

APRIL 2026

NO ONE IS ALONE

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 LGBT+ 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 LGBT+ elder community.

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

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PART ONE: Resilience and Hope

PART TWO: **Did You Know?** Non-ORCA events you might like.

PART THREE: **Upcoming Events:** ORCA Sponsored Events



(The following are selections from an article that appeared in the magazine Humanistic Judaism)

A Medical Perspective on Resilience

by Adam King Skrzynski

Resilience, as defined by the *Oxford English Dictionary*, is “the capacity to withstand or to recover quickly from difficulties, toughness” What gives some people the fortitude and toughness to withstand challenges to their health? And what gives them the ability to accept a less than complete healing at times?...

As Rabbi Johnathan Sacks puts it, referencing the story in Genesis where Jacob wrestles with the mysterious angel: “This is how to deal with crisis. Wrestle with it, refusing to let it go until it blesses you, until you emerge stronger, better or wiser than you were before....[Do] not accept defeat. This is the meaning of faith.”



Of course, a person does not need to be as theist to feel blessed or to have faith...Some of us are born with a great deal of resilience, and some of us must learn it along the way...

Chronic illness in general adds another layer of challenge to resilience, as there is often no “cure,” simply the management of symptoms and the re-setting of expectations of what life will offer. Often, resilience then becomes a daily choice to make, a state of mind that needs to be sought out repeatedly, willfully, and sometimes begrudgingly. The capacity for resilience is innate to our personality but can also be strengthened by practicing gratitude and hope.

Dr. Benjamin Corn is a prominent radiation oncologist at Hebrew University in Jerusalem and chair of the university’s new Institute for the Study of Hope, Dignity and Wellbeing. I asked him about the relationship between resilience and hope, and he shared his wisdom with me:

“When you compare resilience to hope, resilience is very much a state of the moment—I bounced back, that is my status. Hope is the next step because it allows us to cast our thought into the future. What will my goal be? How can I further improve my situation? What pathway must I take to get there?”



A natural outgrowth of resilience is hope, which allows us to carry forth our progress beyond the present moment...Viewing hope is the next step after one has survived an acute stressor...

Resilience can set the stage towards increasing levels of hopefulness, which research shows improves medical outcomes and wellbeing. Add to that Rabbi Address's prescription of gratitude, and we have a potential recipe for strengthening our ability to persevere through struggle and stress, on the way to some level of thriving.

Rabbi Sherwin Wine gave us a beautiful formulation of resilience:

“Where is my light? My light is in me. Where is my hope? My hope is in me. Where is my strength? My strength is in me. And in you.”

[M]y advice is to find your resilience in the mirror, in the light that is reflected from within you and within those closest to you, as well as in the history and teaching of your [religious] heritage and the wisdom that all deep human traditions have to offer.

Seek not just a cure, but a deliberately moving beyond mere survival to a greater healing.





Albuquerque Concert Band



Greetings everyone!

We have an update to our upcoming concert info, we have a scholarship winner!

We are pleased to announce the 2026 winner of the \$1500 Bruce Kroken Scholarship Award is Clarinetist Dylan Dencklau from Eldorado High School!

Dylan has played clarinet since he was in 5th grade. He says that music has always been an important creative outlet in his life, and is most grateful to his grandfather Tom Dodson, and his private teacher Mr. Luis Delgado, for being the most influential and supportive people in his journey as a musician, Dylan plans to stay local for college and will be attending UNM where he will continue in his clarinet studies and pursue degrees in Music and Mechanical Engineering starting next fall.

Dylan will be performing his award-winning solo at the concert and will also sit in with the band for a tune!

Thank you for your support of our band!

Free admission and open to the public.

