

Fall is the season of change, from the colors of the leaves and the smell of the air growing crisper to the temperature starting to grow colder. Autumn challenges us to become more flexible, as we deal with cold morning air and the hot afternoon sun (how on earth do you decide what to wear?). This time is also one of gratitude; we gain more appreciation for the daylight as the days shorten and for our time with others. I want you all to know how endlessly grateful I am for all of you and for the opportunity to develop this program to suit the community's needs.

As you all are aware there have been significant changes at The Center and specifically within the West of 50 program. I want to make sure everyone feels comfortable and motivated to continue attending our programming. For those of you who have not met me yet, my name is Bryant Mehay, I am the Manager of Elder Services here at The Center on Colfax and have been working here since March 2022. During this time of transition, I ask for your flexibility and your patience and will offer the same in return. Please do not hesitate to reach out to me or stop by my office if you have any questions.

Gratefully,
Bryant Mehay

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THANKFUL 4
YOU

West of 50's Annual Thanksgiving celebration

Friday, November 7th

12:30 pm - 2:30 pm

*Texas de Brazil
8390 E Northfield Gte. 1800
Denver, CO 80238*

*RGVP required along with a
nonrefundable \$10.00*

Community - Recognition - Celebration

Acknowledging Thanksgiving

As we gather this Thanksgiving, we recognize the holiday's history of colonization and oppression of Indigenous peoples. We honor their resilience and encourage reflection and respect this season.

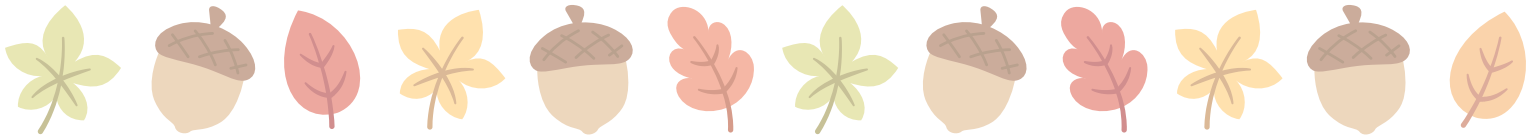


Our West of 50 team provides free, short-term case management services to help adults ages 50 and better maintain their independence in the community. Our team connects individuals with essential resources such as community benefits, healthcare, transportation, and mental health support.

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, 2:30 - 5:00 PM
Thursdays, 10:30 - 12:30 PM



LGBTQ+

Community Forum

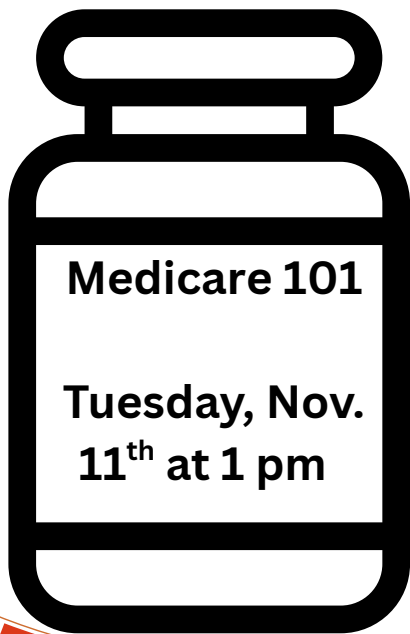
Keeping in touch with Colorado's elected officials is important.

Join us for an evening of conversation and feedback with local policy makers.

The Center on Colfax
1301 E Colfax Ave,
Denver CO 80218

November 14th
6:00 - 7:00 PM





In this session informational session, Buzz Hayes from My Medicare Hero will be addressing

- The two main parts of Medicare (Original and Medicare Advantage)
- Who qualifies for Medicare
- Enrollment Periods, including the Annual Enrollment Period (Oct 15 - Dec 7) and Initial Enrollment (turning 65 or retiring from an employee group health plan)

There will be a Q&A for about 15 minutes after presentation. So if you have any Medicare questions now is the time to come in and ask.



Elder Fraud and Insights

The FBI will present on the latest fraud scams and trends that criminals are using to target the older population in your community. The presentation will include fraud schemes with examples from FBI cases and practical ways to protect yourself and your loved ones from fraud attempts.

