

Aug.'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.

Tips for Beating the Heat

With the Super El Niño working to heat up our planet even further than what scientists had initially expected and the impacts of climate change pushing our ecosystems past many of their breaking points, our planet is going into a time of unprecedented heating and climate disruption. This is going to mean much more intense and impactful heatwaves over the course of this summer. While these more extreme weather events tax our bodies, homes, and wallets there are some ways you can work to help cool yourself and your home in some Eco-friendly ways.

1. Think about what you're wearing: The clothes you wear obviously have an impact. With clothes, it is recommended that you wear loose fitting clothes made from a natural fiber like cotton or linen over materials like Polyester (plastic) to help your body cool itself.
2. Surround Yourself with Green: By having plants in your home or on your front porch you can take advantage of their natural ability to release moisture and cool the air around them.
3. Hydrate Hydrate Hydrate: Make sure you are drinking enough water during the day and when you sweat more, drink something low in sugar with electrolytes.

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Bryant Mehay, MA, CTRS

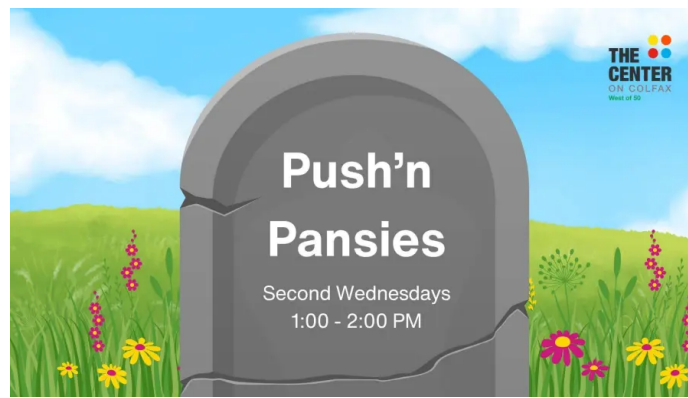
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Dementia and Parkinson's

Dr. Ece Bayram from University of Colorado will join us on August 12th for a conversation about dementia and Parkinson's disease. She is a member of our LGBTQIA+ community, and still considers herself new in the Denver area. Born and raised in Turkey, she has her medical degree (MD) and PhD from Ankara University in Turkey. She is currently a researcher working on these brain diseases affecting more of the older population with a focus on improving the diagnosis and treatment for these diseases, especially for communities who remain understudied. She aims for the conversation at our program to bring people closer by sharing their questions, insights, and experiences. She is looking forward to meeting everyone who is able to join and contribute to the conversation! Sign up in person or email bmehay@lgbtqcolorado.org.

Time/Date: Wednesday August 12th 1-2:30pm

Intern & Ice Cream: Niko's Goodbye

The time has come for another intern to part ways with West of 50 and continue on their educational and professional journey, Niko has been a fabulous addition to the West of 50 team, they supported out Telling Your Story Program, found interesting presenters for Older Wiser & Lunch and Learn, and provided a lot of resource assistance through Pride Compass. Come join to say farewell to Niko and enjoy some ice cream as they discuss their internship and what comes next for them.

Time/Date: Thursday August 20th at 12:30pm

OWSS Topics for August

Every other Tuesday 2-3:30pm

8/4 Everyday Polyamory

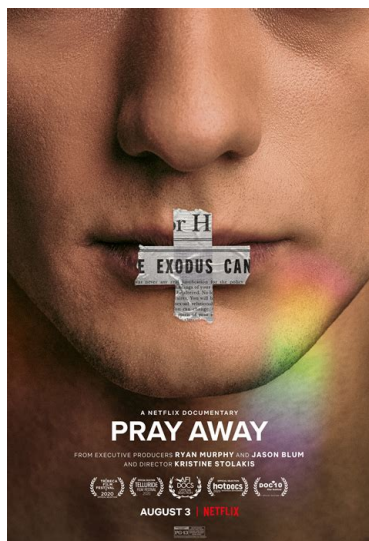
You've probably heard the tawdry and salacious tales of polyamory and open relationships, but what does non-monogamy actually look like on a random Tuesday? Join us for our next Older Wiser Sexually Smarter session as we dive into the practical, day-to-day reality of polyamorous life. Our speaker, Jada (they/them/Blue) has lived a polyamorous life for years and will join us to talk about it all: how to balance schedules without losing your mind, setting and maintaining healthy, clear boundaries, strategies for navigating jealousy, and more.

Whether you are actively practicing non-monogamy, curious about how others make it work, or just love a good, honest conversation about modern relationships, this is a welcoming space for you. Come join the chat, share your wisdom, and laugh along with us!



