

April '26

THE  
CENTER  
ON COLFAX  
lgbtqcolorado.org

WEST OF 50

An inclusive LGBTQ+ older adults space focused on  
creative aging, healthy living, and social connection.

## New Faces

As we move deeper in 2026, we are expanding our crew in the Community Services Department. As some of you may have heard we are bringing on a new Community Service Coordinator. This person will be providing assistance primarily for West of 50, Rainbow Alley, & the Young Adult Program. I am very excited to continue to grow and diversify the services that we offer through West of 50. At the time of writing this we have not selected this new person yet but are close to making a final decision!

There are also two new staff members that have joined our Development & Financial team. Sandra Calderon and Sam Kennedy. You can read more about them and the roles they are filling on pages 7-8!

We will also be joined by our new Social Work Intern, Niko Stone starting April 1<sup>st</sup>.

With all these faces around, take an opportunity to get to know them if you see them around the building.

Bryant Mehay, Manager of Elder Services

[bmehay@lgbtqcolorado.org](mailto:bmehay@lgbtqcolorado.org)

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## **Homeopathy & Healthy Aging: Practical Support for Comfort, Resilience, and Quality of Life**

**Wednesday, April 8 | 1:00–2:30 PM**

Curious about homeopathy and how it may support aging bodies, especially alongside or in place of conventional medical care? This talk offers a clear, grounded introduction to homeopathy as a gentle, individualized system of care that some people use to support everyday comfort and overall well being. We'll focus on real-life concerns that commonly come up with aging, including joint stiffness and arthritis, sleep changes, stress, low energy, immune system changes, recurring infections, and digestive sensitivity. We'll also touch on aging with HIV and where homeopathy has long played a role as supportive care all around the world. For example with stimulating appetite and weight gain, and addressing medication side-effects and even supporting the enhancement of conventional treatments.

You'll leave with:

- A straightforward understanding of what homeopathy is (and how it differs from herbs/supplements and other alternative therapies)
- Practical, low-risk supportive strategies you can use at home to manage pain
- Guidance on how homeopathy is typically used alongside prescriptions and ongoing medical care
- Plenty of time for Q&A

### **Speaker Bio:**

Frank Molignano is a board-certified homeopath (CCH, RSHom(NA)) and instructor who provides integrative homeopathic care for clients across the U.S., with a focus on mental/emotional wellbeing, chronic stress patterns, and complex long-term concerns. He is a faculty member and clinic supervisor of several homeopathic training programs and has a background in the mental health field. Frank is a gay-identifying provider committed to accessible care; he offers sliding-scale and donation-based options to help make services available to people with a wide range of financial circumstances. Based in Denver, he works with many clients virtually and also offers community-facing education to help people better understand what homeopathy is and how it can be used safely as supportive care.

# *OLDER, WISER, SEXUALLY SMARTER TOPICS*

## **April 14th HPV Education**

HPV 101 is a fun, affirming, and interactive presentation made especially for older adults. We'll talk about what HPV is, how it can impact people of all genders and sexualities, and the cancers it's linked to, without judgment or awkward vibes. You'll also get the real facts about the HPV vaccine and how it helps protect you and your community. We'll wrap things up with a lively, interactive game to bust myths, test your knowledge, and keep it fun.

## **April 28th Prostate Cancer Education**

Prostate Cancer 101 is an engaging and informative presentation designed to help people better understand prostate health. We'll talk about what prostate cancer is, who is at higher risk, common signs and symptoms, and the importance of early detection and screening. Participants will also learn about available screening options and receive a helpful resource map highlighting local places where they can get screened. We'll wrap up with an interactive activity to test knowledge, clear up common myths, and keep the conversation engaging.

*(This series will continue with a Breast Cancer discussion in May)*

# TRIP TO THE DENVER ART MUSEUM

West of 50 is going to be taking an outing to the Denver Art Museum on Thursday April 23<sup>rd</sup>. We will meet at the DAM at 10:30am, please be prompt! Come and join as we see some of the new exhibits that have just been put on display, such as Conversation Pieces, a fashion exhibit that features 60 garments that have never been shown before and The Stars We Do Not See: Australian Indigenous Art, an exhibit that is opening in April. Please sign up in-person or email Bryant at [bmehay@lgbtqcolorado.org](mailto:bmehay@lgbtqcolorado.org). The Art Studio will not be meeting on this day

**Time & Date:** Thursday April 23<sup>rd</sup> meet in the Hamilton Building Lobby at 10:30am



# Lunch Bunch Returns!!!



You asked for it and I am happy to report that Lunch Bunch will be returning this month! This open social opportunity is a chance to gather to spend time with your fellow West of 50 community and share a meal at restaurants across Denver. This month we will be going to Bertha's Baja Bistro. Here you can enjoy American Southwest flavors and classic comfort food.

