

The Center on Colfax's

# West of 50

May 2025

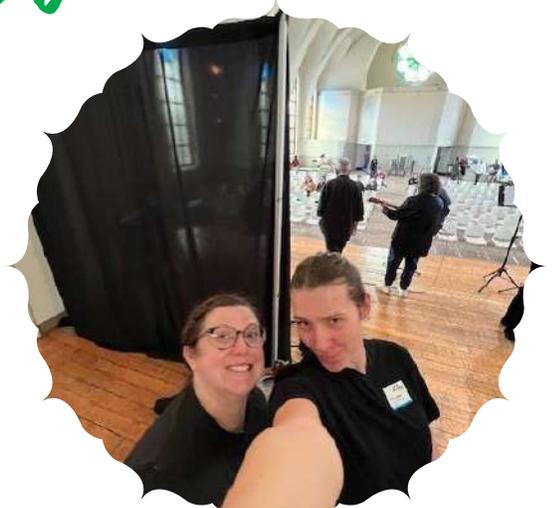
# WOF vibes



*Lindsey... behave*



*Nadine and Representative Leslie stopped by Queer Woke*



*Lindsey & Helana rocking a Selfie*



*Enjoy the Show...*



*The Center's Got Talent cast & volunteers from NCM*

## *In this issue*

Personality Types  
pg. 1 & 2

Club50 pg. 3

Push'n Pansies pg. 3

Intern Thank U  
pg. 4

Lunch Bunch pg. 5

Center's Got Talent  
pg. 5

Road Trip pg. 6

Wellness Friday pg. 7

TO MAKE MY HEART  
SING AGAIN pg. 8 & 9

Hygiene Drive pg. 10

Funny Words pg. 11

Calendar of events  
pg. 12

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# Personality Types & Hobbies

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We are all different. No matter our differences it's recommended that we have a hobby. Hobbies improve mental health, and social bonds, and add structure to our lives. The key is finding a hobby that fits you. Monica Vermani is a clinical psychologist and author of *Deeper Wellness: Conquering Stress, Mood, Anxiety and Traumas*. says, "Understanding ourselves, our traits, and preferences can facilitate the choices we make in many aspects of our educational, professional, and personal lives". Vermani goes on to note the key to identifying hobbies that you will like is based on your personality. Identifying your personality type allows you to better understand the types of hobbies you may enjoy as well as help you understand what you want out of life and how to better interact with others.

## 5 Personality Types

**Openness:** Individuals who fall under this personality type tend to be curious. They have creative imaginations, are open to trying new things, love new challenges, and are not afraid to take risks. People who are low in openness could struggle with trying new things and would rather stick to the traditional way of doing things.

**Conscientiousness:** These people tend to think about how their behavior affects others and are mindful of the little details. They spend time preparing to enjoy their schedules and routines.

If someone is low in this area, they tend to dislike structure and have a hard time sticking to schedules and tend to misplace things and procrastinate.

**Extraversion:** This outgoing person enjoys crowds and being around others. This energizes them and gives them a boost in life. On the other hand, individuals who are low in extraversion would rather be alone and need private time to recharge.

**Agreeableness:** This individual tends to have an optimistic view of life, and they enjoy cooperating with others. They are kind, trustworthy, altruistic, empathetic, and affectionate. People who are low in this area tend to put their interests above others and maybe distant, unfriendly, and uncooperative. Additionally, this person tends to manipulate often to get what they want and have little regard for or concern for the feelings and problems of others.

**Neuroticism:** This individual can seem sad, moody, and irritable. They encompass individuals at both extremes and everything in between, from those who are emotionally stable to those who are in a state of complete emotional chaos. Some individuals may struggle returning emotionally from a challenging life experience while others manage stress well and are emotionally stable.

## Hobbies for ME!

We are complex people and personality types are broad. Chances are that individuals can experience several of their affiliated characteristics at once. Get to know yourself on an ongoing basis, so you can fully understand your personality type.

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You can also take a personality quiz. Once you know your personality type you could consider trying some of the hobbies listed below.

**Openness:** People who enjoy creative hobbies.

Hiking, reading, theme parks, arts and crafts, travel, photography, baking or cooking classes.

**Conscientiousness:** People who enjoy purpose.

Gardening, board games, volunteering, challenging cooking classes, trivia.

**Extraversion:** People who enjoy social hobbies

Fitness classes, game nights, concerts and festivals, public speaking, networking events, choir or band.

**Agreeableness:** People who enjoy helping others.

Book clubs, volunteering, poetry creation, community gardening, food drives, and sports leagues.