Wednesday, November 12th at 1pm



Facilitator Training

Friday, November 14th 1:30-4pm

Are you interested in taking more of a leadership role at West of 50? As we go through this time of change we are looking for community members interested in becoming facilitators for the program. We are looking for facilitators for everything from Men's Coffee, Lesbian Lounge, to Older Wiser Sexually Smarter. Whether you currently help facilitate a group and would like to learn more or interested in getting started, contact Joy Iwancio at jiwancio@lgbtqcolorado.org to register.

Artist needed

The Center's Holiday Party & Art Show will be held on Friday, December 5th. We are seeking artists to help fill the building with beautiful artwork!

- Artwork Delivery: Please bring pieces to West of 50 by Friday November 21st
- Exhibit Dates: December 1st – January 31st.
- Artwork Pick-Up: Week of February 2nd.

Submission Process:

If you would like to submit artwork, please stop by the West of 50 office to pick up a submission form. A completed form is required for each piece of art you wish to display. We can't wait to showcase your creativity and celebrate together at this special event!

A Funny Thing Happened On The Way To AFTERGLOW

There we were, on my front sidewalk, the lovely Ms. Cheryl and I, CowPoke Avi, when up pulls our UBER, sent by a friend to deliver us to the 'Ball.' Our friend, Johnny, was sparing me the potential nightmare of driving into that god-forsaken RINO area, {long story}.

I waved to the driver of the KIA Soul who appeared to be a woman. At first, her mouth dropped open. I can only assume that she was taken aback at how strikingly handsome I am. {Later in the UBER ride, she confessed that the 10 1/4 was the first "thing" she noticed.}

Our driver turned out to be Heather From Seattle. She pulled over and hopped out of her car, grinning from ear to ear. The three of us: Cheryl, Heather, and I, CowPoke Avi, stood laughing and chatting in the street as we placed our bags in the rear of the car.

"We're going to a fundraiser for the Center on Colfax," Cheryl offered to Heather. Still grinning from ear to ear, Heather replied, "Of course you are."

As we {mostly me} gabbed on about AFTERGLOW and everything The Center has to offer, Heather repeated the "Of course you are" comment a couple more times. I recall a slight puzzlement coming - and going - amid the frivolity in the small car.

Then I understood. Ms. Heather began softly exclaiming, "This is the Universe taking care of me." She had not planned to drive today, but knew she needed to get out of the house...

Ms. Heather is new to Denver and she identifies as Lesbian. She says she has been knowing she needs to get with Queer Community. THEN, Queer Community, in the form of Cheryl Evermore and I, CowPoke Avi, ends up in the back seat of her KIA SOUL!

In the forty minutes it took to drive SIX AND SEVEN TENTHS MILES into the aforementioned "area," Cheryl and I, CowPoke Avi, were used by the UNI-VERSE {=1 song}, to give a hand to Heather From Seattle.

Arriving late at the venue, we had just two things yet to do: Hugs, Hugs, all around, and, we MUST take pictures to commemorate this Special Occasion when THREE GORGEOUS PEOPLE "just happened" to touch each other's hearts.

CowPoke Avi
aka: avis blankenship
28 September 2025



Your Feedback

This past September, WOF conducted its community feedback surveys. Thank you for sharing your feedback and guidance with The Center. The following data tells the story of West of 50's weekly programs and how effective they are in achieving their intended purpose. This includes Club50 & Pushing Pansies. Here's what you told us...

Program Effectiveness

How well did the program meet its purpose?

- Excellent: 46.3% Great: 46.3%
- Fair: 6.1% Poor: 1.1%

Key Takeaways:

- Highly rated as informative, relevant, and enjoyable
- Promotes learning, social connection, and personal growth
- Participants appreciate the safe, consistent community space

Areas for Improvement:

- Increase outreach to new participants
- Add variety in programming and easier sign-ups
- Address logistics: parking, travel distance, room size, refreshments

Staff & Facilitator Scores

Program Manager – Bryant

- Excellent: 82.4% Great: 14.7%
- Known for energy, creativity, and approachability
- Growth: increase visibility; “make the coffee stronger!”

Facilitators

- Excellent: 46.9% Great: 11.1%
- Strengths: energy, warmth, community building
- Growth: consistency and time management

Areas for Improvement

- New Participants: Need to bring in more people over time.
- Logistics: Suggestions for earlier sign-ups, more program variety, and occasional refresh of content.
- Accessibility: Long drives/traffic can be a barrier for some.
- Details: Requests for better snacks, reminders of movement precautions, and expanded outreach.

