



Community in Need

In this time of increased need in the LGBTQ+ community it is important to remember all the big and small ways that we can support one another.

Oftentimes, systems designed to deliver relief or services were not made with our lives & expressions in mind and so we may be denied or choose to not engage out of fear of backlash or bigotry.

Here are some ways that you can show up for those around us:

- Organize a carpool to Center programming.
- Start or find a mutual aid group.
- Share resources or organizations you have found to be accepting of our community.
- Donate to a food pantry.
- Donate your time to an organization in need.

*-Bryant Mehay, MA, CTRS
Manager of Elder Services
bmehay@lgbtqcolorado.org
3039515228*

In This Issue

Events

Push N' Pansies: Your Legacy, Your Story - pg. 2

Older, Wiser, Sexually Smarter Topics - pg. 4

Ice Cream & Interns: Hannah's Goodbye - pg. 4

Lunch & Learn: Denver Public Library - pg. 6

Mental Health BBQ - pg. 6

ReCreative Denver at Art Studio - pg. 7

Lunch Bunch: Nana's Dim Sum & Dumplings - pg. 7

Calendar of Events - pg. 10

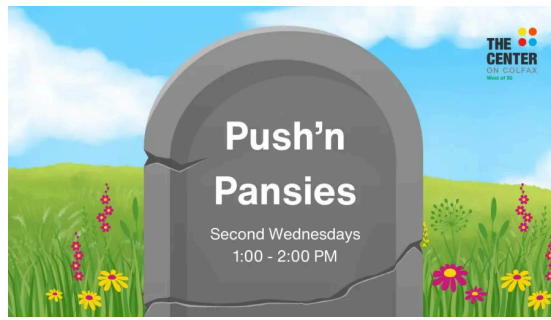
Community

National Honor Your LGBTQ+ Elders Day - pg. 3

Area Rug by Eric Anderson - pg. 5

Telling Your Story Updates - pg. 5

Meet Kevin Vélez Negrón - pg. 9



Your Legacy ... Your Story ... Dying Wisely & Sharing What Matters Most

Date/Time: Wednesday, May 13th 1-2pm

For those of us who are writing the final chapters of our lives, and nearing those final pages, what exactly is the message we want to convey in our final years? When Mahatma Gandhi was traveling and asked by a journalist to share a message that could be carried back to the people, without hesitation, Gandhi replied, “My life is my message.”

Now as true and wonderful as that was for Gandhi, most of us don't live a life as large as he once did, that is, a life where every word is recorded, and our names and life's purpose is known by millions.

When we're fortunate, a small circle of friends knows us from our early years through the arc of our lives. And yet sometimes it is often those closest to us, such as our children, nieces and nephews, the next generation, who often seem to know us the least and only through the narrowest of lenses.

In this upcoming presentation and conversation with Karen Keeran, grief and end of life coach, doula, and educator with Golden Heart Transition, Karen will share more on what it means to die wise. And together, we'll explore several other legacy questions, such as:

- *What exactly do we mean by “legacy”, and how is this part of “dying wisely”?*
- *Where do we start, and how and what should we share?*
- *What are ethical wills, and what makes them unique?*
- *And who can help us create our legacies?*

We'll explore these and many other questions in this interactive and engaging hour together! Legacies are one of those gifts (along with our advance care directives) that keeps on giving. So, you won't want to miss this opportunity to hear more about this fascinating topic that touches generations to come. And it all starts with you!



May 16th is National Honor Our LGBT Elders Day, a day to recognize and celebrate the contributions of those laid the foundation for the legislation and social change that our community has fought for, achieved, and the equality we continue to strive for. Without the contributions of our LGBT elders, we would not have marriage equality, discrimination protections, or even the ability to live our lives openly as our authentic selves. So this month, we are honoring you!

In 2015, Nate Sweeny listed the National Honor Our LGBT Elders Day with the National Day Calendar, marking the start of this important celebration.

SAGE – the first and oldest LGBT organization in the US – focuses on improving the lives of older adults that are part of the LGBTQ community. Elder justice work is important across the board, but especially important within our community. Elders in our community are at higher risk for elder abuse, social isolation, past or current experiences of discrimination, and harassment. Community programs like West of 50 exist not only to combat those very real risks, but to celebrate the vibrant, inspiring individuals you are.