8/18 Movie: Pray Away

The Ex Gay movement reached a powerful crescendo in the 80's and 90's, no group was more impactful than Exodus International. They pushed the absolute myth of conversion therapy onto untold thousands by co-opting the language of therapy and religion. In this powerful documentary the former leaders of this movement share how they lied to themselves and others about no longer being gay. Following the movie we will have a discussion of conversion therapy.



Lunch & Learn: Ask Me Anything: Gender Expansive Edition

Let's face it - language changes fast, and change can be hard, especially when it seems out of left field. If you've ever found yourself wondering, "Wait, what does that mean?" or "What does hormone therapy actually DO?" this is the place to ask!

Join us for a lively, welcoming, safe Ask Me Anything Panel on transgender, nonbinary, and gender expansive identities. We've brought together a fantastic group of panelists who are ready to chat, share their experiences, and answer any questions you throw at them (even ones that might normally be a bit taboo). No lectures, no judgement, just good company, real stories, and a chance to get some honest answers to your burning questions about transgender folks. Bring your curiosity and join us to learn more about this section of our community.

Time/Date: Monday, August 3rd, 12-1:30pm

Please Register in-person or contact Niko at nstone@lgbtqcolorado.org

Lunch & Learn Mini Series: Beyond the Binary

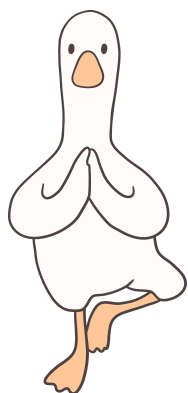
This Lunch & Learn is the first in a mini series that we are producing through West of 50 this summer that focuses on the theme 'Beyond the Binary.' There is a lot of discussion right now around gender identity -- in politics, in the community, and in the news. Language around gender identity changes quickly and gender diverse people are more visible than ever, but asking questions sometimes is met with hostility. In this series we are focusing on providing a safe place to learn, ask questions, and be curious about these topics in a judgement-free space. Whether you are looking to better understand your own identity, support a loved one, or simply expand your horizons, this series offers a supportive space for 4 community, connection, and learning (with free lunch along the way!).

Snack & Facts: Trans in Trumpland screening & discussion

Join us for the final piece of our gender expansive lunch & learn series and escape the August heat. Grab some popcorn and pull up a seat for a special screening of Trans in Trumpland. Produced by legendary trans activist Miss Major Griffin-Gracy, this beautifully shot docuseries follows transgender folks living in states with some of the country's most hostile laws. But don't let the heavy-sounding title fool you; it's an incredibly inspiring, uplifting, and often funny look at the sheer resilience, joy, and strength of trans people fighting to live authentically. We will watch two episodes together, with plenty of time to relax, share thoughts, and chat afterwards. Whether you are a film buff or just want a cool afternoon away from the summer heat with tasty snacks, we'd love to have you there! Please sign up in person or email Niko at nstone@lgbtqcolorado.org.

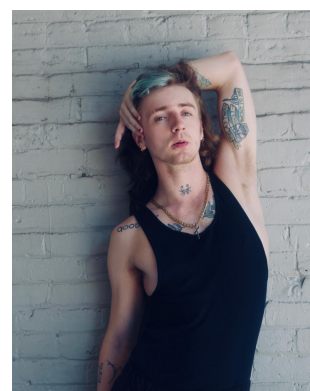
Time/Date: Saturday, August 8th @ 1:30pm

This viewing and discussion at the last installment of the Beyond the Binary Lunch & Learn series.



Movement Class Update

Bryant Mehay



Starting August my schedule is shifting to where I will not be working on Fridays and instead will be helping out on Saturdays. With that, Movement Class will NOT be moving times, instead Jay Greene will be taking over the class. Jay is a professional dancer with lots of movement education experience. He will be running this class from Friday August 7th through October 2nd while I am out during this time. The movement class is 10:30-11:30 every Friday where we focus on seated movement, yoga, breathing exercises, and more. Differing levels of ability are welcome for this class, the instructor will work with you to help shape the exercise to your needs.

Wellness Day at Chatfield Farms

Wellness Day is back for the third year in a row! Thursday, August 13th. This activity is focused on fostering a sense of well-being through a day of meditation, movement, and art. This year we will be going to Chatfield Farms, courtesy of the Denver Botanic Gardens. Free transportation will be provided through the DBG's free shuttle program. This time around we will have a three-session series over the course of the morning: Chair Yoga, Creative Movement, and Art meditation. Your instructors will be Naomi for Chair Yoga, Jay Greene for Creative Movement, and Bryant Mehay for your Art Meditation. The full rundown of the day is listed below. Some snacks will be provided during the event.

8am: Arrive At Center

8:15am: Shuttle bus pickup from the Center on Colfax

8:45am: Arrive at Chatfield Farms

9am: Yoga for the whole group

10am: Group Splits into A & B

10:15am-11am: Group A - Creative Movement, Group B - Art Meditation

11:15am-12pm: Group A - Art Meditation, Group B - Creative Movement

12-12:45: Rest, enjoy your surrounds, go on a little stroll.

