

Sept. '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.

## Summer's End, Fall's Beginning

For many summer does not feel that it lasts long enough and for others the hot days seem to drag on without end. Whichever you identify with, the Summer months have come now to an end and we start our transition towards Fall. This means that we are gearing up for the Afterglow Gala, Schule of Drag, Thankful 4U celebration, and the Holiday Party and Art Show. So keep an ear out for our amazing events coming up as we reach towards the end of the year. Beyond those large events we still have a lot of programs, museum trips, learning opportunities, and art experiences lined up for y'all.

Reach out if you have any questions about our upcoming programming and I look forward to seeing everyone bring in Fall with style.

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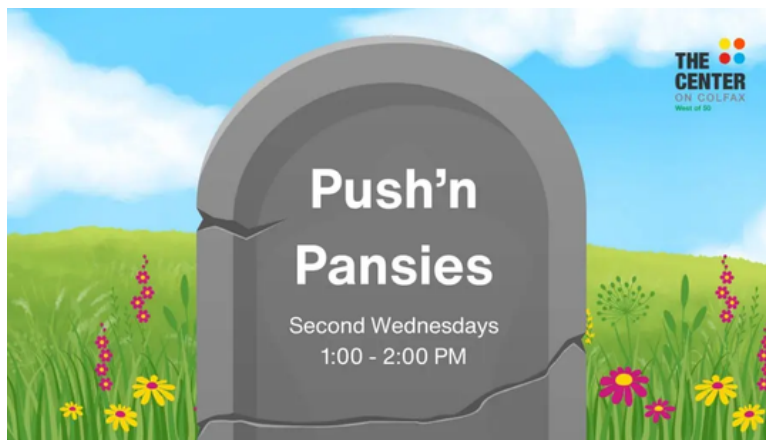
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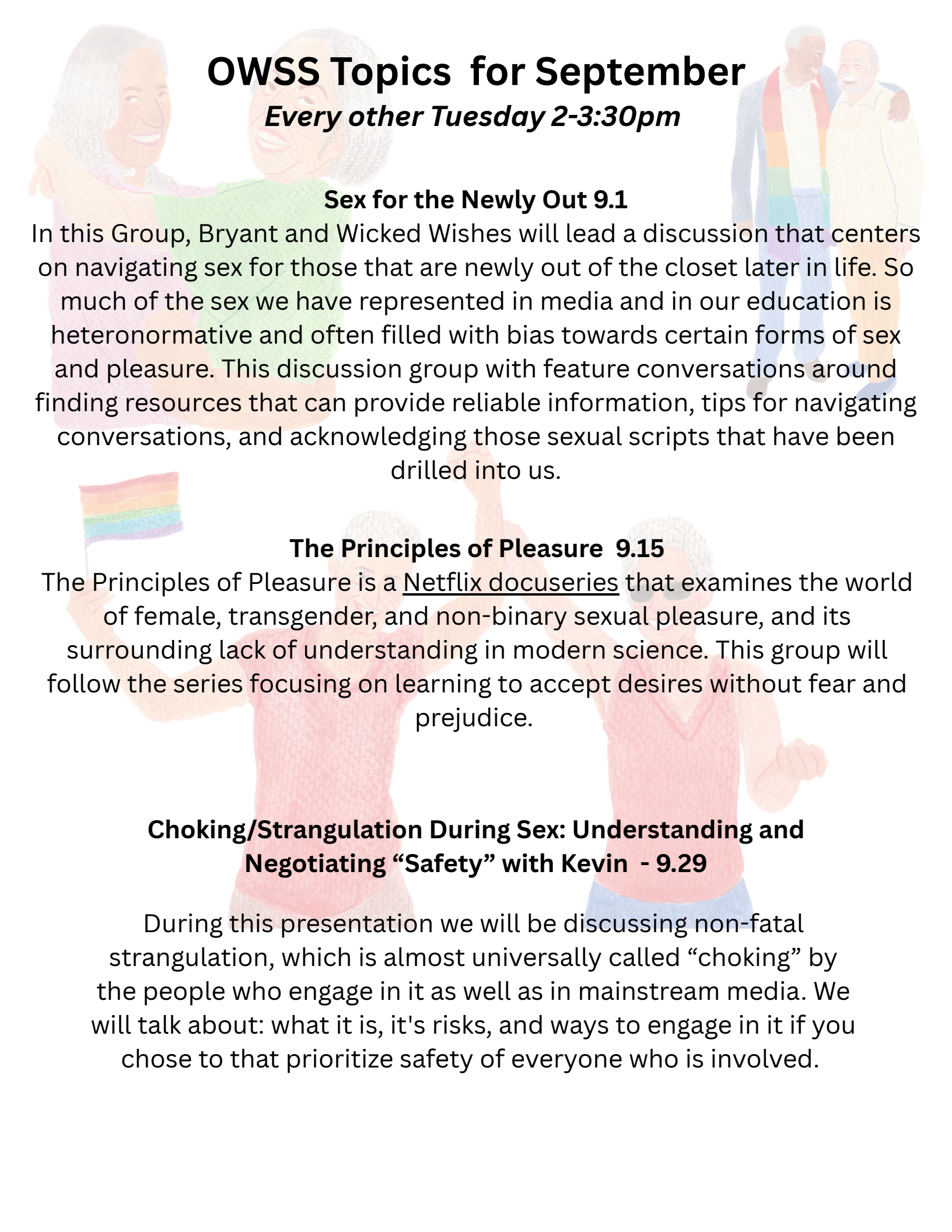
## Movie Screening: Fade To Black

