

ORCA

Older Rainbow Community of Albuquerque, serving LGBTQ+ elders

A 501(C)3 Non-Profit Organization

SEPTEMBER 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!

Please Note: There will be no October newsletter due to the editor's vacation.

CONTENTS

PART ONE: **Info 4 You**
PART TWO: **Did You Know?** Non-ORCA events you might like
PART THREE: **Upcoming Events:** ORCA Sponsored Events
PART FOUR: Future Events



Crazy In This House

Sometimes we can feel trapped like the person in this song. Remember: ORCA is a doorway to social interaction, fun

activities, better health outcomes and even new friendships. We know you are there. Come out.

Crazy in this House

What Do 20 Grams of Protein Look Like?



We continue to read statements like this: According to registered dietician Courtney Pelitera, “A great way to preserve as much muscle as possible (besides regular exercise) is to make sure the diet is adequate in protein**. I like to encourage at least 20 grams of protein or more per meal with older adults**.”

20 grams of protein. Good advice if you know what 20 grams of protein looks like. But how many people really know? Well, here’s the answer:

Protein is an essential macronutrient that plays a crucial role in building and repairing tissues, supporting muscle growth, hormone production, fluid balance, and nutrient transport to name a few. Getting enough lean protein with meals and snacks is vital to overall health.

Because different foods have different protein densities, 20 grams of protein looks very different depending on what you are eating Here’s are some examples of 20 grams of protein

per meal. These options give you 20 grams of protein with relatively fewer calories:

1. **Chicken Breast**: A 3-ounce serving of grilled chicken breast typically contains around 26 grams of protein. If you were to dice the chicken this would equal about ½ a cup.
2. **Eggs**: Eggs are a versatile and nutritious protein source. Two large eggs provide approximately 12 grams of protein. Eating four eggs to reach the 20-gram goal isn't as realistic and increases fats quite a bit from the yolks. You can add three egg whites to two whole eggs to reach the 20-gram mark. You could also add some diced chicken, ground turkey, tofu or cottage cheese to increase protein and keep saturated fats and cholesterol down.
3. **Greek Yogurt**: Known for its high protein content, approximately 7 ounces of plain, Greek yogurt contains about 20 grams of protein. Picture a small yogurt cup that you commonly find in stores, filled to the brim.
4. **Cottage Cheese**: Cottage cheese is another dairy product rich in protein. To get around 20 grams of protein from cottage cheese, you'll need roughly ⅔ to ¾ cup of it.
5. **Lentils**: Lentils are a great plant-based protein source. To reach 20 grams of protein, you need approximately ¾ cup of cooked lentils.
6. **Tofu**: Tofu, a popular vegetarian protein option, is made from soybeans. Roughly 3.5-ounces of extra firm tofu contains about 17 grams of protein.
7. **Salmon**: A 3.5-ounce serving of cooked salmon typically contains 23 grams of lean protein. For a visual, this would be a deck of cards or the size of a checkbook.
8. **Protein Powders**: Sometimes we just need something quick and easy. There are a number of different protein powders and are okay to use in moderation. It's best to get your meals from whole foods but that is not always possible. Choose a protein powder with a short ingredient list and no artificial sweeteners (aspartame, sucralose, etc…) or sugar alcohols (xylitol and erythritol). An unflavored one is most versatile and can be added to baked items such as muffins without compromising flavor or texture.
9. Other vegetarian choices: **Cooked Chickpeas / Black Beans:** 1.3 cups, **Peanut Butter:** 3 to 4 tablespoons

(Note: this adds around 360–480 calories), **Mixed Nuts:** About 3 handfuls (approx. 3.5 ounces)

Now you know. Plan your meals and snacking accordingly. Remember variety is great in the diet and don't be afraid to mix and match. Eggs with leftover lentils anyone?

Prime Time 50+ Expo



The Prime Time 50+ Expo is a free health fair that brings together both readers and advertisers of Prime Time Magazine for a day of fun, education and product demonstration. With giveaways, guest speakers, live entertainment, free flu shots, free health screenings, free transportation and more, this is an event not to be missed! Call 505-242-2428 for more information. ORCA will have a table at this event.