Registration is required to attend, please sign up in person or contact Bryant at [bmehay@lgbtqcolorado.org](mailto:bmehay@lgbtqcolorado.org).

**Time & Date:** Thursday, April 9<sup>th</sup> from 1-2pm

**Location:** 900 Jersey St Denver, Co 80220



## DUNK & MUNCH: ACID RAIN, WATER SHORTAGES, AND MICROPLASTICS, OH MY!

Climate Change and environmental disaster can feel overwhelming and like there's not much that we can do to impact it. When the world is quite literally on fire at times, can recycling and eating less meat really make a difference? Join Hannah this Earth Day and learn about the history of environmental laws in the country and how you can get involved with the local Colorado-Based grassroots organizations that are doing the work to promote a better environment in our state. Please sign up in person or email Hannah at [hjenkins@lgbtqcolorado.org](mailto:hjenkins@lgbtqcolorado.org).

**Time & Date:** Wednesday, April 22<sup>nd</sup> 12-1pm

# GIVEAWAY

After last year's series on Emergency and Disaster Preparedness, we are left with some supplies from the group. This includes 7 fireproof bags and 5 first aid kits. As such, we will be giving these items away raffle-style. During the first full week of April (6<sup>th</sup>-10<sup>th</sup>) there will be 2 sign up sheets present at all WOF programs, one for the fireproof bags and one for the first aid kits. Write your name down for a chance to win one of these fabulous prizes. The winners will be announced and the items distributed the following week.

## RECREATIVE DENVER JOINS ART STUDIO!

Once a month we are going to be joined at our Open Art Studio by a professional artist, provided by ReCreative Denver, that will be teaching a unique art technique or style. On **Thursday, April 16<sup>th</sup>** we will be joined by Caroline Delson. Please come stop by to expand your artistic skills!

Discover the magic of cyanotype, an early photographic printing process known for its rich blue tones and dreamy, sun-developed images. In this hands-on, beginner-friendly workshop, you'll learn how to create your own prints using light-sensitive materials and natural or found objects. We'll cover the basics of the cyanotype process - from coating paper and arranging compositions to exposing and developing your prints. You'll have time to experiment, play, and create a small series of unique works to take home. All materials are provided, but you're encouraged to bring personal objects (like plants, lace, charms, toys or small transparent items) to make your prints more meaningful.

Caroline Delson is a Denver-based artist who got hooked on cyanotype for its mix of science, surprise, and deep blue magic. She loves sharing the process and helping others make their first prints.

# Meet The New Staff & Interns



## **Sandra Calderon (She/Her) Business Manager**

Sandra is a graduate of the University of Texas at Austin. Her career includes social work with abused/neglected populations, start-up companies, Non-Profit bookkeeping, fundraising, and member relationship building. Sandra has been in Denver for 8 years and came to The Center on Colfax from another Colorado non-profit: Rocky Mountain Public Media (home of Rocky Mountain PBS, KUVO Jazz, and The Drop 104.7). Since arriving in Colorado, Sandra learned to play street hockey, learned how to row a Dragon Boat, and helped build creatures at Meow Wolf Denver. She is a fan of cooking from scratch; she volunteers with Brother Jeff's Cultural Center; and she does voice work for KUVO Jazz, so you may have heard her voice on the radio. Catch her at a show on Welton Street or at a cultural festival in Westwood.

## **Niko Stone (They/They) West of 50 Intern**



Niko Stone (they/them) is excited to be joining The Center on Colfax's West of 50 program as an intern this spring. They bring extensive volunteer leadership experience within LGBTQIA+ and trans spaces both in the US and abroad, including roles with Stonewall Japan, Rocky Mountain Equality, and Prismatic Joy. Niko is currently pairing their personal values with their professional goals at the University of Denver's Graduate School of Social Work. In earning their Master's degree, they aim to bring their passion for community building and advocacy work to their professional life. Outside of work, Niko writes fiction, loves a good board game, and always makes time for a trip to the Denver zoo.

