

March
'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.

Celebrating 4 Years

This month I am thrilled to be celebrating my 4th year working here at The Center on Colfax for the West of 50 program. I remember looking at the job description back in 2022 and thinking to myself, I can totally do this. When I got the call that I had been accepted, I remember feeling like I had just made a decision that was going to drastically change most everything about my life.

Over these past 4 years I have been able to utilize not only my training both as a Recreation Therapist and a Drama Therapist but I have also brought my Master's Thesis work on Drag as Therapy into the programming through The Tea Dance, The Center's Got Talent, Schule of Drag, and More. As I reflect on the services and events that I have been a part of, I find myself filled with gratitude that I got to play some role in creating and facilitating them. You have shared with me, either in person, through emails, or on surveys, that these services aren't just something to do but that you learn new things, meet people, build community, and find meaning.

We have gone through almost an unbelievable amount of change over these last 4 years. I just want to share how grateful and proud I am to serve all of you in this community! Thank you!!

**-Bryant Mehay, Manager of Elder Services
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Community:

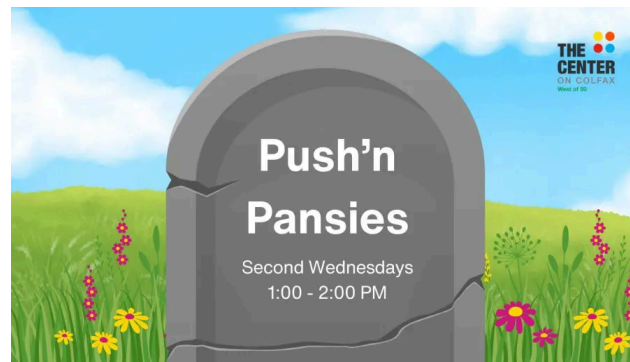
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Handyman Safety for Seniors Program

The Handyman Program through Volunteers of America Colorado is designed to help adults aged 60 and older remain safe, independent, and confident in their homes. Many seniors face challenges completing minor repairs or safety improvements, which can increase the risk of falls, injuries, or preventable hazards. Our program provides free minor home repairs, safety assessments, and installations such as grab bars, smoke detectors, cO2 detectors, minor plumbing, minor electric. We focus on practical, preventative solutions that allow older adults to age in place with dignity. During the presentation, I will discuss the most common safety risks we see in senior households, simple modifications that make a big difference, and how community members can access or support the program. The goal is to empower seniors and their families with knowledge, resources, and peace of mind.

Who are Volunteers of America?

Volunteers of America Colorado is a nonprofit, faith-based organization dedicated to uplifting individuals and families through compassionate, life-changing services. Serving communities across the state, VOA Colorado provides housing, hunger relief, senior services, veteran support, and emergency assistance to tens of thousands of Coloradans each year. The organization's senior programs, including the Handyman Program, play a vital role in helping older adults remain safe, independent, and connected within their homes and communities.

Presenter Bio:

Dylan Templeman serves as the Program Manager for both the City Harvest Food Bank and the Denver Handyman – Safety of Seniors Program at Volunteers of America Colorado. With a strong commitment to service and community well-being, Dylan works daily to ensure older adults and families have access to essential resources, safe living environments, and compassionate support.

The background features a stylized illustration of a transgender flag (pink, white, and blue horizontal stripes) with a purple stripe at the top. Several hands of various skin tones are shown holding the flag. The hands are decorated with colorful jewelry like bracelets and rings, and some have small star tattoos. The overall style is soft and artistic.

International Transgender Day of Visibility

March 31st is International Transgender Day of Visibility. This day is marked to celebrate the amazing resilience and diversity of our transgender family.

“International TDOV was created in 2010 by trans advocate Rachel Crandall. Crandall, the head of Transgender Michigan, created TDOV in response to the overwhelming majority of media stories about transgender people being focused on violence. She hoped to create a day where people could celebrate the lives of transgender people, while simultaneously acknowledging that due to discrimination, not every trans person can or wants to be visible.” (GLAAD)

This year, The Center will host a TDOV event on Sunday, March 29th from 2-5 at Dry Clean Only.