**Neuroticism:** Someone who enjoys soothing, solitary, and supportive hobbies.

Tray creating a blog, houseplants, learning a new language, meditation, or fishing.

# Club 50

May 7<sup>th</sup> at 1:30p

Topics to cover

-PRIDE-

-June Programs-

-Community Engagement-

-Bus Trips-



May 14<sup>th</sup> at 1:00pm

The Golden Rules for Successful Aging Genes account for only about 25 percent of your health and longevity. The rest is influenced by where and how you live. These two factors you can control whether you are in your forties, fifties, sixties, or beyond.

Understanding the Golden Rules for Successful Aging could lead you to develop a new lease on life and construct strategies to improve your daily living. In this conversation, we will explore these rules and develop strategies to help you implement them.

# WOF! INTERN THANK U LUNCH'N



It's that time of year again when we must say THANK You and peace out to our West of 50 interns. Lindsey and Helena have been essential to the success of the program since joining us in August. We are so proud of these two awesome individuals and we are excited to see what they achieve next.

**To celebrate them and their hard work we are going to host a pizza party!**

**Join us Thursday, May 1<sup>st</sup> from noon to 1:30 p.**

**Words from Helena** - Believe it or not, my time at The Center is coming to an end! It feels like just yesterday I was walking in for my first day and now I am almost done. I have learned so much from you all and have appreciated all the time we have spent together. I used to see aging as something scary and unpleasant. I thought when I got older, I could not be happy. However, you all taught me such a beautiful lesson, that there is happiness to be found at any age. There is community, friendship, and companionship at all stages of life. Despite all the hardships you all faced, you still found a reason to show up to The Center, connect with others, and spread joy. This internship has reminded me of the resilience of the human spirit and a renewed hope for my future as I age. Thank you from the bottom of my heart, you all have changed me for the better and I will always hold the experience I had interning at The Center close to my heart! Keep being the awesome humans you are.

**Words from Lindsey**- I first starting working with West of 50 in 2022 as volunteer for one of my very first classes in my BSW program. I LOVED my volunteer experience, and from the start, I knew I wanted to return for my BSW internship. I'm incredibly grateful that this goal became a reality. As my internship comes to a close, I want to express my gratitude for my time here and for the incredible community that I've had the privilege of working with.

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Being a part of the West of 50 and Disability Program has been an inspiring and fulfilling experience, and I have learned so much from everyone here. I feel like I've found lifelong friendships in Helena, Jason, and Bryant, and their support and camaraderie have made this journey even more meaningful. And to you, our community members, you have truly made my experience at The Center unforgettable. Thank you to everyone who shared their stories, attending our programming, and helped make this space one of connection, support, and belonging. I've been humbled by your willingness to engage and share your stories, and your warmth has reinforced my commitment to creating spaces where everyone feels seen and heard. My experience here has opened my eyes and heart to how important community is; it's everything. Your kindness, resilience, and support for each other inspire me. As far as what's next for me, I'll be graduating with my BSW in May and beginning my Master of Social Work program in June. I will continue working at Pepper's Senior Dog Sanctuary wearing my multiple hats – veterinary technician, taking care of the dogs, and also as a social worker, helping develop their community outreach program. While my internship is ending, this is not goodbye! I'm excited to continue working with Jason and Bryant, volunteering, and staying involved with West of 50. I look forward to seeing you all at future events and continuing to support this incredible community. ♡

## LUNCH BUNCH



May 29<sup>th</sup> at 12:30  
1300 Pennsylvania St.

Nestled in the historic Penn Garage in Capital Hill, SubCulture crafts delicious subs made with hand-selected ingredients and fresh daily-baked bread.

Attendees are responsible for purchasing their own meals.

## Center's Got Talent 2025

This Past March we hosted our third annual talent show. The event welcomed 108 viewers, 42 performers, and 10 volunteers. The show was a smash with dancing, singing, comedy and more. **Thank you** to our sponsor **NCM!** and all who worked so hard on the show!



# WOLF Road Trip!

## Cheyenne Mountain Zoo

Cheyenne Mountain Zoo, a long-standing Colorado Springs staple, was recently voted the second-best zoo in the US by USA Today's Readers Choice Awards.

