





Older Rainbow Community of Albuquerque, serving LGBTQ+ elders

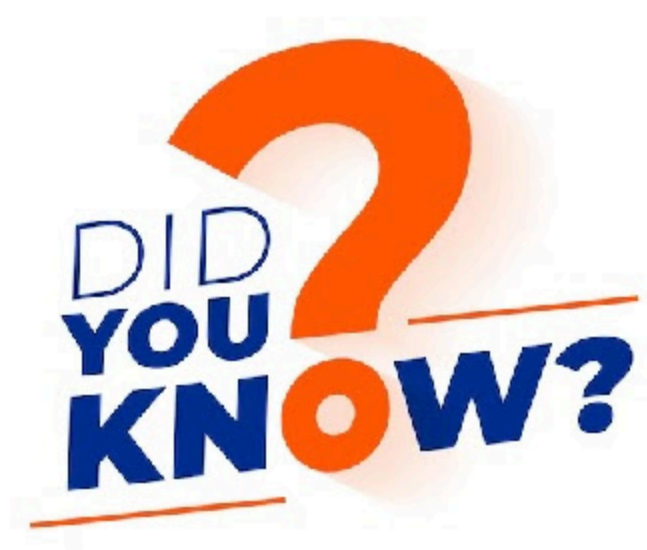
A 501(C)3 Non-Profit Organization

JUNE 2025

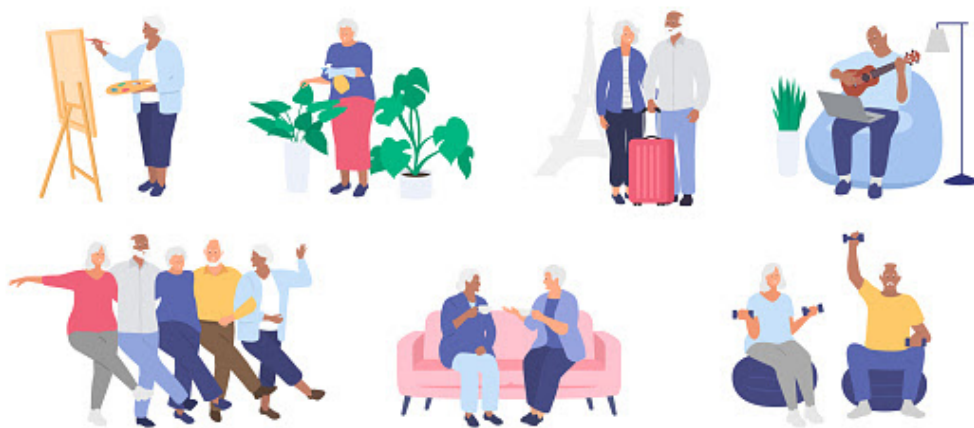
Community is vital as we age, and being around others who share similar experiences and interests is crucial for our well-being. ORCA provides a welcoming space for LGBTQ+ elders to come together, share ideas, and enjoy fun, meaningful activities tailored to your interests.

By joining ORCA MeetUp, you become a member of ORCA at no cost. This is your chance to meet new friends, exchange ideas, and participate in events designed for the LGBTQ+ elder community.

Sound interesting? Visit <https://www.meetup.com/Albuquerque-LGBT-Elders> to join today!



Celebrate the 4th of July early on July 2nd with a free band concert at the Albuquerque International Balloon Museum. The concert will start at 7pm. But we can have a picnic beforehand, starting at 6pm. Bring a hat, sunscreen and something to share. Stay tuned for more info in an upcoming event email.



Spend Time with Others

(If you missed this last month,
you can read it now. Then plan
to attend one of the events below.)

Socializing with friends, family, and even casual acquaintances—such as people you may meet at a book club or place of worship—is one of the most effective (and enjoyable) ways to keep your memory sharp. It can also reduce the likelihood of serious cognitive issues down the lines.

