Activity: A Historical Exploration into Drag as a Form of Theatre of the Oppressed.*

**Date/Time:** Wednesday, December 13th; 11:45-1:00pm

RSVP in advance as space can be limited.



**WOF a Field Trip to the Denver Aquarium**– Did you know that the Denver Aquarium has more than 1 million gallons of extraordinary exhibits? Welp. It does. This WOF field trip provides attendees with an afternoon of exploring self-guided tours through two separate ecosystems, the Colorado River and the Indonesian River. For those wanting to live in the wild side be sure to stop by and play with the horseshoe crabs or stingrays.

**Date: Wednesday, December 20th.**

**Time: 11:30am Lunch meet up at the aquarium 1:00p—5p exploration.**

**RSVP: \$5.00 Fee due at time of RSVP and this non refundable should you not be able to attend. RSVP start Dec. 1st.**

No transportation will be provided to the Aquarium. You must be able to get yourself to and from the venue. Should you choose to attend for lunch you are responsible for covering the cost of your meal.



**Coordinator of Disability Services**—Bryant Mehay, MA, CTRS

**Email:** [bmehay@lgbtqcolorado.org](mailto:bmehay@lgbtqcolorado.org)    **Phone #:** 303.951.5228



During each meeting of this hybrid group, we will dive into a specific topic, ranging from representation of disabled sex and sexuality in the media, to consent, to healthy sex practices. This program will also feature special guest speakers that will come in and share on relevant topics. The content of this group will be based in the most current research & guided by the community and its interests.

**Ages:** Adults ages 21+

**When:** Third Monday of each month from 5:30 - 7:00 PM

**Upcoming Meetings:** Nov 20th & Dec 18th

**Location:** Virtually or In-Person at The Center on Colfax - 1301 East Colfax Avenue, Denver, CO, 80218

**Registration is required to receive the Zoom link for virtual participation.** You will receive a confirmation email with the Zoom information once you register.

This hybrid peer support group is for individuals 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. This group is free to attend. Registration is required if you intend to participate virtually. For questions, please contact Bryant at [bmehay@lgbtqcolorado.org](mailto:bmehay@lgbtqcolorado.org).

**When:** Every Friday from 1:30 - 3:00 PM

**Where:** Virtually or In-Person at the Center on Colfax. Visit <https://thecenteroncolfax.salsalabs.org/disability/index.html> to register for the zoom link.

**Upcoming Group Cancellations:**

Friday November 10th (Large event)

Friday November 24th (Holiday)

Friday December 8th (Large event)

Friday December 29th (Holiday)

# West of 50's Trip to Chatfield Farm

"I shall be telling this with a sigh

Somewhere ages + ages hence:

Two roads diverged in a wood, and I

I took the one less traveled by,

And that has made all the difference"

-Robert Frost

---

Paths they were, one well paved

The other scarcely worn, branches askew,

Leaves strewn about

Howard warned of snakes to be found

But I was drawn and off I bound.

I had rounded the first curve only

When my eye was caught to the right

Perched on a well-worn bench, an arresting sight

A bear—a teen—I surmised quickly

How I knew as I froze? - a mystery

They (the bear) seeing me, crossed the path

Then climbed a bit up a tree

I made no move but to ready my camera

Wasn't scared due to their size + manner

This teenager being moved to hide

Had crossed the creek

Soon was I joined by an eager group

Of people looking for a peek

One adult with four youngsters in their charge

Excited all at what we'd seen

Told our tales to each other

Training our eyes on the bushes rustling

A small explosion put us on alert

As a full grown black bear burst from the brush

Up a tree it climbed, the teen right behind

Holy! Day! She! He! They! Big 'Ol Bear

Still with this I felt no fright

Amazed—Awestruck—Total Delight

Blessed by the Gods once  
again

On this Chatfield Farms  
outing

With my West of 50 friends.