Overall Experience with The Center

- Excellent: 47.5% Great: 46.3%

Comfort in the Group

- Excellent: 44.3% Great: 48.1%

Acceptance in the Group

- Excellent: 45.5% Great: 45.5%

Overall Themes

- Strengths: Welcoming, inclusive, affirming community; engaging learning; reduced loneliness; personal growth
- Opportunities:
 - Increase diversity and inclusion (especially African American and lesbian members)
 - Add more outings, social events, and creative activities
 - Improve communication and refresh program content periodically

Club50

NOV. 5TH 1P

Agenda:

Q3 Review

Bus trip feedback

Thankful 4U prep

Holiday Party prep

News Flash feedback

NEWS FLASH

Do you feel hopeless, confused, angry, or overwhelmed when you watch the news or discuss current events with family and neighbors? In today's political climate, learning about conflicts occurring on a state, federal, and global level can leave us with many concerns. Beginning October 22nd, join your West of 50 intern, Hannah, as she leads a discussion on current events that are affecting us as individuals and in our communities. This program will allow time to share relevant topics, learn new information about events from reliable sources, and understand what each of us can do in our communities to make small but effective changes.

Date: Nov. 19th.

Time: 1 p - 2:30 p

This group is Hybrid, register online for the Zoom Link. If there is a specific topic you would like to discuss. Please submit ideas a week before the group meets to Hannah at hjenkins@lgbtqcolorado.org



The Center's Holiday Party and Art Show

FRIDAY, DECEMBER 5TH

4PM - MEET THE ARTISTS

5PM - DOORS OPEN

8PM - EVENT ENDS





CHOSEN FAMILIES

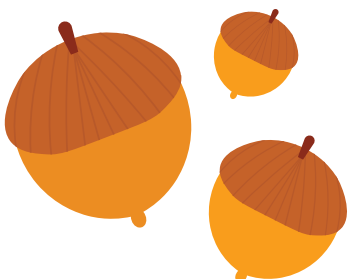
As the holiday season approaches, we are often surrounded by an influx of societal and media pressure to spend time with our families, reach out to our aunts, cousins, or siblings, and forgive those who have wronged us.

This can be a warm and cozy sentiment, but it goes without saying that many of us in the LGBTQ+ community have strained ties with family members that make this upcoming season feel challenging. We may have relatives who don't accept us in our truest forms, and that can leave us feeling a little left out of all the holiday hubbub. This leads many of us to form familial-like bonds with those who have similar identities and similar difficulties with family members. These are the people who just accept us for who we are. In the community, these folks are often referred to as our chosen families. Our chosen families can help fill the gap that strained or broken familial relationships often leave. There's a song called "Chosen Families" that has some lyrics I really like:

"We don't need to be related to relate
We don't need to share genes or a surname
You are, you are my chosen, chosen family
So what if we don't look the same?
We've been going through the same thing, yeah
You are, you are my chosen, chosen family"

It's a perfect reminder that even though we don't share blood, we share history, memories, pain, and hopefully joy. This season, remember to lean into spending time with those who support you in all of your identities. And remember there is no right way to celebrate a holiday! But especially remember that you have the love of your community and that the folks here at The Center are always here when you need us.

xoxo, Hannah



2025

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 10 Lesbian 1:30 Story 2:30-5CM	4 10 Men's Coffee	5 10:30 SS Yoga 1 Club50	6 10 Open Art 10:30-12:30 CM	7  12:30 Thankful 4U	8 10:30 Pride Playwrights
9	10 10 Lesbian 1:30 Story 2:30-5CM	11 10 Men's Coffee 1 Medicare 2 Sex	12 10:30 SS Yoga 1 Push'n P	13 10 Open Art 10:30-12:30 CM	14 10:30 Move. 12 Med. 6 Forum	15
16	17 10 Lesbian 1:30 Story 2:30-5CM	18 10 Men's Coffee	19 10:30 Yoga 1 News Flash	20 10 Open Art 10:30-12:30 CM	21 10:30 Move. Artwork Due	22 10:30 Pride Playwrights
23	24 10 Lesbian 1:30 Story 2:30-5CM	25 10 Men's Coffee 2 Sex	26 Center Closed	27 	28 Center Closed	29
30						



**No Programing November 7th
The Center will be closed
November 26th, 27th & 28th**