Contact Joy Iwancio at jiwancio@lgbtqcolorado.org for more information.

*Older, Wiser,
Sexually Smarter*

This month our topics for OWSS will be:

March 3rd - Wicked Toys "Whatchu talkin' 'bout Willis?"

During this class we will break down consent, kink language, as well as the importance of negotiating and how to do it. Kink is a very wide lens, there's so much to talk about. Bring your questions!

March 17th - Sexploratorium: Intro to Kink for Seniors - Meet at Sexploratorium

March 31st - Wicked Toys "What's in the box?"

A toy box exploration class. I will be bringing my kits to go over many different kinds of play and implements. We will be using the negotiation skills from my previous class in the event individuals would like a demonstration/to experience any of the toys.

Lunch & Learn: The Power of Neuroplasticity

As people age, their brains undergo physical and chemical changes that can lead to cognitive decline, such as memory loss, decreased concentration, and comprehension. However, some individuals demonstrate remarkable cognitive resilience to these effects of aging, thanks to their greater capacity to adapt to change. In this talk, Dr. Catlow will explore the concept of neuroplasticity in aging, highlighting how the brain can rewire itself in later years. She will delve into the lifestyle interventions that can help build cognitive reserve, offering practical advice on how to enhance brain health and maintain cognitive function as we age. Join us to discover the transformative power of neuroplasticity and learn how to keep your brain vibrant and resilient throughout your life.

Date: Wednesday, March 18th 12-1pm

About your presenter:



Briony Catlow, PhD is the Director of the Knoebel Institute for Healthy Aging at the University of Denver. She earned her Ph.D. in Psychology/Neuroscience and a graduate certificate in Aging & Neuroscience from the University of South Florida, where she researched the effects of psychoactive drugs, including psilocybin, on neurogenesis and cognitive functions. Dr. Catlow completed her postdoctoral fellowship at the National Institute of Neurological Disorders and Stroke (NINDS/NIH) and the Lieber Institute for Brain Development at Johns Hopkins University. She joined the Knoebel Institute for Healthy Aging in 2016, initially serving as a Grant Writer and later as Associate Director, before becoming Director in 2022. As Director, Dr. Catlow leads the institute's interdisciplinary research, education & community initiatives, and policy & advocacy efforts. She supports researchers across the campus, oversees financial operations, and drives strategic initiatives to ensure the institute's sustainability and growth. Dr. Catlow is committed to a vision that continues to propel the Knoebel Institute's mission to advance healthy aging.

Lunch & Learn Series: Reducing Cost of Aging

This Lunch & Learn is the first 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.

RAINBOW VILLAGE

BY KENNETH FELTS

FAR UP THE MOUNTAINSIDE, CRUMBLING INTO THE SEA,
LIES A SMALL VILLAGE, ONCE THE HOME OF PEOPLE LIKE ME.
FORCED TO LIVE APART BY THOSE WHO SING A DIFFERENT SONG.
WHEN THE TEARS ARE GONE, THE MEMORIES LINGER ALL DAY
LONG.

FOR, IN MY GARDEN OF MEMORIES, LIES BURIED MY PAST.
THE GHOSTS OF PEOPLE WHOSE LOVE DID NOT LAST,
OF FRIEND WHO SAID "GOODBYE!" WHEN I SAID, "I'M GAY"
WHO FEAR FOR THE LIFE OF THEIR CHILDREN EACH AND EVERY
DAY.

BUT LIVING IS FOR ALL THE PEOPLE, STRAIGHT OR GAY,
AND MUST BE LIVED BY USE EVERY SINGLE DAY.
RECLAIMING OUR VILLAGE WITH COLORFUL RAINBOW
GIVES HOPE TO THOSE WHO ARE CLIMBING BELOW.