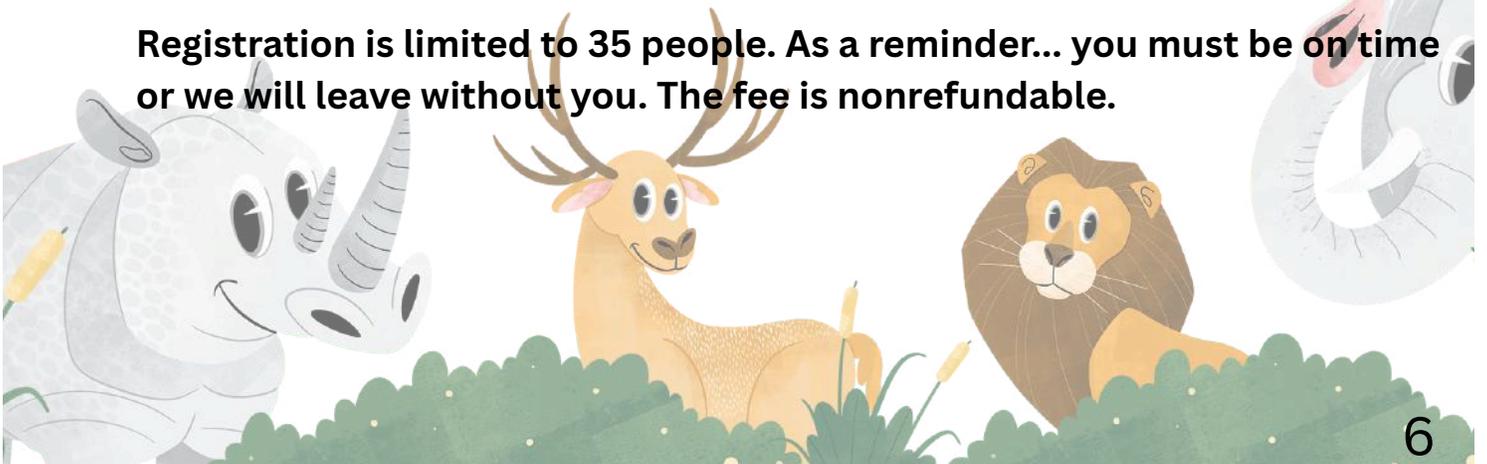
Located at 6,714 feet above sea level this Mountain Zoo offers breathtaking views of Colorado Springs and the opportunity to see over 750 animals. The zoo is best known for its large and prolific giraffe herd. The Zoo has also created an exhibit focused on animals from the rocky mountain region. The Rocky Mountain Wild exhibit houses bald eagles, Canadian lynx, Greenback cutthroat trout, Grizzly bears, Mexican wolves, moose cougars, porcupines, river otters, rainbow trout, and wood ducks.

### Trip Itinerary:

- 9:30 am leave The Center
- 11 am arrive at the Zoo
- Free to explore the Zoo at your leisure
- 3:45 pm leave the Zoo
- 5:30 arrive back at The Center

Attendees will be provided transportation to and from the zoo and entry into the zoo. The fee is a nonrefundable \$20.00, which can be paid in person or online. Register at The Center on Colfax's website.

**Registration is limited to 35 people. As a reminder... you must be on time or we will leave without you. The fee is nonrefundable.**



# Wellness

## FRIDAY

Denver Botanic Gardens

Wellness is defined as being in good health, especially when good health is one's active goal. With that in mind West of 50 is excited to invite you to our second edition of Wellness Friday, a one-day, three-part program focusing on Mindful Meditation, Movement, and Horticulture Therapy. Enjoy the beautiful sights and smells of the Denver Botanic Gardens as you attend to the needs of your mind, body, and spirit.

Each of the three sessions will be 45 minutes with a 15-minute transition. After the first two groups, we will take an hour break for lunch, which you can bring or purchase from a Garden's café, then return for our final group. This is a free event, but **online registration is REQUIRED**. There are only 24 spaces available for this event. **Registration will close on Friday, May 23rd.**

### **When: Friday, May 30th**

9:30 am - A mindful welcome

10-10:45 am Session 1

11-11:45 am Session 2

11:45-1 Lunch

1-1:45 pm Session 3

### **About the Sessions:**

**Mindful Movement:** led by Bryant Mehay, who also runs West of 50's regular Friday morning Movement class. Unlike their typical group, this session will focus less on exercising movement and more on artistic, reflective movement that draws inspiration from the nature around us for inspiration.

**Creative Meditation:** led by Quána Madison. Participants will look at art inspired by nature, engage in walking meditation, and use drawing materials to respond to a creative prompt.

**Therapeutic Horticulture:** led by Garden Staff: Therapeutic horticulture is a plant-based, outreach and onsite program that helps people experience mindfulness and the restorative health benefits of nature using their senses.