Research, such as a 2024 study published in the *Journal Innovation in Aging*, confirms this. That study found that social interactions significantly improved executive function (which helps you make plans and decisions and solve problems) in older adults. And a report published in the journal *Nature Aging* in 2023 found that people who are very socially active in midlife and beyond have a 30 to 50 percent lower risk of developing dementia.

You don't need to attend parties several nights a week to get those memory preserving benefits. Simple activities, such as talking, taking a walk, or playing board or card games with friends, will do it.

---Consumer Reports May/June 2025



All participants who attend ORCA meetup events are expected to RSVP.

Thanks for RSVPing - this lets the Host know you'll be attending.

When you RSVP, please do so for yourself and any **non-ORCA** member who is attending as your guest. **All ORCA members should RSVP for themselves.** This helps us identify how many members are attending events, statistics that are essential for future planning and grant writing.

However, **if your plans change**, just open the event homepage in the ORCA Meetup site, **click Edit RSVP**, and either change the number of guests or cancel your own attendance.

To change the number of guests who'll be going with you (if any), click **"Update"**.

To cancel your own attendance, click "**Not going**".

Thank you for following good RSVP etiquette.



ORCA 🧡 Loss & Grief Support 🤝

ORCA community members provide compassionate and confidential peer-to-peer support to participants who experience loss and grief.

Our loss group focuses on the developmental stages we go through when coping with losses. We discuss how individuals manage each stage and throughout their lives. **The next meeting is on June 4th at 5:30pm at the Highland Senior Center, 131 Monroe NE.** Membership in the Highland Senior Center is required to attend events at that facility, and the **annual membership cost is \$20**. You can join at the front desk before the meeting.

This nonjudgmental welcoming space is for all ORCA community members who've experienced loss. Come to listen, learn, and share your stories with others. We offer a safe and confidential environment to find perspective, comfort, and healing.

The group is open to all people who are grieving. **Please RSVP if you plan to attend**

Peers in our group are welcome to distribute supportive handouts for each session and will need to know how many to prepare.

Please message Paul Oostenbrug, SCORCA Chair, for more information.

RSVP NOW

West Side ORCA Women (WOW)



This event meets the first Wednesday of every month at Books on the Bosque, [6261 Riverside Plaza Lane](#) NW, Suite A-2. This month it is on Wednesday, June 4, 2025 11:00 AM - 1:00 PM.

There is no set topic for discussion. If anyone has a story to tell, we're ready to listen. This is a place to get together, meet other women and chat. There will sometimes be an announcement about ORCA and its activities.

There are drinks and goodies available for purchase. The bookstore is woman owned and is welcoming to the LGBTQ community.

So, won't you please join us.

RSVP NOW

Well, it's here: PRIDE. This is the schedule as we know it right now, but it is subject to change.

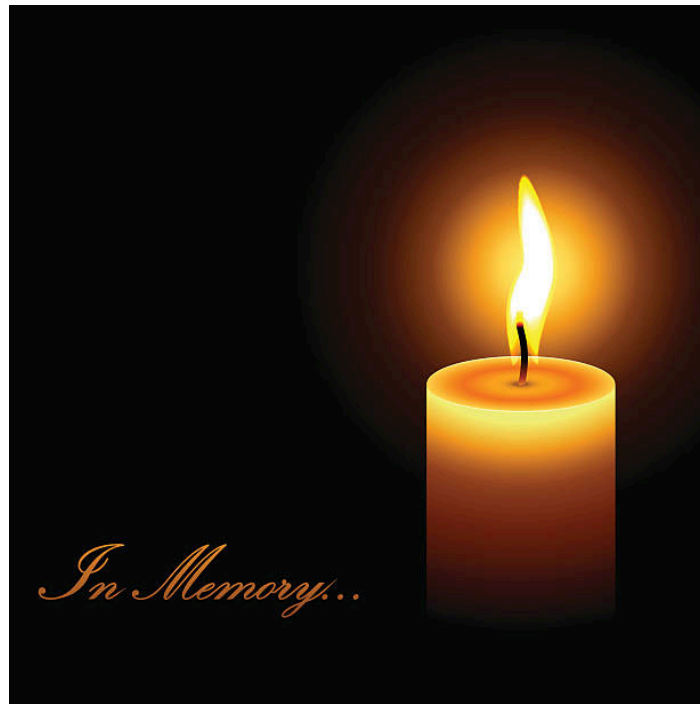
- **June 1st**--Native American Pride Day
- **June 5th**--Memorial Service 6-8pm Morningside Park
- **June 7th**:

Catered Pride Breakfast, 8-9:30am, at Dennis and Kelvin's, 212 Dartmouth NE

Pride Parade, 10-11:30am, Girard/Monte Vista to San Pedro on Central

Pride Festival, 2-8pm, Civic Plaza, Admission \$20

- **June 14th**--Old Town Pride, 9am-7pm
 - **June 22nd**--Silver Fest, 2-5p, location TBA
 - **June 26th**--Dance with Pride, Highland Senior Center, 2-4pm, must be a member of the senior and community center circuit, \$20 for a year membership
 - **June 28th**--Let Me Speak Queerly: A Fabulous Pride Variety Show, 7- 8:30pm, Canteen Brewhouse, 2381 Aztec Rd. NE, Admission: \$10 (but no one is turned away for lack of funds)
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Pride Memorial / Candlelight

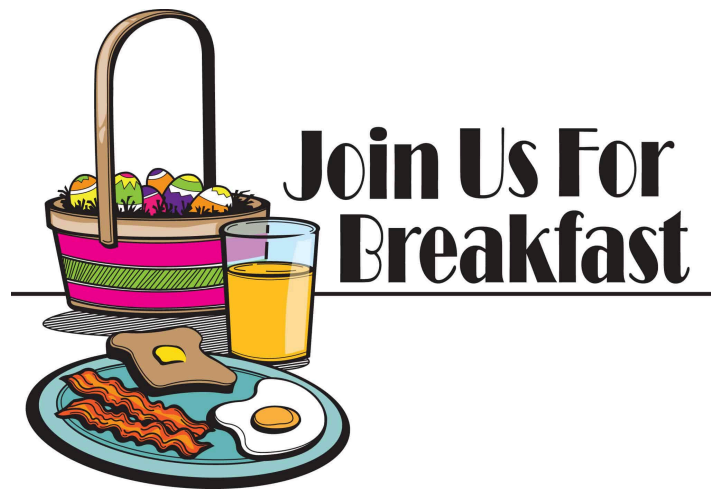
This event occurs from **6-8pm at Morningside Park SE**, 3901 Lead SE.

We will honor those people with AIDS who have passed, remember those in our community who are no longer with us and re-confirm our on-going commitment to our history. We will not forget, and they will not be forgotten.

Parking is limited. So, give yourself enough time to find parking.

[RSVP NOW](#)





Join Us For Breakfast

Please join Dennis & Kelvin for their kickoff ORCA Pride continental breakfast on **Saturday June 7th from 8 AM to 9:30 AM**, at their home, [212 Dartmouth Drive NE, ABQ, NM 87106](#). Please RSVP by noon Friday June 6th.

RSVP NOW



Albuquerque Pride Parade on Route 66!

On June 7th, the Parade starts at 10am to 12 noon. The parade route is east along Central Ave to San Mateo Blvd. Parking is limited, plan ahead. Bring a chair, sun screen, water, umbrella,

and a hat (if you wish). Why not meet us a Dennis and Kelvin's, and we can go together. (See above breakfast event)

RSVP NOW



Following the parade, PrideFest 2025 is being held at the **City of Albuquerque Civic Plaza Saturday, 313 Third Street, June 7th, from 2 PM until 8 PM**, Adult pass: \$20, Children: \$10.

There are a lot of parking lots around Civic Plaza, and it is easy to reach by Albuquerque Bus system. Entertainment will be celebrating Pride for the length of the fest, and food & drink are available.

RSVP NOW



**Corrales Library Book Sale
Presents
Hilda Kirschner & Friends**

The Friends of the Corrales Library is a 501(c)(3) nonprofit organization made up of lovers and supporters of the Corrales Community Library. Since 1955, the Friends have been dedicated to enhancing the library's unique environment, collections and programs for the benefit of the entire community.