## Sam Kennedy (They/Them) Sr. Director of Corporate Sponsorships

Sam Kennedy (they/them) recently joined The Center as Senior Director of Corporate Partnerships, where they are focused on building strong relationships with values-aligned sponsors. Previously, Sam worked in DEI consulting, ed-tech, anti-violence advocacy, and direct service crisis counseling. As a queer, non-binary, first-generation professional, Sam is thrilled to be supporting The Center and Denver Pride in cultivating deep, sustainable, and ethical partnerships to power our work long-term. Outside of work, Sam is always on the hunt for Denver's best lavender oat latte, and loves spending time outdoors with their partner Rory, dog Sprout, and cat Cedar.



## PRIDE Compass

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. Contact [bmehay@lgbtqcolorado.org](mailto:bmehay@lgbtqcolorado.org) for more information.

**THE CENTER ON COLFAX**  
West of 50

# Pride Playwrights

Second and Fourth Saturdays

10:30 - 12:30

The Center's playwriting group brings together a community of writers and nurtures each writer's growth through educational perspectives, historical references, and constructive feedback. Scan the QR code to learn more!

# LUNCH & LEARN: TRENDING SCAMS AND FRAUD PREVENTION

Learn about the top scams Coloradans are reporting to the AARP ElderWatch helpline, so you can avoid becoming the next scam victim and protect your personal/financial information. ElderWatch Colorado is a 20+ year collaboration between AARP and the Colorado Attorney General's Office. They work to educate Coloradans 50+ on fraud, scams, and financial literacy through presentations around the state. They also have a volunteer staffed fraud victim support helpline where you can call to get help for figuring out whether something is real or a scam, for next steps if you have experienced a scam, and for resources related to fraud and scams. You can call the ElderWatch helpline at 800-222-4444, select option 2.

Please sign up in-person or email [bmehay@lgbtqcolorado.org](mailto:bmehay@lgbtqcolorado.org) to register.

**Date & Time:** Tuesday, April 14<sup>th</sup> 12:30-1:30

## *About your Presenter:*

Jessica Zawadzki is the Program Specialist for ElderWatch Colorado, where she educates Coloradans age 50+ on financial literacy, fraud, and scams.

She holds a Master of Social Work from the University of Denver and bachelor's degrees in political science and legal studies from Northwestern University. Jessica brings a rich background in serving diverse communities, providing trauma-informed care, and delivering adult education in person, virtually, and asynchronously.

## *Lunch & Learn Series: Reducing Cost of Aging*

This Lunch & Learn is the second in a series that we are producing through West of 50 that focus on the theme: Reducing the Cost of Aging. There are many ways that costs are incurred as we age and there are many ways you can proactively work against them. In this series we are focusing on providing practical and applicable information that you can use to assist in your own life with managing the unexpected costs associated with aging.

# april 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30 SS Yoga <b>1 Club50</b> 2:30 News Flash	2 10 Open Art 10:30-12:30 CM	3 Movement Canceled.	4
5	6 10 Lesbian 1:30 Story	7 10 Men's Coffee	8 10:30 SS Yoga <b>1 Push'n Pansies</b>	9 10 Open Art 10:30-12:30 CM <b>1 Lunch Bunch</b>	10 10:30 Move. 12 Med.	11 10:30 Pride Playwrights
12	13 10 Lesbian 1:30 Story 2:30-5CM	14 10 Men's Coffee <b>12:30 L&amp;L</b> 2 OWSS	15 10:30 SS Yoga 2:30 News Flash	16 <b>10 Open Art w/ ReCreative Denver</b>	17 10:30 Move.	18
19	20 10 Lesbian 1:30 Story 2:30-5CM	21 10 Men's Coffee	22 10:30 SS Yoga <b>12 Earth Day Dunk &amp; Munch</b>	23 <b>10:30 Denver Art Museum Trip</b>	24 10:30 Move.	25 10:30 Pride Playwrights
26	27 10 Lesbian 1:30 Story	28 10 Men's Coffee 2 OWSS	29 10:30 SS Yoga	30 10 Open Art		

## Calendar Key:

**Lesbian** - Lesbian Lounge

**Story**- Telling Your Story

**OWSS**- Older Wiser Sexually Smarter

**SS Yoga** - Silver Sneakers Yoga

**Move** - Movement

**Med** - Meditation with Quana

**CM** - Case Management Walk in hours