Feb. 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.

<u>The Gay Hookup-To-Friends Life Cycle -</u>While chatting with community members and learning about their histories, I took note of how several of you have friends with a sexual history. This made me think about my past and if I ever became friends with my hookups; I have not. I decided that I needed to understand the hookup-to-friends lifecycle better. From the first dance with his third leg to becoming a BFF, homosexual friends go through an evolution that allows for a hookup to become much more.

Phase One: The Bang & Boot

This phase kicks off the relationship and it could be a no-talking quickie to a few hot sessions. Nonetheless, after one or a few satisfying flings we tend to take a break from the hookup and transition into the hookup hangover.

Phase Two: Hookup Hangover

This phase starts when we begin to experience real or perceived dissatisfaction with our horizontal cardio buddy. We conclude the *Bang and Boot phase* and transition to the *Hookup Hangover*. This could be a sudden ghosting or a transition to one-word responses. Generally, one person tends to want to continue to play with the pork sword but, to preserve our pride and self-esteem, we move on to phase three.

Phase Three: Friend Stage

A few months or years down the road the universe has brought the homos back together. Since the two have effectively rid themselves of any sexual desire they are better suited to discussing the most disgustingly vulnerable parts of themselves. This vulnerability allows for a friendship to start to blossom. However, this is not always the case, and we transition into phase four the not-friends stage.

Phase Four: We Are Not Friends

Not every *Bang and Boot* can transition into a friendship. There are a few reasons this could happen. During the *Hookup Hangover* stage, one of the individuals continued to pursue the purple-headed yogurt slinger and continued to monitor from afar. This could have been through social media or connecting with a mutual friend. Nonetheless, the person rendered themselves as not being friend material. –Jason

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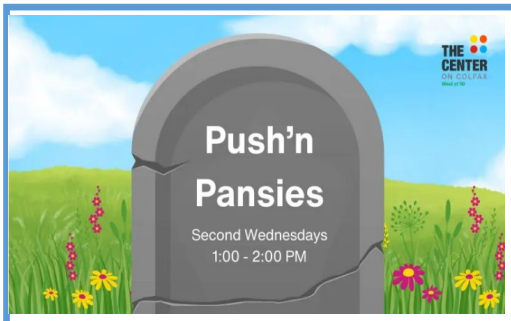


Push'n Pansies—What are Death Doulas & How Can They Support Us? Before the discovery of antibiotics and vaccines in the early to mid-20th century, death was an everyday, visible occurrence in homes, farms, and factories around the world. But starting with the Silent Generation and Boomers who were born and raised during the rise of the medical establishment in the 40s, cures of once common and deadly diseases became not only possible, but probable… miracles for their times. And with that new hope…

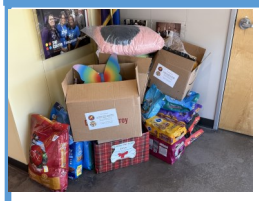
⇒ Death became the enemy and was deemed a failure to be avoided at all costs. The sick and dying were moved out of our homes into hospitals and nursing homes.
⇒ Care for the dying and preparing for their loss became a lost art and skill within families… no longer passed down from one generation to the next.
⇒ And death, along with birth, became a medical event… instead of the human event that, of course, it has always been.

Now, some 70+ years later, we have come around full circle where a new profession has emerged. Death Doulas, Coaches, Guides and Educators are here to bring death back into the open where we can talk about it, prepare for it, remove the stigma and fear around it as much as we can, and understand the many options available to us.

In our time together, we'll discuss:

⇒ What death doulas are and the value they can bring before, during and after a time of urgency or crisis.
⇒ The different doula services and specialties that may be offered to support you and your circle of loved ones.
⇒ When and how to choose the right doula.

Date: Feb. 12th at 1:00pm.



Pet Food Drive update & Thank you—This past December Club50 organized a Pet Food Drive for the Max Fund and the Colorado Feline Rescue. Thanks to the community's support, we were able to gather a car full of items to donate to the two organizations. The donations included food, treats, toys, and dog or cat beds. Thank you to Terry, who helped organize the drive and delivered the items to the two organizations.

Club50 Agenda

Talent show

Holiday Party recap

Donation drive for the Delores Project

Volunteer programs

Pride Concepts

Date: February 5th

1:30 at the Center

-Bring your own lunch-

West of 50's Program Lineup

Lesbian Lounge

Monday's, 10 AM – 12:00 PM, Hybrid

In need of a little conversation, fun, learning, and community? This weekly group is focused on supporting queer-identifying women through conversation, creativity, and learning. These peer-led conversations will focus on anything from relationships to health to current events with the occasional workshop.