The Friends of the Corrales Library hosts two book sales yearly to benefit programs at the Corrales Community Library. Their Spring fundraiser is on Saturday June 7th, and Sunday, June 8th, from 9am to 4pm.

This year, they are also presenting Hilda Kirschner, vocalist, and her friends, Nolan Howell, guitar, Tracy Lipka, bass, and J. Francis, guitar.

Enjoy an afternoon of **free live jazz** at the Corrales Public Library, [84 West La Entrada, Corrales, NM](#), on Saturday June 7th, from 12 Noon to 2 PM.

RSVP NOW



MEN'S COFFEE

Get ready to spend some time with the guys of ORCA.

We meet at **McDuffie/Hidden Park, 3708 Mackland Ave, NE**, just east of Carlisle, to the very spot shown in this picture. The next schmooze session is **Wednesday, June 11th from 10-11:30**.

The topics discussed just come up although we try to avoid politics...but good luck with that. It's a great way to spend time socializing under the trees and getting updates on community events, some ORCA related some not. As you can see, there is

a bench. But bring a chair or a blanket, something to drink, a hat and sunscreen even though we're in the shade.

RSVP NOW



Focus on Falls

On **June 12th**, we will have **our monthly Town Hall Community Update** where we get together to chat about everything and anything happening in ORCA! We have an open discussion format, answer any questions you have about ORCA and give you an update on our activities. We meet at the **Highland Senior Center**, which is conveniently located in Nob Hill at **131 Monroe St NE** from **2PM to 4PM**.

Whether you're a newbie to our meetups or a long-time member, an ORCA event planner or a meetup attendee, we'd love to hear your thoughts and insights. Come to learn, share, and meet new people and current friends alike!

This session will feature **an interactive workshop with Janet Popp, PT, MS**. She is a Certified Exercise Expert for Aging

Adults and Chair, New Mexico Adult Falls Prevention Coalition. **She will help attendees assess their risk of falling** during the presentation, which will **include some in-depth work for those who wish to participate.**

Friends and allies who share the vision of ORCA, a welcoming and inclusive community, are welcome to be our guests.

RSVP NOW



Old Town Pride

Pride celebration continues on Saturday, June 14th, in Old Town. Free family friendly events run from 9am-8:30pm with a car show, bands, adopt a luminaria stations, local organizations, Rosies Run Club, Latin dance, line dance

class, and more.

Of course, there will be drag queen performers located in the smaller plazas around the main Old Town Plaza from 2:30pm-8:30pm.

ORCA will have an information table from 10am to 2pm.

[RSVP NOW](#)



There is nothing quite like a summer evening maybe with a slight breeze, tasty food, live music quietly in the background, families with children having picnics, and your ORCA family gathered together under the beautiful trees of Altura Park. That's Altura Food Truck Thursdays.

Organized by Annie and Essie and starting at 5pm, let's get together on **Thursday June 19** to listen to music, have some

great conversations, and enjoy a bite to eat at the available food trucks. We'll be on the east end of the park towards the upper corner under the trees. Look for the ORCA sign.

Last year as many as 30 people gathered and enjoyed themselves at these events. Let's double that number this year. A perfect place for that much needed social interaction to help keep you feeling alive and younger.

[RSVP NOW](#)



City of Albuquerque Pride Dance

[Your tax dollars at work!](#)

On **June 26th**, the City of Albuquerque is sponsoring a Senior Pride Dance at **Highland Community Center 2 PM to 4 PM**. There will be a live band plus drinks & light refreshments. So put on your dancing shoes and come celebrate Pride Month as it's winding down.

RSVP NOW



Let Me Speak Queerly: A Fabulous Pride Variety Show

You're invited to end Pride month at a **family-friendly queer community variety show** centered around LGBTQIA+ storytellers but also including other performers, showcasing singers, dancers, drag performers and a few surprises. While this event is QT (queer/trans) organized and centered, everyone is welcome.