Sunday, April 12th
3pm to 4pm
Eldorado HS PAC
11300 Montgomery Blvd NE



New Mexico Interfaith Dialogue

presents our Annual Spring Colloquium

HOPE AND FAITH: FINDING COMMON GROUND IN CHALLENGING TIMES

**Dr. Stephen H.
Christiansen
(Christian)
Speaker**



**Sheikh Dr.
Mahmoud
Eldenawi
(Muslim)
Speaker**

**Rev. Ty
Dillard
(Scientologist)
Speaker**



**Dr. Gordon
Bronitsky
(Jewish)
Moderator**

Sunday, April 12th, 2026

1:00 - 5:00 PM

Raindrop Foundation - Albuquerque

7901 Mountain Rd NE, Albuquerque, NM 87110

Details and Registration:

www.NMInterfaithDialogue.org

Walk-ins welcome (cash-only)



\$30/\$15 students Light snacks provided Doors open at 12:30

TGRC NM

ALL AGES

2ND ANNUAL
**PUNK ROCK
EGGSTRAVAGANZA**

FOOD TRUCK
LIVE BANDS
HIV TESTING
ZINE WORKSHOP
SENSORY FRIENDLY AREA
RAFFLE

SATURDAY, APRIL 18
DOORS AT 1 PM
MUSIC 2-5 PM

BRING A SHELF
STABLE/NON-PERISHABLE
FOOD ITEM OR UNOPENED
TOILETRIES TO ENTER THE
RAFFLE

**MUTUAL
AID &
EGGHUNT**

* MORE BANDS TBA
* THERE IS NO WAR IN BANDING BE
* DIGITAL SPLIFF

1515 4TH STREET NW
ALBUQUERQUE, NM, 87102

THIS EVENT HAS BEEN FUNDED AND APPROVED BY THE NMECH

Earth Day

QUEER WEST COAST SWING DANCE

April 11, 2026

Beginner Lesson 6:30-7:30pm
Social Dance 7:30-10pm

Peace Love Space
10410 Comanche Rd NE

Sliding Scale Entry Fee
5-15\$ (pay what works
for you!)

Returning participants
bring a friend and get in
FREE!

Paint and
plant
activity!



ABQUEER
WCS

Save the Dates for 2026 Camps



**Trans and Gender Non-Conforming camp
May 15-18th**

**QTBIPOC camp
June 26-29th**

**All Queers camp
September 11-14th**

Details to come at queercampoutnm.org !





ABQFATTIES

ABQ *Fatties*



FACEBOOK.COM/
ABQFATTIES

IS CREATING FAT COMMUNITY IN ALBUQUERQUE!

IF YOU'RE INTO FAT LIBERATION & COUNTERACTING DIET CULTURE,
WE'D LOVE TO MEET YOU! ADULTS OF ALL AGES, RACES, GENDERS,
ORIENTATIONS, & ABILITIES ARE WELCOME AT OUR MEETINGS.
FIND US ON INSTAGRAM & FACEBOOK, OR EMAIL US!

ABQFATTIES@PROTONMAIL.COM



art by [instagram.com/fatmaxdrea](https://www.instagram.com/fatmaxdrea)





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.

West Side ORCA Women (WOW)



This event is currently meeting at Books on the Bosque the first Wednesday of every month. This month it is April 1st at 11am at Books on the Bosque, 6261 Riverside Plaza Ln. NW.

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

community.

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.

So, won't you please join us.

Please keep your RSVP updated.

RSVP Now



ORCA Men's Coffee

Men's Coffee will meet on **April 1st**, **April 15th** and **April 29th** at the Highland Senior Center, 131 Monroe St NE, from 10am to 11:30.

Join us for a fun time socializing, schmoozing, complaining and celebrating our senior days. Topics ebb and flow as different ideas are brought up. We can't promise great coffee, but we guarantee an entertaining hour and a half.

RSVP Now

ORCA Game Time (for everyone)!



Calling all ORCAns! All are welcome!

Game Time is on the first and third Thursdays of every month from 2:30-4:30 at Highland Senior Center. This month it is on **April 2nd** and **April 16th**. Please RSVP by clicking on ATTEND (as soon as possible), so Highland manager Chris Rogers can

get us the right-sized room. (No Game Time on fifth Thursdays, even if it's posted on Meetup.)

Attendees will choose the game(s) they want to play at the beginning of each session, largely based on how many people choose to attend. There may be time or interest in more than one game.

ORCA has a cabinet reserved at Highland where we store our large and interesting variety of board and card games.

Our collection of board games includes Monopoly, Albuquerque-opoly, Scrabble, Mancala, and several less-well-known others.

Table games include Trivial Pursuit (with the cards but without the board) and New Mexican Train dominos, which is a favorite, and maybe others.