12:45pm: Return to The Center

Lunch Bunch: City O' City

For our Lunch Bunch in August we are going to the local Capitol Hill all vegetarian restaurant City O' City. This restaurant combines hearty, comfort food with inspiring vegetarian and vegan twists. With everything from delicious breakfast foods to burgers, pizzas, and more, City O' City does not disappoint. Reach out to Bryant at bmehay@lgbtqcolorao.org or sign up in person to register.

Time/Date: Wednesday, August 19th 12:00-1:00

Location: 206 E 13 Ave

ReCreative Denver in the Art Studio: Collage

This collage class led by Lily Lockwood is an "art buffet" style workshop with tons of magazines and multimedia supplies provided.

Lily will share tips on color palettes, layering, and composition. Students will be able to choose their own collage style: an instruction-led 3 layer composition, junk journal format, or freestyle their own collage! This class is perfect for beginners, seasoned artists, and anyone looking to make something in a low-pressure environment.

Time/Date: Thursday August 20th 10-12



New Programing Starting in August

Book Club

Every 1st and 4th Saturday, 10:30 AM – 12:00 PM, In-Person

Find your next favorite book with us! Instead of reading one book together, this group explores a new theme each month, allowing everyone to choose and share about a book that fits the topic. Join us to discover new authors, exchange recommendations, and connect in community. The August theme is Travel - books that feature a trip.

Book recommendations for the prompt

Juliet Takes a Breath by Gabby Rivera

Love is an Ex-Country by Randa Jarrar

The book of Salt by Monique Truong

We all loved cowboys by Carol Bensimon

Kings of B'More by R. Eric Thomas

Less by Andrew Sean Greer

Out on the Town: Aurora Pride

Out on the Town is a new series that will focus getting up and out of The Center to attend events and activities out in the community. For these events we will select an event and organize a group to attend. Aurora Pride is a partnership between Out Front Foundation and the City of Aurora.

Taking place this year in Winged Melody Park, this event will feature resources, entertainment, education, and more. We will not be providing transportation for this event, please coordinate your own ride to the festival. Sign up in person or email Kevin and kveleznegron@lgbtqcolorado.org.

Date/Time: Saturday, August 29th @ 11:30am

Location: Winged Melody Park (E 38th Place, Aurora CO)

Stitch and Bitch

Every 2nd and 3rd Saturday, 10:30 AM -12:00 PM, In-Person

Stitch & Bitch provides space for sewing, crafting and conversation. The Center will have sewing needles, thread, basic crafting supplies, and sewing machines available for use during these sessions.

Language Exchange

Every 4th Tuesday, 5:00 PM -7:00 PM, In-Person

We'll be speaking in a non-judgmental environment where all languages are welcome! We will have new topics each month so participants can stretch their knowledge and practice speaking in different contexts. August's topic will be hobbies.

Golden Era Game Night

August 4th from 5 PM to 7 PM.

Join us for this intergenerational game night where we will build community through friendly competition and remembering nostalgic games through the decades! The game for this month will be The Match Game.

AUGUST 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

						1 10:30 Book Club
2	3 10 Lesbian 12 L&L 1:30 Story 2:30-5CM	4 10 Men's Coffee 2 OWSS 5 GAMES	5 10:30 SS Yoga 1 Club50 2:30 News Flash	6 10 Art 10:30-12:30 CM	7 10:30 Move.	8 10:30 Pride Playwrights 10:30 S&B 1:30 movie.
9	10 10 Lesbian 1:30 Story 2:30-5CM	11 10 Men's Coffee	12 10:30 SS Yoga 1 Push'n Pansies	13 Wellness Day At Chatfield Farms No Art	14 10:30 Move.	15 10:30 S&B.
16	17 10 Lesbian 1:30 Story 2:30-5CM	18 10 Men's Coffee 2 OWSS	19 10:30 SS Yoga 12 Lunch Bunch 2:30 News Flash	20 10 Art 10:30-12:30 CM 12:30 Intern	21 10:30 Move.	22 10:30 Pride Playwrights 10:30 Book Club
23	24 10 Lesbian 1:30 Story 2:30-5CM	25 10 Men's Coffee 5 Language Exchange	26 10:30 SS Yoga	27 10 Art 10:30-12:30 CM 11 Med	28 10:30 Move.	29 11:30 OOTT Aurora Pride
30	31 10 Lesbian 1:30 Story 2:30-5CM					

Calendar Key:

Lesbian - Lesbian Lounge

Story- Telling Your Story

OWSS- Older Wiser Sexually Smarter

9 S&B - Stitch & Bitch

SS Yoga - Silver Sneakers Yoga

Move - Movement

Med - Meditation with Quana

CM - Case Management Walk in hours

GAMES - Golden Era of Games