It is our hope that this will be the beginning of an annual event during Pride month celebrating our community's creativity, and we need your presence to make it a success. Plus, **ORCA is represented!** Did I mention that one of the storytellers is from our senior community? And what a story!

It's on **Friday night, June 27th**, at the **Canteen Brewhouse at 2381 Aztec Rd NE**. **Tickets: \$10** but no one will be turned away for lack of funds. And the admission fee will be divided between all the performers. So, help us help our creative community while celebrating

Queer/Trans Pride. Sponsored by Storytellers of New Mexico.

RSVP NOW



**New Mexico United
vs.
Colorado Springs Switchbacks**

Who doesn't like a soccer game? Paul received six free tickets to this game and will give them to the first six people to RSVP. Community corner seats are available online or at the box office for \$20. Let's have some fun!

RSVP NOW

Our new website is www.orcaabq.org.

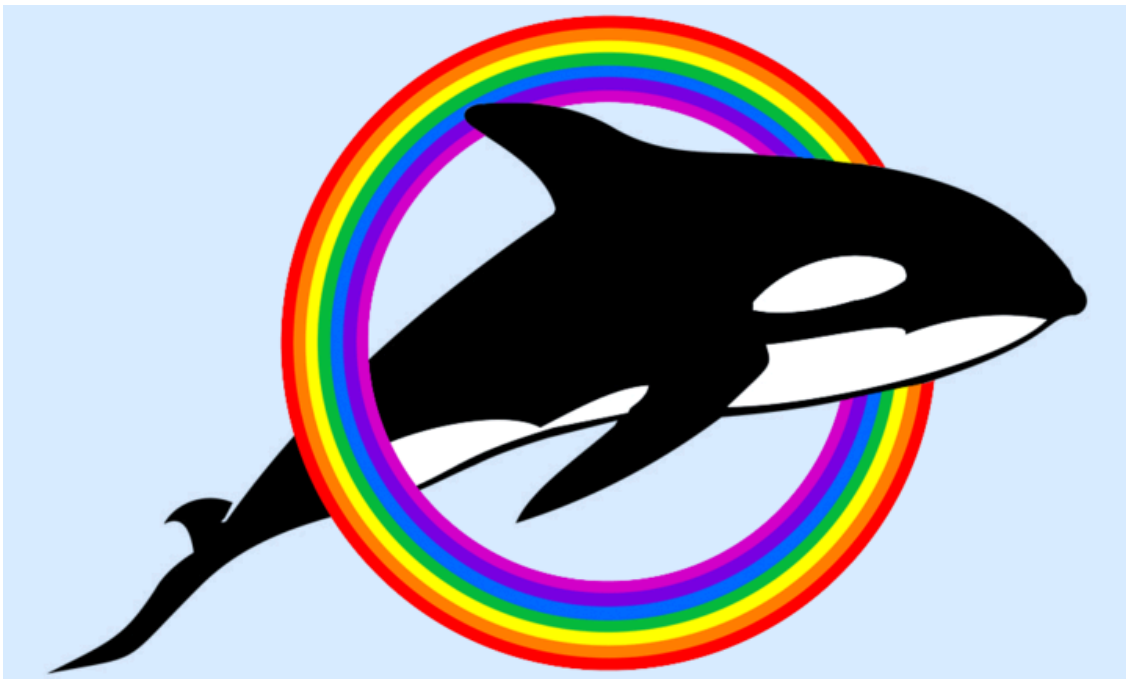
Email SC@orcaabq.org to reach the Steering Committee.

We welcome suggestions about events you'd like to see offered or things you'd like to see on the website. The ORCA website lists a variety of resources that may be helpful:

<https://orcaabq.org/resources/>

Questions about ORCA Albuquerque and the events listed above? Email us: sc@orcaabq.org.

ORCA seeks diverse community groups to partner on common projects. Please contact sc@orcaabq.org, if you'd like to explore collaborating with us.



Our mailing address is:

Older Rainbow Community of Albuquerque
PO Box 20421
Albuquerque, NM 87154

[Add us to your address book](#)

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