*Peter Short, the charismatic CEO of a major Australian company, learns that he has only months to live after he is diagnosed with terminal oesophageal cancer. Not wanting to face a painful death, Peter decides to source the lethal drug Nembutal, giving him the option to end his own life peacefully. With the help of a rogue doctor who supplies the drug to suffering patients, Peter sets out to have voluntary euthanasia legalized in Australia.*

For this month's Push'n Pansies we will be watching the 2017 Documentary Fade to Black. This movie follows the fight to legalize Medical Aid in Dying in Australia. It follows Peter Short as he fights against the religious right, uninformed politicians, and people's own fears around death. This film forces us to consider how we would want to be treated at a time when we are faced with our own final wishes and the invasion of government and religion into personal medical decisions.

**Date/Time:** Wednesday, September 9<sup>th</sup> 1-2:30pm





# OWSS Topics for September

*Every other Tuesday 2-3:30pm*

## **Sex for the Newly Out 9.1**

In this Group, Bryant and Wicked Wishes will lead a discussion that centers on navigating sex for those that are newly out of the closet later in life. So much of the sex we have represented in media and in our education is heteronormative and often filled with bias towards certain forms of sex and pleasure. This discussion group will feature conversations around finding resources that can provide reliable information, tips for navigating conversations, and acknowledging those sexual scripts that have been drilled into us.

## **The Principles of Pleasure 9.15**

The Principles of Pleasure is a Netflix docuseries that examines the world of female, transgender, and non-binary sexual pleasure, and its surrounding lack of understanding in modern science. This group will follow the series focusing on learning to accept desires without fear and prejudice.

## **Choking/Strangulation During Sex: Understanding and Negotiating “Safety” with Kevin - 9.29**

During this presentation we will be discussing non-fatal strangulation, which is almost universally called “choking” by the people who engage in it as well as in mainstream media. We will talk about: what it is, its risks, and ways to engage in it if you chose to that prioritize safety of everyone who is involved.



## Lunch & Learn: Sage Singers

Sage Singers is Denver's non-auditioned chorus for LGBTQ+ elders and allies 50+. The seed for Sage Singers was planted by Judith Nelson eight years ago when she shared her vision for such a chorus at a Center Lunch n Learn on Sept. 19, 2018. The first rehearsal, with just 15 singers, took place in October 2018. Since then, our chorus has persevered through the COVID-19 pandemic and grown to 60+ singers in 2026.

At this upcoming Lunch n Learn, Judith will talk about her original vision for the chorus and how it has unfolded in remarkable ways. Our General Manager Miriam Swihart will then lead a panel discussion with three of our singers — Betsy McConnell, Tom Biddle, and Cheryl Evermore — representing L, G, and T. Kim Buchwald, a singer and Board officer, will introduce the panelists. Our three singers on the panel will share how they heard about Sage Singers, when they joined, and most importantly, what the chorus has meant to them personally. Collectively, they will also talk about the upcoming season of two full concerts plus a cabaret performance, as well as our small auditioned ensemble, Sage Out & About, and how the title of this program came to be. There will be ample time for Q&A between the audience and the panelists.

To Register please email Bryant at [bmehay@lgbtqcolorado.org](mailto:bmehay@lgbtqcolorado.org) or sign up in person at groups.

**Time/Date:** Wednesday, September 16<sup>th</sup> 12-1:30pm



# Clyfford Still Museum: Art and Well-being with Quana Madison

Designed specifically to display Clyfford Still's art, the award-winning Clyfford Still Museum is home to nearly everything he created, approximately 3,125 pieces representing 93% of his lifetime of work. Clyfford Still (1904–1980) was among the first generation of Abstract Expressionist artists and he redefined American painting. The Museum supports new artistic endeavors, inviting visitors to draw strength from Still's art and life. At the Still, visitors will find a world-class collection gifted to the City and County of Denver, award-winning architecture, cross-disciplinary programs for all ages, and opportunities to explore their own creativity.