Free Falls



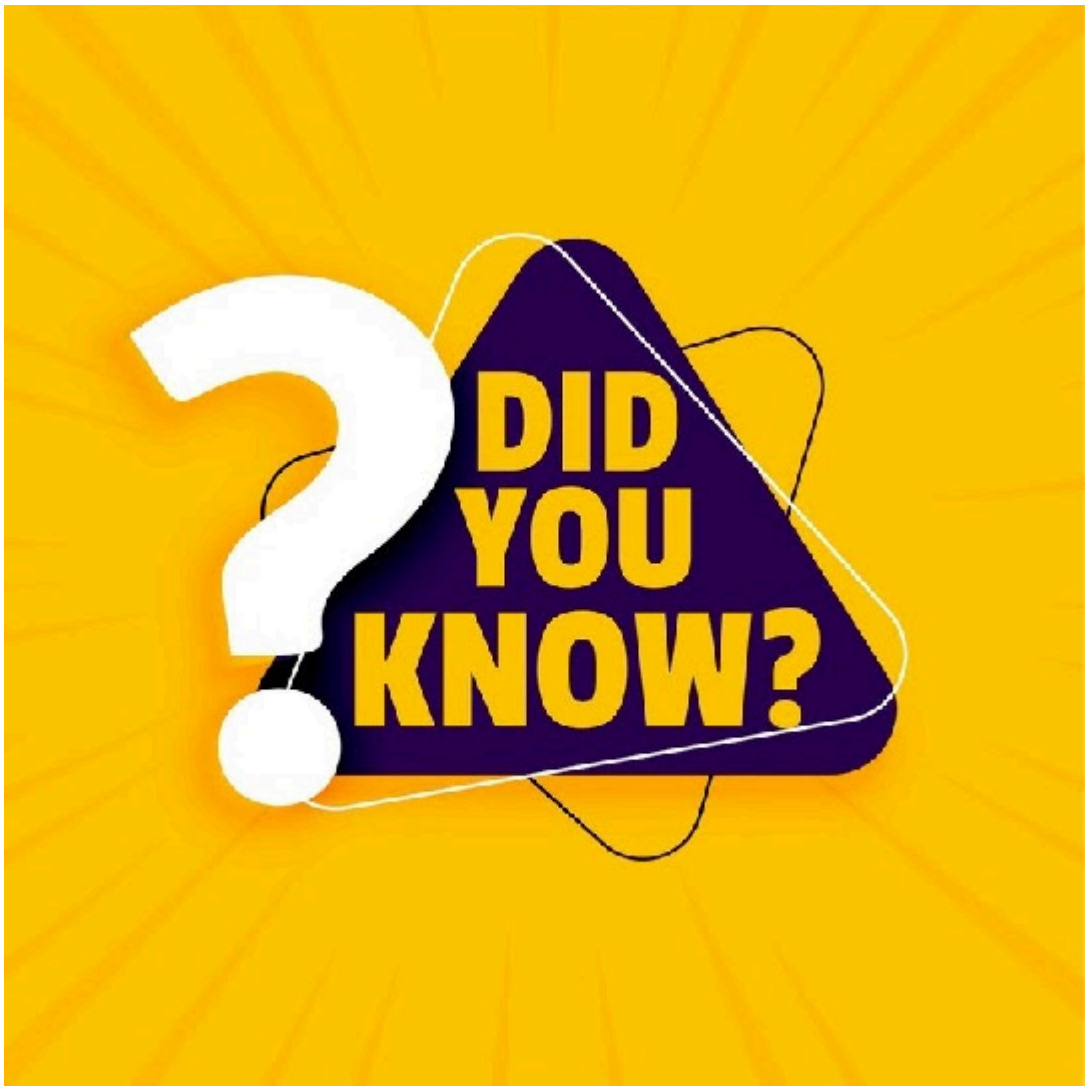
We often hear stories of someone who has fallen, broken a bone, and ended up in the hospital. Or the person who lay on the ground for hours waiting for someone to find them. Well that doesn't have to happen to you!

Health Sciences students and faculty from UNM, Pima Medical Institute, and CNM will conduct **free** falls risk screenings, including strength and balance tests, foot health, medication review, home safety, vision, and more.