## TO MAKE MY HEART SING AGAIN

Kenneth W. Felts (2022)

I need to say goodbye, to seek the peace that lies beyond.  
I need to quietly go, to where the heart pain will be forever gone.  
I want again to hold the gift of love I once rejected in despair.  
When offered by a pure and trusting heart, with great loving care.



The inner conflict between my life as gay or straight  
Had been resolved when I took religion's bait.  
And knew God had made a mistake in my creation.  
That people like me were a frightful abomination.

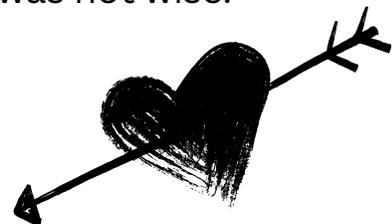
A life of obedience to what my culture said was right.  
Following holy childhood teachings, both day and night  
To the lure of the ecstasy promised to this faithful boy  
Never questioning why my life seemed to hold no joy.

A job in California in the spring of fifty-seven  
Brought me very, very near to an earthly heaven.  
When Phillip found my heart was oh, so gay.  
From then on, we were together nearly in every way.

As the days grew sweeter and the future looked so bright.  
We explored each other non-stop throughout the starlit night.  
When, then, did the angels stop singing their song?  
How, then, with me, did it all go so wrong?

Religious teachings when we are young never go away.  
What we two felt to be oh so right, collapsed on a bright Sunday.  
I left my love standing at the curb and drove into the sunrise.  
Now I am free, I thought, but that was not wise.

*(Continued)*



The years sped by and his memory remained.  
The straight life I had chosen brought only empty pain.  
Temptation abounded, both here and abroad  
But I stayed oh, so true to my boyhood God.

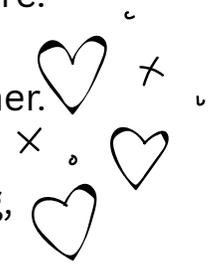
I married, fathered a daughter, and lived the straight life.  
I tried to make a good home for my daughter and my wife.  
But nothing could erase the pain of what was lost  
So many years ago, and the deserts I had crossed.



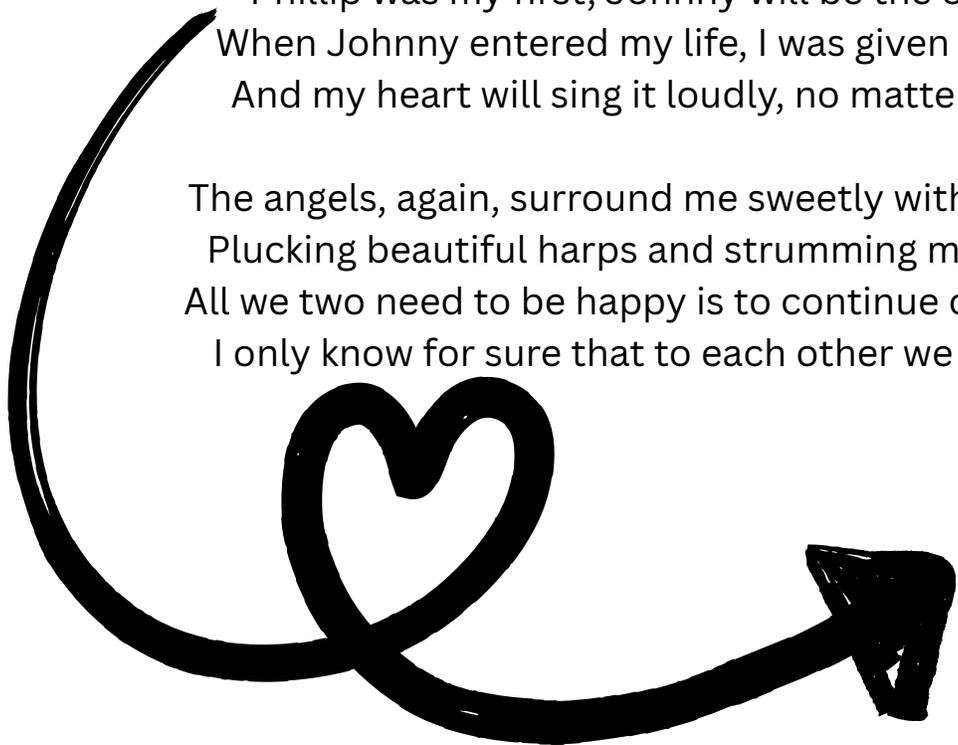
Out of the pain of medical treatment for cancer  
And the isolation of Covid, I received the answer.  
I would live life as it was given to me on my birthday.  
I would tell the world the lie was gone and that I was Gay.