Our card games are varied. We have Pop Culture Trivia, Quiddler, Novel Beginnings, Headbanz, and more. We have only one deck of ordinary playing cards, so if you want to play a traditional card game, you'll need to bring your own.

You're also welcome to bring any other game of your own to encourage others to play it with you.

And incidentally, you are welcome to bring guests, but anyone who attends must be a Community, Senior, or Multigenerational Center member, or must buy a membership for \$20/year.

Hope to see you with your best game face on!

RSVP Now

Gay & Queer Men's Peer Support Group



Find Strength, Connection and Healing!

Are you navigating unresolved, anger, fear, or past trauma? Do you feel overwhelmed by societal challenges, or the uncertainties of today's world?

Join us on Thursday, Apr 2, 6:30 PM to 8:00, at the Unity Spiritual Center of Albuquerque, 9800 Candelaria Rd NE, for a peer-lead support group design to provide a safe space for gay and bisexual men to connect, share, and find empowerment together.

One of the hardest parts about being gay is realizing how much of what you thought was “you” was really just what society expected you to be. For many of us, life is this endless shedding, a peeling back years of performance and protection, with the hope that one day you look in the mirror and not see a stranger but someone worthy of love, especially from within.

This event is cross posted from another Meetup group.

RSVP Now

UNM Symphony Orchestra



If you like a large romantic sound from your orchestra, then on April 2nd at 7:30 in Popejoy Hall, the upcoming UNM Symphony Orchestra, *Showing Our Heart to the World*, conducted by Dr. Karin Hendrickson, is your event.

Take a listen:

Vaughan-Williams's Serenade in A Minor (Romanze, Finale) https://www.youtube.com/watch?v=CRJNV9_M_IM&list=RDCRJNV9_M_IM&start_radio=1

Hallén's Romanze for solo Violin (featuring Cármeo de los Santos, violin) https://www.youtube.com/watch?v=w9-ZOHRmHq8&list=RDw9-ZOHRmHq8&start_radio=1

and Schumann's Rhenish Symphony https://www.youtube.com/watch?v=yzK6bZCnZb4&list=RDyzK6bZCnZb4&start_radio=

Tickets for seniors are only \$11.50 and can be purchased the evening of the performance at the Popejoy box office.

And do you like eating? Then join us before the concert at El Patio de Albuquerque, 142 Harvard Dr SE, for some delicious New Mexican cuisine in an quaint old house or, weather permitting, on the patio.

RSVP Now

LGBTQ+ Caregiver Support Group



Support for people in the LGBTQ+ Community caring for someone with dementia. Share concerns, challenges, successes and strategies with other caregivers.

To join, email us at nmsupportgroups@alz.org. (You'll have to "connect" the first and last parts of that email address in your email program.) We will arrange a meeting with the Programs Director and Support Group Leader to discuss the group.

The facilitator is Daniel White. The meeting link will be provided by the Alzheimer's Association.

The group will meet **Fridays, April 3rd, and April 16th**, from 12:00 PM to 2:00 PM MST and will meet every 2 weeks on Friday.

RSVP Now

QueerJoyFest volunteer meeting

We recruit! We are creating queer joy and need your help!



WIMINFEST
Reimagined,
May 30

We are putting
on a show! We
need your help!
Volunteer
Meeting

Wed, April 8, 2026
5:30 pm, Casa de Cultura,
804 Park Ave. SW



Sign up for our newsletter for
updates and volunteer
opportunities .

Made with PosterMyWall.com

RSVP Now



ORCA In-Person

Always the second Thursday of the month. This month, it's on April 9th from 2-3:30.

Join us at the Highland Senior Center, 131 Monroe St. NE for conversation, guest speakers on various topics, upcoming events for seniors in Albuquerque and NM, and just plain socializing.