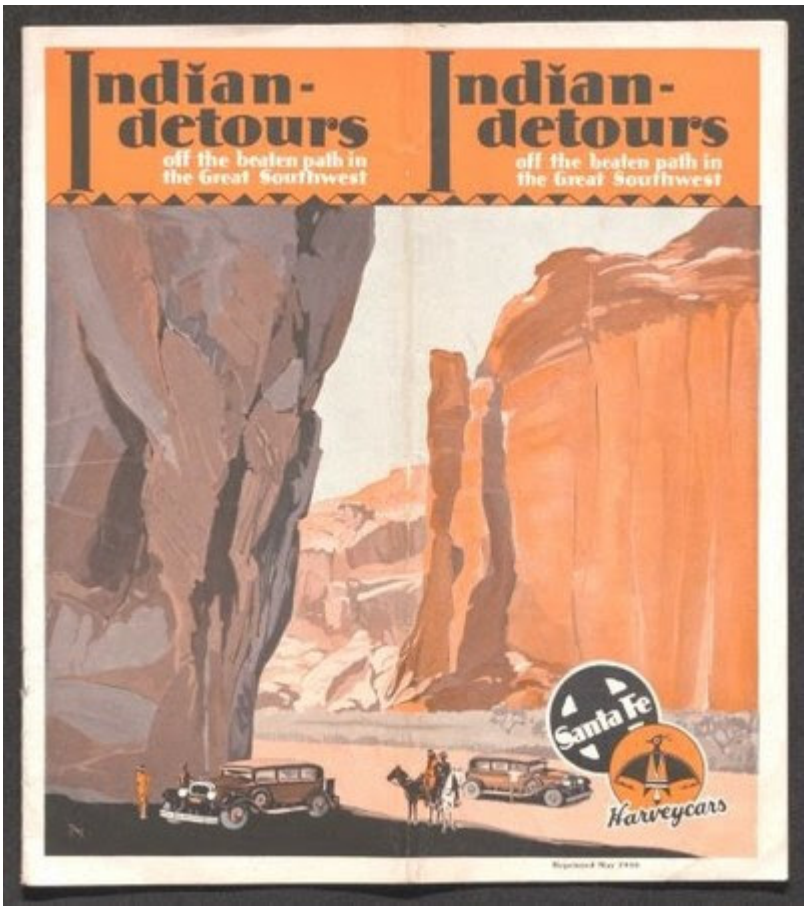
Participants will learn how to safely get up from the floor and receive a personalized falls risk report and education to help reduce their chances of falling.

This safety event will be held on Friday, September 18th, at North Domingo Baca Multigenerational Center, 7521 Camel NE, from 8:30-12 noon.

Don't be at risk. Come and be evaluated.