Telling Your Story

Monday's, 1:30 PM – 3:00 PM, Hybrid

Participants are provided with 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.

Stitch & Bitch

Monday's, 6:15 PM – 7:45 PM, In-Person

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 Stitch & Bitch!

Stitch & Bitch 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.

Once a month, typically on the third Monday, ReCreative Denver will be joining Stitch & Bitch to teach us a specific upcycling and recycling craft! Stay tuned to our website for details on what craft we'll be learning each month.

Men's Coffee Group

Tuesday's, 10:00 AM – 12:00 PM, Hybrid

A weekly group that is focused on supporting queer-identifying men through conversation and friendship.

Older, Wiser, Sexually Smarter

Tuesday's, 2:00 PM - 3:30 PM, In-Person

This weekly discussion group is facilitated by a West of 50 staff members and focuses on dismantling sexual misconceptions and introducing evidence-based topics to help older adults engage in their best sex-positive selves. The group operates based on fundamental concepts about sexuality and age. Older adults can examine and possibly change the "sexual scripts" they have learned from childhood about how to think and behave as sexual people. Many of these scripts are not relevant for older adults. Additionally, sex is more than intercourse. Especially in the later years, individuals can explore the possibilities of non-penetrative sex, or "outercourse"

Club50

First Wednesday of each month, 1:30 PM – 3:00 PM, In-Person

Club50 drives West of 50 programs, creates volunteer opportunities, and makes meaningful change whenever possible. The club meets on the first Wednesday of every month.

Push'n Pansies
2nd Wednesday of each month, 1:00 PM – 2:00 PM, In-Person
Death is not a topic that many like to discuss. But the end of the rainbow is inevitable. Push'n Pansies is a brave space for individuals to come together and discuss the end of life, learn about resources, and discover the strength to normalize aging and death.

Open Art Studio
Thursdays, 10:00 AM – 12:00 PM, In-Person
Please join us every Thursday for a drop-in Art Group put on by our West of 50 program. This program is free to attend - the only thing you need to bring is yourself and a creative mind.

Lunch Bunch
3rd Thursday of the month, 12:30 PM – 2:00 PM, In-Person
Location varies from month to month. A monthly gathering around food with friends. Attendees are responsible for the cost of their meals and getting to and from the restaurant.

Movement Therapy
Friday's, 10:30 AM – 11:30 AM, Hybrid
This class focuses on meditation, movement, and breathing, meeting participants where they are at with their bodies. Each session introduces breathing techniques, stretching, healthy movement strategies, and more. Participants are encouraged to wear socks or comfortable shoes for this class.

Creative Meditation with Quána Madison
Check the Center Calander for the event date, 11:45 AM – 12:45 PM, Hybrid
Join artist & inner peace gardener, Quána Madison, for a monthly 60-minute creative meditation workshop. This workshop will use 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 art-making

*This workshop is sponsored by **Colorado Artists in Recovery** (CAiR).

Disability Peer Support Group
Friday's, 1:30 PM – 3:00 PM, Hybrid
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.

PRIDE Playwright
2nd & 4th Saturday of each month, 12:00 PM – 2:00 PM, In-Person
Join us as we create a community of writers focusing on old and new pieces including monologues; scenes; one-act plays; and more! This supportive space will nurture the writer's growth by providing historical references, educational perspectives, and constructive feedback. Eventually, we will prepare pieces to present to an audience including full or partial staging with actors from the larger community to provide authentic voices for our work. Pride Playwright every other Saturday, moving to once a week as the work develops.

Self– Love Bingo

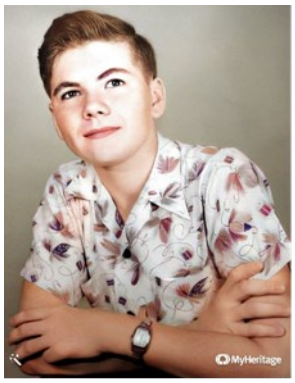
Valentine's Day is often associated with romantic love, but it's also the perfect time to celebrate self-love and prioritize your well-being. Here are some practical ideas for practicing self-care and embracing the love you have for yourself and we turned it into a game of Bingo! Check off each square as you complete the self-care tasks, aiming to complete a row, column, or the entire board by the end of the month.—Lindsey