-Avis Blankenship



# WOF a WORD SEARCH

FTYWOOTOHOLIDAYPARTYMCEXVUPDLH  
 XBYHRTMMVQERWBUJABPWAYEFIAEWNB  
 IDISWALLOWMELFDQSVZNFYMBZEJC  
 MVNUTNVSMYGBWAMDTIIYEGTMVZMZH  
 PHDDYOUREGGETTINGAZJTTWGS LZIRQU  
 ASDZQYCROYWSITIBDYKRAVSNHOGYOH  
 CPBNECZEXVSTEGTJLNFZBLJBCOQQYA  
 TEVNGLUNCHANDLEARNTENNINXKWAOM  
 ACRSMUUIKXMQE ZMQKZUPFLITNPEZOA  
 WIKRSSWBFVHFYVIAPPABUKXNYKFRIU  
 AAVYAXHJAQETMOUKOCBRANKMXAOPRU  
 RLGHXDECLOTHESANDYOURPHONEWZMD  
 DADRIPGRAVYDOWNTHESIDEOFMFAHQ  
 IGHSKLGSAQIQGPPVOEIKGZIQMTRSRB  
 YESZCONFISCATEDFORCHRISTMASPZD  
 MNIXPFUGEPMPPTCCAQUARIUMSHVIMT  
 BTOPVEUJZYRHROYPWESTOFFIFTYRGU  
 TFUXMBS CUSICSLFERIQTNZEWDFPASR  
 GHHEFWAJJXZFUIJILRBUCLCRAYYTK  
 GFCONSANTASAWYOURPICTURES DZIDE  
 ZOEUCVJYSSFTPJTILBJJUMIGSQOMY  
 VPBBKIDPVJCDRIVEQMYAXWCCIWNZC  
 ZCYBEKD JAVAKIOTHANKSGIVINGWANX  
 YCYALMTFUZAVZTXFECQKXFZWWQNWZV  
 QYWUGEDECEMBEREIGHTHEKHEVHNAZG  
 IVINNMNQITSMHWMEVUDLNSNTGJJROD  
 OSDOWIEFIGJBNOVEMBER TENTHNDOP  
 VVATPBQLXKAIYUCMIDGUEVHHMGOQDE  
 GITFUQEEWNFAAPKKTVLKWHPLLJBUEI  
 YWHZZBSJSDCHZON THEINTERNETPOHC

Drip Gravy Down The Side of ME

confiscated for Christmas

Santa saw your pictures

clothes and your phone

November Tenth Thanksgiving

you're getting Holiday Party

West of Fifty Swallow Me

Aquarium Gobble Me

Impact Award Turkey

Aspiration Award FBI

Lunch and Learn

December Eighth

Vitality Award

on the internet

Special Agent

Art Show

Ty Woo

Ham

# November 2023

| Sun  | Mon  | Tue  | Wed  | Thu   | Fri   | Sat |
|--|--|--|--|---|---|-----|
| <b>Key</b><br><b>Lesbian:</b> Lesbian Lounge<br><b>Story:</b> Telling Our Story<br><b>Stitch:</b> Stitch & Bitch<br><b>Sex:</b> Sexually Smarter |  | <b>Music:</b> Music Meetup<br><b>Move:</b> Qigong Movement<br><b>Med:</b> Meditation<br><b>DPSG:</b> Disability Peer Support Group |  |   |   |     |
|  |  |  | 1<br>11:45 L&L<br>1:30 Glaz'n                | 2<br>10 Open Art<br>1:30 Music                  | 3<br>10:30 Move.<br>11:45 Med.<br>1:30 DPSG               | 4   |
| 5  | 6<br>10 Lesbian<br>1:30 Story<br>6:15 Stitch   | 7 Election Day<br>10 Men's Coffee<br>2 Sex   | 8<br>10:30 SS Yoga<br>1:30 AARP              | 9<br>10 Open Art<br>1:30 Music                  | 10 Veterans Day<br>No WOF Groups<br>11AM WOF Thanksgiving | 11  |
| 12<br>Transgender Awareness week Nov. 13 -19th   | 13<br>10 Lesbian<br>1:30 Story<br>6:15 Stitch  | 14<br>10 Men's Coffee<br>2 Sex   | 15<br>10:30 SS Yoga<br>1:30 AARP             | 16<br>10 Open Art/Luminary Making<br>1:30 Music | 17<br>10:30 Move.<br>11:45 Med.<br>1:30 DPSG              | 18  |
| 19   | 20 Art due. Trans Day of Remembrance<br>10 Lesbian<br>1:30 Story<br>5:30 Sex & Disability<br>6:15 Stitch | 21<br>10 Men's Coffee<br>2 Sex   | 22<br>10:30 SS Yoga<br>1:30 AARP             | 23 Closed                                       | 24 Closed   | 25  |
| 26   | 27<br>10 Lesbian<br>1:30 Story<br>6:15 Stitch  | 28<br>10 Men's Coffee<br>2 Sex   | 29<br>10:30 SS Yoga<br>1:30 AARP<br>5:30 D&D | 30<br>10 Open Art<br>1:30 Music                 |   |     |