[RSVP Now](#)

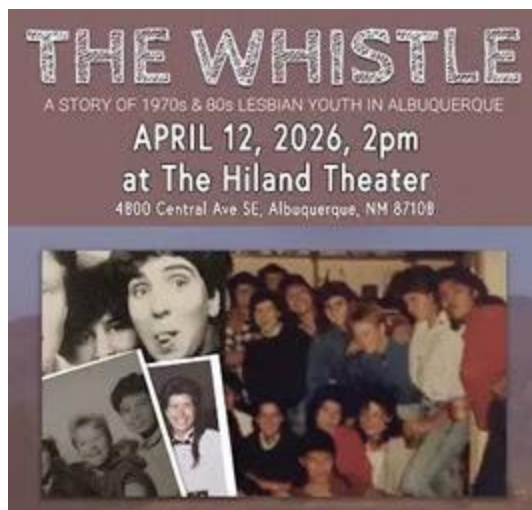
**Hilda Kirschner Vocalist with
Friends at Tiny Grocer Old
Town**



On Sunday, April 12th, 11:00 AM to 2:00 PM, come listen to Hilda Kirschner, jazz vocalist, with friends at Tiny Grocer Old Town, 1919 Old Town Rd NW, Ste 5. Tiny Grocer is a wonderful cafe that offers delicious food and drink.

[RSVP Now](#)

The Whistle



A story of 1970s & 80s Lesbian Youth in Albuquerque

The Whistle documentary

A 45 year-old Latinx trans man returns to his birthplace - Albuquerque, New Mexico - in search for the origin of a secret lesbian code he learned when he identified as a teenage dyke in the 80s.

Join us for a screening of The Whistle, a heartwarming and historical documentary about a secret code created by and shared among young lesbians in 1970s & 80s Albuquerque as a means of self-identification and finding community.

This is a fundraiser for filmmaker, StormMiguel Florez next project about the upcoming QueerJoyFest in Albuquerque and the history of Women In Movement In New Mexico (WIMIN).

The hour-long screening will be followed by a Q&A panel with the film participants and the film director.

The Screening is on April 12th at 2pm. Tickets are \$12.51.

This event is sponsored by BernCo Commissioner District 3, Adriann Barboa.

ACCESS:

The screening will include Open Captions. ASL will be provided for announcements and the Q&A panel.

The venue is wheelchair accessible.

Accessible parking is available in front of the theater

For the safety of yourself and others, the N95 masks strongly encouraged!

**Regretfully, Audio Description will not be available for this screening.

RSVP Now

ORCA Monthly Board Meeting



The ORCA Board of Directors, the governing body of Older Rainbow Community of Albuquerque (ORCA), holds its monthly meetings on the second Tuesday of each month. This month it's on April 14th.

ORCA Board meetings are inclusive events that are open to the public, primarily ORCA participants. You are all very warmly

invited to attend! You can do so either via ZOOM or in-person.

The ZOOM meeting number is 906 560 9861. There is no Passcode. The link is <https://us02web.zoom.us/j/9065609861?omn=89591456885>.

AGENDA

- Introductions and comments from guests
- Contractor Reports
- Financial Reports
- Upcoming Events
- Longer Term Issues
- Questions and Answers

The meeting will take place at Steering Committee member's house.

All participants at ORCA meetup events are expected to RSVP. However, if your plans to join us change, just open the event homepage in the ORCA Meetup, click Edit RSVP, and either change the number of guests or cancel your own attendance. To change the number of guests, click Update. **To cancel attendance, click Not going.**

RSVP Now

**East Side ORCA Women
(needs a group leader)**



This event will take place at Hoffman Park, very near but south of the Loma Del Rey Park. The major streets around it are North - Candelaria, East - Moon, South - Menaul, West - Wyoming. ** BUT, the leaders have stepped down because of low participation. If you want to meet at this time, you can do so on your own initiative.

The shadiest area is the southwest corner of the park. Bring a chair and your drinks and snacks. There is no set topic for discussion, it's just a chance to get together and gab.

RSVP Now

Hilda Kirschner Vocalist with Friends at Downtown Growers Market



Come enjoy Hilda Kirschner Vocalist with friends performing wonderful jazz standards on Saturday, April 18th, from 10:00 AM to noon at the Downtown Growers Market, 810 Copper Ave NW.

[RSVP Now](#)

Community Plate



Here we are in February sharing amazing home-made delicious pot-luck food and telling each other stories about our lives. We were a small group, so we all shared one table and the conversations just flowed. In short, it was an outstanding and deeply emotional experience that left everyone elated, filled, energized and awaiting for April's Community Plate.