Pride Compass: Short Term Resource Navigation



Hello all, this is a reminder as we go dive deeper into 2026, that here at West of 50 we offer an amazing service called Pride Compass. Through this service we offer short-term, relevant, resource navigation to assist you through a myriad of situations, from assistance with finding housing, to helping you navigate your new phone. Either complete the service interest form on the website, located underneath the Programs tab, or reach out to me directly to get scheduled with myself or Hannah. Let us know how we can help you! You can submit a request through the website or reach out directly to get your appointment scheduled.



Queer Woke: Gagapedia Lady Gaga's Impact on Pop Culture



Join local drag artist, vocalist, and current competitor in the Ultimate Drag Competition, Dani B. Sexton on Friday, March 27th for a special presentation of Gagapedia - Lady Gaga's Impact on Pop Culture. In this presentation Dani will be focusing on Lady Gaga's near two decades in the spotlight since her 2008 debut album "The Fame." From her genre defying music, her bold and iconic fashion, to her history of staunch LGBTQIA+ activism - we are going to dive into how she has shaped pop culture, inspired her contemporaries, challenged every norm along the way, and inspired millions to love who they are. Be prepared for a fascinating dive into Gaga's personal journey to stardom, as told through her music, fashion, and impact on the culture from the 2000's to today.

Date: Friday, March 27th

Time: Doors open at 5pm, Presentation will run 6-8pm

Registration: Please email Bryant Mehay at bmehay@lgbtqcolorado.org or sign up in person. Only 60 spots will be available for the evening.

**CLUB
50**

This month we will be discussing:

- Rooftop Events
- Queer Woke
- Lunch & Learn Series
- & More

Women's History Month

Women's History Month, now celebrated every March, originally began in 1978 as a week of local recognition in Santa Rosa, California. Following lots of lobbying and congressional approval, women's history month became nationally recognized. Since 1995, every president has issued annual proclamations designating March as Women's History Month.

This month is a time to celebrate the bold and fearless women who dedicated their lives to advocating for a better world and country. It is also a time to recognize those that are still fighting for rights that are constantly being questioned and stripped away.

But I especially want to recognize the many LGTBQ+ women in the past and the present who shaped and are still shaping the course of our history. We have political trailblazers like Kathy Kozachenko who was the first out LGTBQ+ person to be elected to political office in the United States in 1974; or Andrea Jenkins who, in 2017, became the first out African American trans woman elected to any office in the United States.

There are also social activists like Marsha P. Johnson and Sylvia Rivera, who established a support network for New Yorkers that provided food, shelter, and affirming spaces to young trans people in the 1970s. In a time when it is increasingly difficult and dangerous to be an LGTBQ+ woman, we continue to see so many at the forefront of protests and social and political movements. We have so many even here at The Center who dedicate their lives daily to advocating for and advancing the community. May we continue to be inspired and motivated by their strength and willingness to stand firm in their fight for a more just and equitable future.

-Hannah Jenkins, WOF Intern



MARCH

2026

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 10 Lesbian 1:30 Story 2:30-5CM	3 10 Men's Coffee 2 OWSS	4 10:30 SS Yoga 1 Club50 2:30 News Flash	5 10 Open Art 10:30-12:30 CM 2 Creative Play	6 10:30 Move.	7
8	9 10 Lesbian 1:30 Story 2:30-5CM	10 10 Men's Coffee	11 10:30 SS Yoga 1 Push'n Pansies	12 10 Open Art 10:30-12:30 CM	13 10:30 Move. 12 Med.	14 10:30 Pride Playwrights
15	16 10 Lesbian 1:30 Story 2:30-5CM	17 10 Men's Coffee 2 OWSS 	18 10:30 SS Yoga 12 L&L 2:30 News Flash	19 10 Open Art 10:30-12:30 CM	20 10:30 Move.	21
22	23 10 Lesbian 1:30 Story 2:30-5CM	24 10 Men's Coffee	25 10:30 SS Yoga	26 10 Open Art 10:30-12:30 CM	27 10:30 Move. 6 Queer Woke	28 10:30 Pride Playwrights 2-5pm TDOV Event
29	30 10 Lesbian 1:30 Story 2:30-5CM	31 10 Men's Coffee 2 OWSS 				

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