# December 2023

| Sun | Mon  | Tue  | Wed   | Thu  | Fri   | Sat |
|-----|--|--|---|--|---|-----|
|     |  |  |   |  | 1 <b>World Aids Day</b><br>10 <b>Wellness Friday at the DAM</b><br>1:30 <b>DPSG</b> | 2   |
| 3   | 4<br>10 <b>Lesbian</b><br>1:30 <b>Story</b><br>6:15 <b>Stitch</b>                                      | 5<br>10 <b>Men's Coffee</b><br><br>2 <b>Sex</b>  | 6<br>10:30 <b>SS Yoga</b><br><br>1:30 <b>AARP</b>                               | 7<br>10 <b>Open Art</b><br><br>1:30 <b>Music</b>                               | 8 <b>Hanukkah</b><br>No <b>WOF Groups</b><br><br><b>Holiday Party</b>               | 9   |
| 10  | 11<br>10 <b>Lesbian</b><br>1:30 <b>Story</b><br>6:15 <b>Stitch</b>                                     | 12<br>10 <b>Men's Coffee</b><br><br>2 <b>Sex</b> | 13<br>10:30 <b>SS Yoga</b><br>11:45 <b>Dunk &amp; Munch</b><br>1:30 <b>AARP</b> | 14 <b>HIV Cure Research Day</b><br>10 <b>Open Art</b><br><br>1:30 <b>Music</b> | 15<br>10:30 <b>Move.</b><br><br>11:45 <b>Med.</b><br>1:30 <b>DPSG</b>               | 16  |
| 17  | 18<br>10 <b>Lesbian</b><br>1:30 <b>Story</b><br>5:30 <b>Sex &amp; Disability</b><br>6:15 <b>Stitch</b> | 19<br>10 <b>Men's Coffee</b><br><br>2 <b>Sex</b> | 20<br>10:30 <b>SS Yoga</b><br><br>11:30 <b>Field Trip</b>                       | 21<br>10 <b>Open Art</b><br><br>1:30 <b>Music</b>                              | 22<br>10:30 <b>Move.</b><br><br>11:45 <b>Med.</b><br>1:30 <b>DPSG</b>               | 23  |
| 24  | 25 <b>closed</b><br><b>Christmas Day</b>   | 26 <b>Kwanzaa</b><br><b>closed</b>               | 27 <b>closed</b>  | 28 <b>closed</b>   | 29 <b>closed</b>  | 30  |
| 31  | 1 <b>closed</b><br><b>Happy New Years!</b>   |  |   |  |   |     |

**Key**  
**Lesbian:** Lesbian Lounge  
**Story:** Telling Our Story  
**Stitch:** Stitch & Bitch  
**Sex:** Sexually Smarter  
**Music:** Music Meetup  
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**Med:** Meditation  
**DPSG:** Disability Peer Support Group