

Oct. '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.

Remembering our Icons

Over the last month we have lost several people in the public eye that brought so much queer history, art, and positive change into the world. What's important at times like these is reflect on why we loved these people and I wanted to bring three to mind now. The first is Dolly Parton; however you first came to know Dolly, her music, and her bright attitude there is no doubt about the impact she had on our community. From her no nonsense acceptance of everyone to her literacy program providing access to books to kids of all walks of life, Dolly embodied what it meant to care. Tim Curry, through his performances, gave queer people safe spaces to celebrate themselves and find communities that loved them. And Bob Mackie, with his eye for style, camp, and beauty, carved out his own path and showed us how to dare to be different (and beaded down to the floor). These people helped define a generation and we honor their memory.

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Trauma and the Body w/ Kevin Velez-Negron

“The Body Keeps The Score” is a simple but effective means for communicating the impact of trauma in our lives. We all experience trauma in our lives, however for a generation of people often times the idea & practice of healing from this trauma was not accessible. Whether it was people in our lives telling us that we should just “get over it” or deriding us for seeking help, trauma and its impacts on the body historically have been minimized to the point where many are unaware of the long term impacts of trauma. In this session, we’ll look at the biology of the survival response, why the body stays stuck in fight, flight, or freeze, and how somatic stress shows up as chronic muscle tension, fatigue, and digestive issues. You’ll leave with a clearer understanding of the mind-body connection and simple, practical “bottom-up” tools to help signal safety back to the nervous system. This group will be led by Kevin Velez-Negron, who has a long history of working with those that have experienced life-altering trauma.

Time/Date: Wednesday, October 14th @ 2pm

Golden Era of Games Night

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 Family Feud.

Date/Time: Tuesday, October 13th 5-7pm

OWSS Topics for October

Every other Tuesday 2-3:30pm

Intimately Speaking

hosted by Jaylin Goodloe

13th of October

This is a presentation on the different communication styles around intimacy and the vulnerability that comes with it. This presentation will include definitions, examples, role play, and more.

Love The Skin You're In

hosted by Britney French-Davis

27th of October

Join Britney French-Davis on of our new West of 50 interns for her first Older Wiser session. This group will explore how aging, beauty standards, and body image can affect our confidence and sexuality. We talk about our relationship with our bodies and how this relationship may have changed over time, whether through major life experiences or gradually as we've gotten older.

World Active Play Day

When I was at the National Conference on the Value of Play in April, one of our keynote speakers Darryl Edwards, spoke about his Primal Play method as well as announced the start of the World Active Play Day. This is a day we recognize the power of play in our lives, find out how to reconnect with it, and inspire it in others. 2026 is the inaugural soft launch of this day on Saturday, October 3rd. On this day, I encourage you to find your play, whatever that means for you. If you want to help spread some play around Denver, on Saturday October 3rd we will be creating play kits that you can bring to a child in your life, put in one of those little libraries for whoever to find, or keep one for yourself to reconnect with that inner child of yours.

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Date/Time: Saturday, October 3rd 12-2pm

Halloween Movie Night: The Rocky Horror Picture Show

Are you ready to shiver with Anticipation for West of 50's special Halloween Movie Night as we bring you the a special showing of The Rocky Horror Picture Show! Dammit Janet, there's going to so much to enjoy, including a full shadow cast featuring Colorado's Elusive Ingredient, prop bags to follow along with the movie, and plenty of Halloween sweets. Sing, shout and dance-along to a screening of the 1975 late-night cult classic while a LIVE shadowcast immerses you in a performance amid the on screen performances, taking your watching of the film to a whole new level!

For many, The Rocky Horror Picture show is a time honored tradition and one of the few ways young queer people were able to find their fellow Transylvanians (and other assorted unconventional coventionalists). As we have , this year,lost the legend Tim Curry, come out and watch the movie the solidified him as an icon for many.

Important reminder that consent is the most important part of this double feature picture show. Please do not make any attempt to touch any other cast members onstage (or any audience members) without expressed permission.

This program is by registration only & space is limited so please register in-person at groups or email Kevin at kveleznegron@lgbtqcolorado.org.

Time/Date: Saturday October, 31st 5:00 PM to 8:00 PM

Location: Basement of The Center on Colfax.

Out on the Town!

Drag Queen Bingo Brunch

What is better than Bingo? DRAG BINGO!

Join us on a Sunday for a morning of fun where we will play bingo, watch a few drag performances and maybe get involved in some audience participation!

It is completely free to play and you are able to order food/drink from the different stalls around the market, including their \$24 bottomless mimosas..

This program is by registration only & space is limited so please register in-person at groups or email Kevin at kveleznegron@lgbtqcolorado.org.

Time/Date: Sunday, October, 18th 11:00 AM to 1:00 PM

Location: Milk Market.