Read or listen to something inspiring	Write down three things you're grateful for	Go outside for 10 minutes to enjoy a walk or sit and breathe in the fresh air	Try a new hobby or activity	Compliment yourself in the mirror
Perform a random act of kindness	Disconnect from all technology for a few hours	Cook or order your favorite meal	Meditate for 5 minutes	Wear something that makes you feel amazing
Journal about one of your favorite memories	Attend a new (for you) event or group at The Center	FREE SPACE (Be Queer)	Buy something that brings you joy, like a book, plant, or sweet treat	Take a nap or make time to relax
Complete 1 task you've been putting off on your to-do list	List 3 qualities you love about yourself	Do 15 minutes of stretching or yoga	Call or text a friend or loved one	Draw, paint, or do a creative activity
Put on your favorite song and DANCE	Practice deep breathing for 1 minute	Write down one goal for yourself	Watch your favorite movie or show	Spend time doing nothing

1957 Phillip—Age 22

IX – MEMORIES OF AN OLD MAN

Ken Felts



Phillip –High School Grad. 1953

Naval service over, I returned to my family home in Dodge City, Kansas, took a short vacation and then entered my senior year at the University of Kansas, at Lawrence, Kansas. I joined the family church and participated in their activities. I majored in Personnel Administration in college, and graduated on June 4, 1956.

Being "straight" had become my lifestyle and I rarely missed such encounters. With my degree and lots of time left on my G.I. Education bill, I decided to attend the University of New Mexico at Albuquerque and immerse myself in Southwest history and culture. From that I have had a lifelong love of the Southwest and Native American tribes and their many stunning crafts of rugs, pottery, art and other beautiful works. But money was getting low, and I needed to work. Remembering the wonderful weather of Southern California, I decided to return to Long Beach. I quickly found work as an insurance investigator for Retail Credit Company and was assigned a desk in a room with about 20 other guys. New forms to learn as well as other routines, and it was confusing at first. But a co-worker came to my rescue and offered to help. Phillip was 5 years younger than me and had moved to California with his sister with whom he lived with in nearby Bellflower. We soon started having coffee together before work, then gathered our assignments and drove to our respective territories to collect information. Usually by early afternoon we were back at our desk filling out forms. It was not unusual for us to be about the last ones to leave and we would occasionally have dinner together. Soon he introduced me to his sister, and we began spending weekends together taking short trips around the area. But as far as I could tell, we were both "straight," that is, until one evening in my apartment as we were in conversation, he leaned over and kissed me. Sparks flew, "straight" went out the window, and a new chapter began for us. Phillip had graduated from a Christian college and sang in the choir of the local church where I often attended with him. His sister was aware of our sexual orientation, but at that time, California was very anti-gay with strict laws forbidding any homosexual activities. When my apartment lease was completed, I moved in with Phillip and we shared his bed and bedroom. Our sex life was spectacular, and we enjoyed each other's company. One Saturday night, we elevated our activities to a higher level and life was good. The next morning, Sunday, we were in church with Phillip singing and me sitting in a pew. The sermon topic was the punishment for sins and the descent into the fires of hell for those who do not heed the warnings. My early Christian learnings were re-awakened, and I was filled with guilt. The pew began to get very warm and fire balls were falling about me; I could hardly wait to get out of the church. How could anything that feels so right be so wrong? (to be cont'd)

Phillip—exploring a mine 1958

Phillip 1957 Collage Grad

Organizing For Yourself

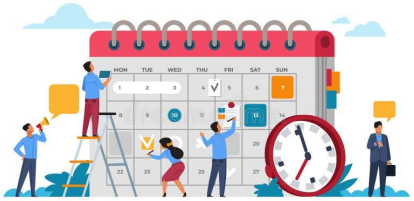
Sometimes we need a little help managing our lives. In this conversation, we will address what you can do to manage your time, money, home, and more.

In this conversation you will learn:

⇒ Tips for managing your year.

⇒ Tips for managing your wellness.

⇒ Things we all need to consider when planning out our time.



Date: Wednesday, February 19th

Time: 11:45a RSVP required to attend.

Avanti F & B- Inspired by the buzz of European markets and the creativity of local food truck roundups, Avanti has reimagined the modern-day food hall. Since opening their Denver location in 2015, they have expanding to Boulder in 2020, and gearing up for our newest spot in Vail in early 2025, they have been on a mission to deliver an unparalleled food and drink experience. Home to an eclectic mix of talented chefs and diverse cuisines, an inventive yet approachable drink program, and the best views in town, Avanti is where you come for the food and drinks and stay for the unbeatable atmosphere. Finally answering the age-old question, "Where should we go eat?"