We missed you. But you have another chance to join your ORCA family. On Saturday, April 18, 2026, Community Plate will be held at the **First UCC Congregational Church, 2801 Lomas Blvd. NE, from 1-3pm in the choir room.** And because we meet in this smallish room, **there are only 30 openings for this event.**

What is Community Plate? It's a coming together of our community to share food and stories and connectedness.

Bring your favorite dish you want to share. The meal concludes with **2-3 volunteer storytellers, organized and rehearsed ahead of time**, entertaining the gathered community with stories that are performed or read. They are tales from the archive of your life: adventures, insights, lessons learned, loves lost and found...you name it because it's about you.

April's theme is **Resilience and Hope**. How have these character traits helped you to move forward in a time of crisis? Since no one has stepped forward to be a storyteller, we all can be storytellers. And so spontaneously, volunteers will be asked to step forward and share their short story of Resilience and Hope. It can also be the discussion you have around the table while eating which may motivate you to share your story with the whole group.

See you on the 18th. You won't regret attending but you might regret staying home.

RSVP Now

UNM Wind Symphony



Brazil Send-off Concert!

Our fabulous Wind Symphony is going on tour to Brazil. Come celebrate with them as they perform a rousing selection of music under the direction of Dr. Emily Moss. Take a listen:

Paul Dooley's Fantasy of Colors (hot off the presses and premiered in 2025), https://www.youtube.com/watch?v=Ldo9DXLunsM&list=RDLdo9DXLunsM&start_radio=1

Morton Gould's Ballad for Band https://www.youtube.com/watch?v=nDDjN8sJofw&list=RDnDDjN8sJofw&start_radio=1

David Biedenbender's Enigma https://www.youtube.com/watch?v=jNBv4Vkyikw&list=RDjNBv4Vkyikw&start_radio=1

and Clarice Assad's Baião N' Blues (transcribed for winds).

Tickets for seniors are \$11.50 and can be purchased at the Popejoy Box office the night of the performance. We will be meeting at Gyros at 6pm for a fine Greek meal before the concert. So, please join us for tasty food and even tastier music.

RSVP Now

Sawmill



This is one of our most popular on-going events. Held in one of Albuquerque's unique eating establishments--the city's first dining hall--this converted sawmill offers a broad range of food selections. Or you can just get something to drink or only stop by and join some of ORCA's most interesting members who gather here once a month to socialize.

Look for the ORCA blue sign which is usually in the middle of the building. The fun, conversation and eating starts at 11 and goes until everyone has left, usually 12:30, at 1909 Bellamah Ave. NW, just down the street from Old Town.

RSVP Now

OUTspoken: Poetry Evening & Open Mic & Silent Auction Fundraiser

OUTspoken
An evening of poetry and fundraising for

QueerJoyFest

SAT APRIL 25 | **5-8pm**
FIRST CONGREGATIONAL UCC
2801 LOMAS BLVD NE
ALBUQUERQUE, NM 87108
\$5 SUGGESTED DONATION

WHAT TO EXPECT:

- ✓ POETRY and SPOKEN WORD by Ky George, Demetria Martinez, Mary Oishi, and Kristin Patton.
- ✓ OPEN MIC (Signup at 4:45pm)
- ✓ RAFFLE & SILENT AUCTION
- ✓ FREE RAFFLE TICKET to the first 100 attendees

QueerJoyFest is a joyful and inclusive celebration of all facets of our LGBTQ+ community that will take place at Albuquerque's Kino Theater on the night of May 30, 2026. More info TBA at www.QueerJoyFest.org

OUTspoken: Poetry Evening & Open Mic & Silent Auction Fundraiser

A fund raiser for the WIMIN QueerJoyFest Comeback event scheduled on May 30, 2026

Come hear: **Mary Oishi**, ABQ poet Laureate, **Demetria Martinez**, writer, poet, & immigrant rights activist, **Kristin Patton**, queer ABQ native & **Ky George** writer & educator.

OPEN MIC sign up at 4:45 for others to present.

RECOMMENDED Donation \$5.00

WHEN: April 25, 2026 from 5:00-8:00 pm

WHERE: 1st Congregational United Church of Christ - ABQ,

2801 Lomas Blvd NE

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.

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