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 Creatures and Monsters



Lunch & Learn: Medicare with ZenMed Advisors



During this Lunch & Learn, we'll walk through the basics of Medicare in plain language — Original Medicare vs. Medicare Advantage, how Part D drug coverage works, and the key dates people need to know for this year's enrollment window. There will be plenty of time left for questions with the group after the presentation as well as provided some one-on-one conversations. In addition to this session, ZenMed Advisors have also partnered with Devoted Health to bring in fresh fruits and vegetables for everyone who participates in the class to take home!

Lunch is provided, please register to attend.

Date/Time: October 14th 12-1:30pm

About us

Floribel Merced and Berenice Suarez are the co-founders of ZenMed Advisors, a bilingual (English/Spanish) independent insurance agency based in Colorado Springs. Together they help families and retirees navigate Medicare, ACA coverage, and international health plans for expats — with a calm, no-pressure approach built on actually listening first. Floribel and Berenice are also a couple, together 21 years, and proud members of the LGBTQ+ community — which is part of why events like this one matter so much to them. They know firsthand how much it means to sit across from someone who already understands your life, not just your paperwork.



The Schule of Drag is an intergenerational program that focuses on the fundamental aspects of Drag, like storytelling, performance, makeup, and more. This two-weekend workshop is for people who have never tried drag, maybe tried it once for Halloween, or haven't even stepped on a stage before. The workshop also comes with a fabulous Final Showcase, where you, yes you, can get up onstage to show friends, family, and community, what you have learned. So strut, don't walk, to sign up for this year's Schule of Drag and see who you might become! To register for this workshop, there is a \$25 fee for the two-weekend course!

Workshop Schedule

Saturday October 17th 10am-3pm: Storytelling, Stage Presence, & Movement

Sunday October 18th 10am-3pm: Makeup, Costume, Performance Concept

Saturday October 24th 10am-2pm: Performance Run through & Preparation

Sunday October 25th 11am-7pm: Final Preparation, Getting Ready for the show, & Final Showcase

Don't want to participate but still want to come and support the final showcase? Then join us at Charlie's Denver Sunday October 25th 4:30-6:30pm! No registration required.



West of 50's New Interns

Britney French-Davis

My name is Britney, and I use she/her pronouns. I am a senior at Metropolitan State University of Denver studying social work. As a social work student, I enjoy advocating for others and building meaningful connections. Outside of school and my internship, I am a proud mom to a wonderful 6-year-old! We love Marvel, science, Pokémon, and learning about animals together. We also love going on nature walks, and I enjoy taking photos of beautiful moments in nature, like flowers, trees, and the stunning sunrises and sunsets we have in Colorado! I'm excited to get to know each of you during my time here!



Jade Eliot

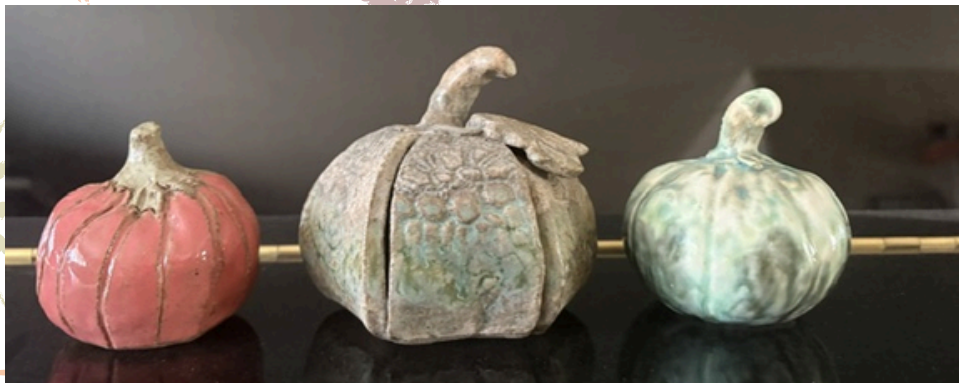
Hello everyone! My name is Jade Eliot, and my pronouns are she/they. I'll be serving as one of the interns for the West of 50 program for the rest of the school year. I identify as a transgender woman and as a lesbian. I am a 5 year Army veteran (2018-2023). I love professional women's soccer, which is also a newer fixation of mine. Please talk to me about the Denver Summit FC! I also love hanging out with my dog, Che, who is an absolute menace currently. I'm committed to building a life for myself in Denver, so please let me know of restaurants, activities, events, etc. that I can add to my exploring list! I'm so very excited to work with all of you, in this beautiful city, and in this beautiful state.



ReCreative Denver in Art Studio

Celebrate the season by hand-building a charming ceramic pumpkin with artist Vickie Autobee. You'll learn simple techniques for shaping, assembling and adding realistic stems and texture to create pumpkins full of personality.