Date: Thursday, February 20th.

Time: 12:30p

Location: 3200 Pecos Street Denver, CO 80211

THE CENTER'S GOT TALENT AUDITIONS

Monday, February 24th at 5:30 PM — 7:30 PM

Wednesday, February 26th at 1:30 PM—4:30 PM.

Saturday, March 1st 12:00 PM—3:00 PM

All talents welcome!

Must be 21+ to Audition & auditions are limited to 3 minutes.

Center's Got Talent Show will be hosted the evening of Saturday, March 29th.

WOF 2024 Report Card

Number of programs offered: 477
Total number of check-ins: 4,339
Total number of non-members: 2,697
Total number of participants: 7,036
Number of new people who signed up to be a member of WOF: 401

Most notable programs of 2024

Schule of Drag show: 61
The Centers got Talent: 113
Mingle Masters: 47
Queer Woke: 48
DPL Pride Party: 79
Tea Dance: 89
Holiday Party: 114
Lesbian Lounge: 461
Older Wiser Sexually Smarter: 421
Men's Coffee: 938

Thank you for a successful Year!

The West of 50 Holiday Party and Art Show was a massive success! More photos can be found online on our Flickr Page, https://www.flickr.com/photos/lgbtqcolorado/albums/72177720322505908/

Valentine's Day Movie Night: Ammonite

Happy Valentine's Day from West of 50! Come join us for a special movie night on Friday February 21st to celebrate the holiday that is all about love. This year we are going to watch the lesbian historical drama Ammonite, starring Kate Winslet and Saorise Ronan. This movie follows British Paleontologist Mary Anning and the speculative romance that occurs between her and Geologist Charlotte Murchison on the dusky beaches of Britain in the 1800's. Valentine's Day Treats, popcorn, and drinks will be provided as well as some comfortable space for you and your boo.

When: Friday February 21st, doors open at 5:30 movie starts at 6pm

VALENTINE'S DAY CELEBRATION

FRIDAY, FEBRUARY 14 | 5:30 - 7:30 PM

THE CENTER ON COLFAX Disability Program

Dateability

PHASES OF THE MIND THERAPY

ReCreative DENVER

Celebrate the holiday of love and connection with The Center! Join us for an evening of speed dating, upcycling-based craft projects, snacks, and connecting with your community. Please RSVP in advance and let us know of any accessibility needs by February 3.

Speed Dating will be hosted by Dateability from 6-7pm.

ReCreative Denver will be hosting a craft table for the entire event.

Snacks and non-alcoholic beverages will be provided.

The entire event is free!

Final day for accessibility requests is February 3rd, we cannot guarantee requests made after that date.

February 2025

SUN	MON	TUE	WED	THU	FRI	SAT
Key **Lesbian**: Lesbian Lounge **Move:** Move-ment **Story**: Telling	Your Story **Stitch**: Stitch & Bitch **Sex**: Older Wiser Sexually Smarter **DPSG**: Disability	Peer Support Group				1
2	3 10 Lesbian 1:30 Story 6:15 Stitch	4 10 Men's Coffee 2 Sex	5 10:30 SS Yoga ***1:30 Club50***	6 10 Open Art	7 10:30 Move 11:45 Meditation 1:30 DPSG	8 12-2 Pride Playwright
9	10 10 Lesbian 1:30 Story 6:15 Stitch	11 10 Men's Coffee 2 Sex	12 10:30 SS Yoga ***1:00 Push'n Pansies***	13 10 Open Art	14 10:30 Move 1:30 DPSG ***5:30 Valentine's Day Social***	15
16	17 10 Lesbian 1:30 Story 6:15 Stitch	18 10 Men's Coffee 2 Sex	19 10:30 SS Yoga ***11:45 Lunch & Learn***	20 10 Open Art ***12:30 Lunch Bunch***	21 10:30 Move 1:30 DPSG ***5:30 Movie Night***	22 12-2 Pride Playwright
23	24 10 Lesbian 1:30 Story ***5:30 Talent Show Auditions*** 6:15 Stitch	25 10 Men's Coffee 2 Sex	26 10:30 SS Yoga ***1:30p Talent Show Auditions***	27 10 Open Art	28 10:30 Move 1:30 DPSG	1 ***12p — 3p Talent Show Auditions***