Join us as we celebrate you on May 16th and always. You keep us going!
- Niko Stone, West of 50



Older, Wiser, Sexually Smarter

May 12th CU Cancer Center Breast Cancer 101

Breast Cancer 101 is an informative and approachable presentation focused on helping people learn the basics of breast health. We'll cover what breast cancer is, risk factors, common signs to look out for, and why early detection and screening are so important. Participants will also receive a resource map with local places where they can access breast cancer screening services. The session ends with an interactive activity to reinforce key information and answer common questions in a supportive environment.

May 26th Pup Play w/ Pup Sam

Today we will be joined by Sam the Tattoo Puppy as they dive into pup play with the group. In this session Sam will discuss the various gear items used with the pup community, the difference between sexual and social/community based pupping, and explore the various events that they help organize for their community. Come learn more about this kink community from someone who truly lives it.



Ice Cream & Interns: A Goodbye to Hannah

My time as an intern here at The Center is coming to an end! I've had the best time getting to know you all and have enjoyed all of the laughs and conversations we've shared. Before I go, I'll be talking a little about my experience here and all that I've been up to. Join me on May 11 for a discussion, some ice cream, and maybe a couple tears on my part. See you there! Hannah's last day will be Wednesday, Mat 20th.

Date/Time: Monday, May 11th, 12-1pm

Area Rug **by Eric Anderson**

An area rug
isn't décor.

It's emotional gravity.

One woven landscape

that changes the whole room's pulse -

grounded, intimate, expansive,

calm when you need calm,

electric when you need spark.

Threads become histories.

Patterns become voices.

A rug gathers the room
into one breathing body.

Step on it

and the atmosphere shifts.

Edges soften.

People lean in.

Memories rise through the floorboards

like they've been waiting

for this exact texture

to call them back.

A rug covers what's beneath -

Sure -

but that's the portal.

A new surface.

A new story.

A new threshold

you can actually stand on.

Floral, geometric,

handwoven, knotted -

each one rearranges the space,

reorients the energy,

opens the vortex

of what this room

could become.

Because every rug

is a blank slate with a heartbeat.

A doorway disguised as fabric.

And the moment you step into it -

the world shifts,

the room breathes,

and daily living finally

feels like living.

Niko Telling Your Story Updates

"Telling Your Stories is getting a reboot and we want you to be there! Our new intern Niko is passionate about storytelling and is excited to bring new energy to the program, including weekly topics that can build on each other to explore deeper storytelling themes, weekly warm-ups and activities to get the creativity flowing, and opportunities to showcase your writing publicly if you want!

We will kick things off in May with three new topics that build on one another, but don't worry – you can join once or every time and still tell your story. Snacks, writing materials, and excellent company abound Monday afternoons at 1:30 pm. Come join us."

Lunch & Learn: What Can You Do at the Denver Library?

"What can you do at the Denver Public Library? The answer is, more than you can imagine! Join Older Adult Services as they talk about the many resources and opportunities available for adults 50+ at the library. During their presentation, they will touch on library card access, services and resources, program offerings, and more. Come learn more about the library!" Food will be provided please register to attend.

Date/Time: Wednesday, May 20th, 12-1pm

Lunch & Learn Series: Reducing Cost of Aging

This Lunch & Learn is the last 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

Mental Health Awareness Barbeque

May is Mental Health Awareness Month! Join the Glass Lawler Mental Health Program for our annual Mental Health Awareness Barbeque. Come by for food, games, music, and educational sessions on various topics such as bridging the gap between the BIPOC community and mental health, wellness and other topics. The mental health awareness barbeque is put in place to help our community to celebrate and learn more about mental health, and we are super excited to celebrate with you and many of our community partners.

We can't wait to see you there!

Date/Time: Friday, May 22nd, 4-7pm

ReCreative Denver at Art Studio - Abstract Painting

This 2.5-hour Abstract Acrylic Painting Workshop, led by local artist and ReCreative team member Lily Lockwood, is an open invitation to loosen up, experiment, and enjoy the process of painting without pressure.

Designed with beginners in mind, this class focuses less on rigid technique and more on guided exploration—offering gentle prompts, color insights, and compositional tips to help you build confidence as you go.

You'll learn how to work intuitively with acrylic paint, exploring layering, mark-making, and color relationships to create expressive, one-of-a-kind pieces. Whether it's your first time picking up a brush or you're looking to reconnect with a more playful, abstract approach, this workshop creates space for curiosity and creativity.

All materials are provided—just show up ready to try something new.