During this 2-hour Art & Wellbeing Program, we will explore the Museum through contemplation, close looking, reflective conversations, and art-making. We will reflect on themes of well-being as we look at Clyfford Still's artworks. This experience fosters creativity, self-awareness, and connection.

*Registration is required for this program, please email Bryant at [bmehay@lgbtqcolorado.org](mailto:bmehay@lgbtqcolorado.org) or sign up in-person at groups. Registration closes Friday, September 11<sup>th</sup>.*

**Time/Date:** Monday September 14<sup>th</sup> 2-4pm

**Location:** Clyfford Still Museum, 1250 Bannock Street  
Denver, CO 80204

## Lunch Bunch: Dos Santos Tacos

Lunch Bunch for this month is going to be at Dos Santos Tacos a Latino owned restaurant that features authentic Mexican cuisine with the main chef having owned and operated two restaurants in Mexico. Register with Kevin at [kveleznegron@lgbtqcolorado.org](mailto:kveleznegron@lgbtqcolorado.org) or sign up in-person at group.

**Date/Time:** Friday, September 18<sup>th</sup> 12-1:30

**Location:** 1475 E 17<sup>th</sup> Ave

# Creative Play - Improv

Creative Play is back back back, back again! This quarter we are moving from a physical artform and instead will be focused on a performance based workshop. This time our focus will center around saying “Yes and” with Creative Play: Improv. Improv is a form of theatre comedy that challenges you to think on your feet, connect with you partner, and trust yourself to commit to the bit!

The time around Creative Play will be facilitated by Bryant Mehay and Kevin Velez-Negron. Both have experience with improv and are excited to bring this new version of Creative Play to you! Whether you have experience with improv or not, this group will be a beginner level introduction where we, through play and games, will cover the tenants of improv & comedy. This group will culminate in a small improv session that the West of 50 community will be able to attend to see you at play! This group will take place every Thursday from 2-3:30 starting September 10<sup>th</sup> and will run through September 24<sup>th</sup>. You must be able to attend all three sessions in order to register. Please contact Bryant at [bmehay@lgbtqcolorado.org](mailto:bmehay@lgbtqcolorado.org) to register for this series!

## **Thursday September 10<sup>th</sup> 2-3:30pm - Session 1 Introduction to Improv**

In session one we will cover the basics of improv, including concepts like ‘Yes And’, ‘No But’, active listening, making strong choices, and more. This will be taught through games and active play, here you will learn to engage with a scene partner and how to shift your thinking towards improvisation.

## **Thursday September 17<sup>th</sup> 2-3:30pm - Session 2 Introduction to Comedy**

In this session we will discuss and practice some of the main tenants of comedy: like rules of three, punching up vs. punching down, the ‘swerve’, and more. There will be some education but mostly this will be taught through comedy games and playing with each other.

## **Thursday September 24<sup>th</sup> 2-3:30pm - Invited Improv Session**

For the final session, we will have decided a series of games to play and spend our time playing them and enjoying the opportunity to make others laugh. This will be an invited game session for our West of 50 community members who want to come and see the improv chops you’ve developed.

## ***Book Club***

*Every 1<sup>st</sup> and 4<sup>th</sup> 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 September theme is Falling for you – Books that feature romance.

### **Book recommendations for the prompt**

Written in the stars by Alexandria Bellefleur

Boyfriend Material by Alexis Hall

Imogene, obviously by Becky Albertalli

Take a Hint, Dani Brown by Talia Hibbert

Icarus by K. Ancrum

Love & Other Disasters by Anita Kelly

## ***Stitch and Bitch***

*Every 2<sup>nd</sup> and 3<sup>rd</sup> 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 4<sup>th</sup> 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.

## **News Flash Update:**

There has been an interest from the community to increase how often we hold our News Flash group. This program focuses on civics engagement and discussion of local and national politics. As we approach the midterms, the anxiety around politics and the news can be extreme, this is a place to digest what you're hearing, receive updated information about local measures, and discuss how the current civics climate is making you feel. **News Flash will stay on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays 2-3:30 and in addition, we will add a group the 2<sup>nd</sup> and 4<sup>th</sup> Fridays 1-3pm.**

## **Sapphic Movie Night: Cloud Burst**

Our General Community Service program will be leading a Sapphic Movie Night on Tuesday, September 8<sup>th</sup> from 6-8pm. The movie Lesbian Lounge has chosen for the night is Cloudburst. The movie follows Stella and Dottie, an older married couple, that embark on a Thelma and Louise style road trip to get married. This movie night will take place on the rooftop and will be open to the community.