ReCreative Denver is in the Art Studio every third Thursday of the month. With their instructors they will provide a different kind of art technique, style, or practice. Stop in and try it out!



Lunch Bunch: Schoolyard Beer Garden

Celebrating Colorado's craft beer culture, the Schoolyard Beer Garden is located at the historic Evans School with more than 5,000 square feet of outdoor garden area and open-air seating, as well as an inviting indoor area situated in what was originally the school's boiler room and engine room in 1904. The garden offers a thoughtful draft and bottled beer selection with a focus on Colorado and handcrafted brews. The Schoolyard Beer Garden also serves up your favorite casual fare with house-ground burgers, gourmet brats, chef-created salads, sandwiches, freshly-baked pretzels, and a fun variety of snacks and sides.

Date/Time: Thursday, October 8th 12:30-1:30pm

Location: 1115 Acoma Street, meet at Acoma St. entrance

THANKFUL4U

Join us for a West of 50's Community Thanksgiving Celebration, where we will enjoy a wonderful meal together of...

- A full selection of cuts of beef, pork, chicken, lamb, and Brazilian sausage.
- Chef-crafted gourmet salad bar with a plethora of options
- Fountain Drinks & Coffee with complementary refills
- Desert

During this event we will also recognize members of the community that have gone above and beyond. If YOU are a previous award recipient, please wear your sash to lunch!

Registration is required along with a nonrefundable \$10.

Date/Time: Friday, November 6th 11:30-2pm

Location: Texas De Brazil, 8390 E Northfield Blvd Ste 1800

Resource Navigation Through Pride Compass

Here at West of 50, we offer the amazing service Pride Compass. This is short term resource navigation and assistance provided by either staff or our wonderful interns. Do you have a questions about accessing housing, food, or financial? Do you have a new phone or technology item that you just do not understand? Do you need assistance completing online applications? Pride compass is here for that, and more. Through this service we can connect you with local organizations, resources, and our own expertise to address your specific needs. If you want to sign up for a spot, talk to Bryant, Jade, Britney, or Kevin. You can also fill out a service interest form on our website. Please don't hesitate to reach out with any questions!

Britney is now hosting hours 4-6pm on Tuesdays and 10-12pm on Fridays

Older Adult Economic Security

DASHBOARD LAUNCH EVENT



Join us to explore the new Older Adult Economic Security Dashboard with data that illuminates the experiences of older adults across Colorado's diverse communities. Hear from local organizations about older adults' economic realities, the ongoing data gaps, and how partners can help build a stronger data infrastructure for older adults across Colorado. Food and drinks will be provided!



THURSDAY
OCT 15
12:00 p.m.

LOCATION: The Center on Colfax,
1301 E Colfax Ave, Denver, CO 80218



**SCAN THE QR
CODE TO RSVP!**



OCTOBER 2026



SUN

MON

TUES

WED

THURS

FRI

SAT

27	28	29	30	1 10 Art	2 10:30 Move. 10-12 CM	3 10:30 Book Club 12 Active Play
4	5 10 Lesbian 2:30-5CM	6 10 Men's Coffee 4-6 CM	7 10:30 SS Yoga 1 Club50 2:30 News Flash	8 10 Art 10:30-12:30 CM 12:30 Lunch Bunch	9 10:30 Move 12 Med.	10 10:30 Pride Playwrights 10:30 S&B
11	12 10 Lesbian 2:30-5CM	13 10 Men's Coffee 2 OWSS 5 GAMES	14 10:30 SS Yoga 12 L&L 1 Push'n Pansies	15 10 Art 10:30-12:30 CM	16 10:30 Move. 10-12 CM 1 News Flash	17 10:30 S&B 10 DRAG
18 10 DRAG 11 OUT	19 10 Lesbian 2:30-5CM	20 10 Men's Coffee 4-6CM	21 No Yoga 2:30 News Flash	22 10 Art 10:30-12:30 CM	23 10:30 Move. 10-12 CM	24 10:30 Pride Playwrights 10:30 Book Club 10 DRAG
25 11 DRAG 4:30 Schule of Drag Final Showcase	26 10 Lesbian 2:30-5CM	27 10 Men's Coffee 2 OWSS 5 Language Exchange	28 10:30 SS Yoga	29 10 Art 10:30-12:30 CM	30 10:30 Move. 10-12 CM 1 News Flash	31 5 Rocky Horror Picture Show

Calendar Key:

Lesbian - Lesbian Lounge

Story- Telling Your Story

OWSS- Older Wiser Sexually Smarter

S&B - Stitch & Bitch

OUT - Out on the Town

SS Yoga - Silver Sneakers Yoga

Move - Movement

Med - Meditation with Quana

CM - Case Management Walk in hours

GAMES - Golden Era of Games