Yes, I lost a few friends but gained so many more.  
One helped me to find Phillip, and my heart did soar.  
But, alas, he had been called home a few years before.  
And our hearts would never again beat as in days of yore.

In the sunset years of my life, I am in the arms of another.  
Phillip was my first, Johnny will be the only other.  
When Johnny entered my life, I was given a new song,  
And my heart will sing it loudly, no matter how long.



The angels, again, surround me sweetly with their choirs,  
Plucking beautiful harps and strumming melodic lyres.  
All we two need to be happy is to continue our love song,  
I only know for sure that to each other we now belong





# Servicios de La Raza

## Services for the People

In 1972, a dozen advocates for Denver's Latino communities came together to form Servicios de La Raza - created to ensure that people in need could access essential services in a way that is respectful of their background and experiences.

Servicios stands as a vital, bilingual human services organization committed to serving Colorado's low-income and Spanish-speaking populations with culturally and linguistically responsive social services.

Rooted in the advocacy of the Chicano Movement, the organization remains committed to supporting **anyone** who seeks assistance, providing vital resources that empower individuals and strengthen communities.

**Club50** has decided to help this vital community program, with a new donation drive. Servicios de La Raza is in need of:

- Twin Sheets
- Full sized bed sheets
- Hygienic wipes
- Travel Hygiene items ex: toothbrushes, toothpaste, shampoo, body soap, and deodorant.

The Drive will conclude at the end of May.

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### Gay Pride:

The idea that gay people, queer people (=who do not fit a society's traditional ideas about gender or sexuality), and transgender people (=people who gender does not match the body they were born with) should not keep the fact of their sexuality or identity secret and that they should be proud of it.

Remember your **Why**



# FUNNY-SOUNDING WORDS



E H S C H M O O Z E F W B Q X  
 B W U H O E C A K E O H U E C  
 I I S L M I Q D F X P I M V G  
 F A B Q L D X V G D P P F E F  
 I B M L J A I E P Y I P U R S  
 N E S E I E B N U Z S E Z Y P  
 I C O G F O Q A G H H R Z W L  
 F E Z Q S U K H L U C S L H E  
 U D Z I K X E L M O S N E E E  
 G A L U J I R F E G O A U N N  
 A R E A G G F H V P A P R O W  
 L I D F A R T L E K T P M Q O  
 S A L O P E T T E S Z E A S R  
 J N B S Z T M J Q L U R C B T  
 D K B U M B E R S H O O T O L



Whippersnapper

Abecedarian

Everywhen

Schmooze

Bumfuzzle

Hoecake

Erf

Bumbershoot

Salopettes

Spleenwort

Dingus

Foppish

Biblioklept

Hullabaloo

Fartlek

Sozzled

Finifugal



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10 Open Art 12 Intern Lunch	2 10:30 Movement 1:30 DPSG	3
4	5 10 Lesbian 1:30 Story 6:15 Stich	6 10 Men Coffee 2 Sex	7 1:30 Club50	8 10 Open Art	9 10:30 Movement 1:30 DPSG	10
11	12 10 Lesbian 1:30 Story 6:15 Stich	13 10 Men Coffee 2 Sex	14 10:30 SS Yoga 1:00 Push'n	15 10 Open Art	16 10:30 Movement 1:30 DPSG	17
18	19 10 Lesbian 1:30 Story 6:15 Stich	20 10 Men Coffee 2 Sex	21 10:30 SS Yoga 1:30 Club50	22 WOF a Road Trip	23 10:30 Movement 1:30 DPSG	24
25	26 Center Closed Memorial Day	27 10 Men Coffee 2 Sex	28 10:30 SS Yoga 1:30 Club50	29 10 Open Art 12:30 Lunch Bunch	30 10 Wellness Friday at Gardens	31

**Key:**

**Lesbian:** Lesbian Lounge

**Story:** Telling Your Story

**Stich:** Stitch & Bitch

**Sex:** Older Wiser Sexually Smarter

**SS Yoga:** Silver Sneakers Yoga

**DPSG:** Disability Peer Support Group

**SAVE  
-THE-  
DATE-**

- **June 6<sup>th</sup>**, Queer Woke: Lavender Scare
- **June 12<sup>th</sup>**, PRIDE Party a celebration with Denver Public Library
- **June 25<sup>th</sup>** West of 50's Tea Dance
- **June 28<sup>th</sup> & 29<sup>th</sup>** Denver PRIDE FEST