**Date/Time:** Tuesday, September 8<sup>th</sup> 6-8pm

## **ReCreative Denver in Art Studio:**

In this class low-stress still-life watercolor class Heidi Werner shares basic watercolor techniques along with some foundational principles of color theory. Never used watercolor before? No worries! This class is a great place to start! Seasoned watercolor artist? Great! This one is for you too. Whether you've never picked up a brush or you've been painting for years, join Heidi for a couple hours to explore and enjoy the beauty and simplicity of everyday objects through watercolor.

**Date/Time:** Thursday, September 17<sup>th</sup> 10-12

# AFTER GLOW

SEPT. 26

CATBIRD HOTEL



6:00 PM

PRODUCED BY **DENVER  
PRIDE**

Join us for one-of-a-kind  
queer rooftop fashion show.



Proceeds benefit

● ● **THE  
CENTER**  
ON COLFAX

# September 2026

| Sunday | Monday                                                                           | Tuesday                                                         | Wednesday                                                                        | Thursday                                                                                                                                                                                                                                                                                                                                                       | Friday                                                       | Saturday                                                                              |
|--------|----------------------------------------------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------------------------------------|
|        |                                                                                  | 1<br>10 Men's<br>Coffee<br>2 OWSS                               | 2<br>10:30 SS<br>Yoga<br><b>1 Club50</b><br>2:30 News<br>Flash                   | 3<br>10 Art<br>10:30-12:30<br>CM                                                                                                                                                                                                                                                                                                                               | 4<br>10:30 Move.<br><br><b>End of<br/>Summer<br/>Fridays</b> | 5<br><br><b>10:30 Book<br/>Club</b>                                                   |
| 6      | 7<br><br><b>Closed for<br/>Labor Day</b>                                         | 8<br>10 Men's<br>Coffee<br><br><b>6 Sapphic<br/>Movie Night</b> | 9<br>10:30 SS<br>Yoga<br><b>1 Push'n<br/>Pansies</b>                             | 10<br>10 Art<br>10:30-12:30<br>CM<br><br><b>2-3:30 CP:<br/>Improv</b>                                                                                                                                                                                                                                                                                          | 11<br>10:30 Move.<br>12 Med.<br><b>1 News Flash</b>          | 12<br>10:30 Pride<br>Playwrights<br><b>10:30 S&amp;B</b>                              |
| 13     | 14<br>10 Lesbian<br>1:30 Story<br><b>2pm Clyfford<br/>Still Trip</b><br>2:30-5CM | 15<br>10 Men's<br>Coffee<br>2 OWSS                              | 16<br>10:30 SS Yoga<br><b>12 L&amp;L: Sage<br/>Singers</b><br>2:30 News<br>Flash | 17<br>10 Art<br>10:30-12:30<br>CM<br><br><b>2-3:30 CP:<br/>Improv</b>                                                                                                                                                                                                                                                                                          | 18<br>10:30 Move.<br><br><b>12 Lunch<br/>Bunch</b>           | 19<br><br><b>10:30 S&amp;B.</b>                                                       |
| 20     | 21<br>10 Lesbian<br>1:30 Story<br>2:30-5CM                                       | 22<br>10 Men's<br>Coffee<br><b>5 Language<br/>Exchange</b>      | 23<br>10:30 SS Yoga                                                              | 24<br>10 Art<br>10:30-12:30<br>CM<br><br><b>2-3:30 CP:<br/>Improv</b>                                                                                                                                                                                                                                                                                          | 25<br>10:30 Move.<br><b>1 News Flash</b>                     | 26<br><br><b>No<br/>Programming<br/>for Afterglow</b><br><br><b>6pm<br/>Afterglow</b> |
| 27     | 28<br>10 Lesbian<br>1:30 Story<br>2:30-5CM                                       | 29<br>10 Men's<br>Coffee<br>2 OWSS                              | 30<br><b>No Yoga</b>                                                             | <b>Calendar Key:</b><br><b>Lesbian</b> - Lesbian Lounge<br><b>Story-</b> Telling Your Story<br><b>OWSS-</b> Older Wiser Sexually Smarter<br><b>S&amp;B</b> - Stitch & Bitch<br><b>SS Yoga</b> - Silver Sneakers Yoga<br><b>Move</b> - Movement<br><b>Med</b> - Meditation with Quana<br><b>CM</b> - Case Management Walk in hours<br><b>CP</b> - Creative Play |                                                              |                                                                                       |