Come solo or bring a friend, and expect a welcoming, low-pressure environment where experimentation is encouraged and there's no such thing as "messing up."

Date/Time: Thursday, May 21st 10-12:30

Lunch Bunch:



Nana's 
Dim sum & Dumplings

This month's lunch Bunch will be at Nana's Dim Sum & Dumplings. This restaurant offers a wide variety of Chinese culinary finesse. From delicious dumplings, buns, fried rice & noodle dishes, this place has everything to satisfy your taste buds. We have eighteen spaces available so register soon to reserve your space!

Date & Time: Tuesday, May 19th 12:45pm

Address: 2005 N Clinton St Suite A Aurora, CO 80010

Creative Play: Photography

“A picture is a secret about a secret, the more it tells you the less you know.” -Diane Arbus

Photography is the practice of capturing life in moments and turning it into art. It is a medium that I have recently started to play in and found very inspirational. Photos tell the stories of our lives, the emotions we experience, the memories we cherish, and the people that are so important to us. The power of photography has been used in everything from art galleries to the battlefield; and now we are going to use it in this next Creative Play installment.

In this three-week course we will be taking class out of the basement and going for an adventure out in the City. For the first two weeks we will be meeting out at two different places in Denver. During these sessions, you will be given a list of prompts that you will use to take your photos. These prompts will relate to ideas, senses, memories, and emotions. There are only 15 spots available for this series and you must be able to attend all three sessions in order to register. You will also be provided with a free disposable camera that we will use for this project.

Thursday, May 14th 2-3:30pm - Photo Day 1

For our first day of photography we will be meeting at the main Pavilion at Cheesman Park. We will have a brief session focused on photography, with tips and tricks on getting the shots you want.

Thursday, May 21st 2-3:30pm - Photo Day 2

For our second day of photography we will be meeting in RiNo, with our meeting location shared in the previous session. The goal is to finish all prompts by end of the session.

Thursday, May 28th 2:3:30pm - Gallery Day

In our final session, I will bring everyone's developed photos in and we will line up the photos by person and by prompt, looking at the similarities and differences between the results. From there we will select four of the prompts to create displays for. More information to come on this!

Introducing The Center's new Community Service Coordinator: Kevin Vélez Negrón



Kevin Vélez Negrón (He/ÉL) is a graduate of the inaugural LGBTQIA+ Studies Master Program at the Universidad Complutense of Madrid. His career is defined by a deep commitment to advocacy and education, encompassing work with survivors of domestic violence, ESL instruction, and bullying prevention outreach. By blending these experiences and dabbling in social media marketing on occasions, Kevin approaches communication through a uniquely intersectional lens. He is deeply passionate about cultivating environments that are inherently Accessible, Culturally Responsive, and Trauma-Informed. When he is not working, you will find him reading, knitting, crocheting, or making soap.

Kevin's role here at The Center is a new one, he will be providing support primarily to West of 50, Rainbow Alley, and our Young Adult Program. He will typically be here Tuesday through Saturday, primarily from 12 to close. One of his West of 50 goals will be to expand our Saturday program offerings. So if you see Kevin around, please make sure to introduce yourself to our newest team member!



MAY '26



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 10:30 Move.	2
3	4 10 Lesbian 1:30 Story 2:30-5CM	5 10 Men's Coffee	6 10:30 SS Yoga 1 Club50 2:30 News Flash	7 10 Open Art 10:30-12:30 CM	8 10:30 Move. 12 Med.	9 10:30 Pride Playwrights
10	11 10 Lesbian 12 Intern Ice Cream 1:30 Story 2:30-5CM	12 10 Men's Coffee 2 OWSS	13 10:30 SS Yoga 1 Push'n Pansies	14 10 Open Art 10:30-12:30 CM 2 Creative Play	15 10:30 Move.	16
17	18 10 Lesbian 1:30 Story 2:30-5CM	19 10 Men's Coffee 12:45 Lunch Bunch	20 10:30 SS Yoga 12 L&L 2:30 News Flash	21 10 ReCreative Open Art 10:30-12:30 CM 2 Creative Play	22 10:30 Move. 4-7 Mental Health BBQ	23 10:30 Pride Playwrights
24	25 Closed for Memorial Day	26 10 Men's Coffee 2 OWSS	27 10:30 SS Yoga	28 10 Open Art 10:30-12:30 CM 2 Creative Play	29 10:30 Move.	30
31	1	2	3	4	5	6