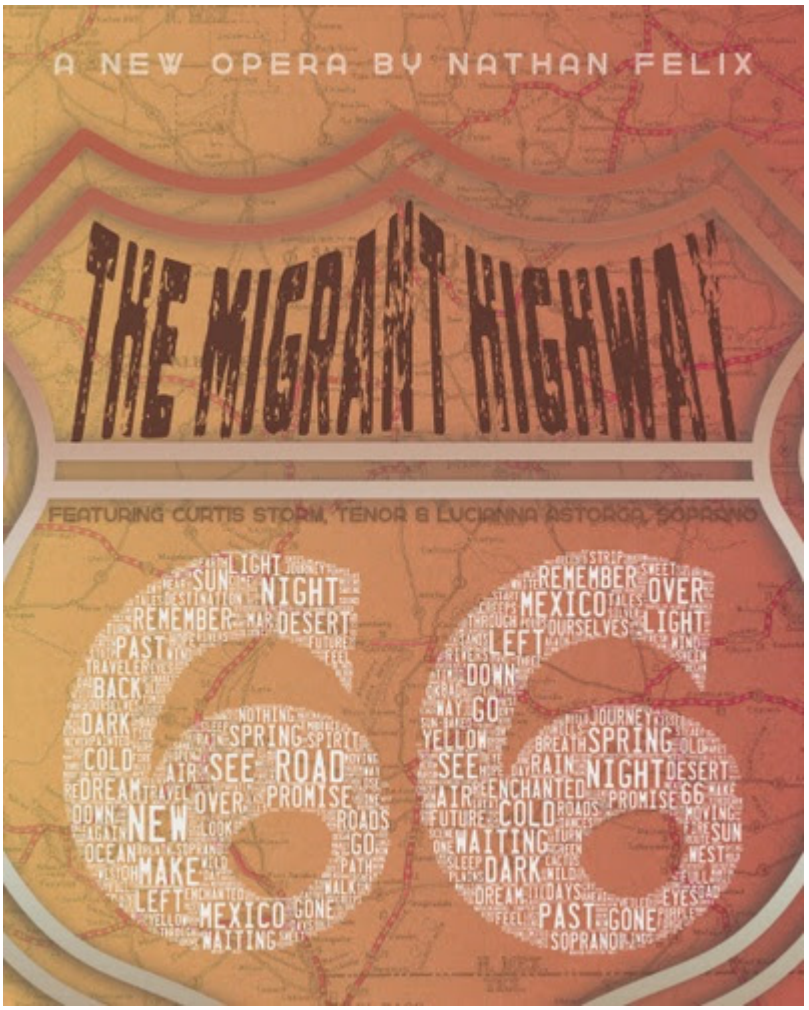
Indian Tours



Kathleen Dull, librarian and archivist at the New Mexico History Museum, invites you to join aboard “the world’s most distinctive motor cruise service.” Discover the origins of a new kind of tourism that revolutionized the industry and transformed the economic and cultural trajectory of the Southwest. Meet the drivers and couriers, and enjoy armchair travel in Fred Harvey luxury as we explore the history of the Southwest.

This event will be at the New Mexico History Museum, 2000 Mountain Road NW, on September 27th from 2-3pm. General admission ranges between $3 - $6

The Migrant Highway



The Migrant Highway is a collection of operettas based on migrant stories that took place along Route 66. Each of the five stories shown takes a peek at the lore and cultural impact of these 2,448 miles of road.

Join a duo of soprano Lucianna Astorga and tenor Curtis Storm as they depict each story alongside a chamber ensemble. This program travels through several galleries. This is not a seated performance.

This event will take place at the Albuquerque Museum of Art, 200 Mountain Road, on Saturday, September 12th at 2 pm.

State Fair Parade

Horses, bands, farm machinery, Low Riders & politicians...oh my!! What more could an ORCAN ask for?

The New Mexico State Fair Parade, long established as the biggest parade in the state, marshaled and assisted by the Bernalillo County Sheriff's Posse, will take place on Saturday, September 12, 2026, at 8:30 AM in Albuquerque.

Parade Details

- Start Location: Southeast corner of Expo New Mexico (Louisiana Boulevard and Central Avenue).
- Route: Traveling west on Central Avenue, ending near Girard Boulevard and Central Avenue (about 2 miles).
- Theme: Celebrating the Route 66 Centennial.

Come and cheer the participants on and wear your showiest western look.

JAPANESE FALL FESTIVAL
Aki Matsuri 2026



Experience an unforgettable celebration of Japanese culture, food, music, art, and community at Aki Matsuri | Japanese Fall Festival.

Sunday, September 27, 2026

10:00 AM–5:00 PM

EXPO NM | Albuquerque

Enjoy live entertainment, delicious food, cultural demonstrations, unique vendors, family-friendly activities, and much more!

- Taiko Drumming
- Ikebana Flower Arranging
- Traditional Japanese Performances
- Mochi & Japanese Treats
- Martial Arts
- Cosplay Competition
- Japanese Food
- Sushi
- Beer and Saki booth

This year's theme is MOMIJI - JAPANESE MAPLE:The Art of Autumn's Beauty and Harmony Between Nature and Human Life.

Tickets are $17.12.



Normally, these events would be official ORCA events. However, the usual host will not be in Albuquerque when they occur. So, you are encouraged to take advantage of them on your own or with friends. This is just a small selection of the department's musical offerings. To see the full calendar, go to https://music.unm.edu/events-calendar/

September 23rd: Wind Symphony conducted by the amazing Dr. Emily Moss. 7:30. Popejoy Hall. Tickets: $12.50 for seniors.

September 24th: 2pm-25. New Mexico Premiere. Julia Radosz, soprano, and Dr. Kristin Ditlow, piano, present the New Mexico premiere of an original work by UNM composer Dr. Beth Ratay. Free admission. Keller Hall

September 24th: Music of the Americas. 7:30-8:45. The Music from the Americas Concert Series presents pianist Dr. Nic Gerpe, visiting from the Pasadena Conservatory of Music. Tickets available at the Box Office or unmtickets.com. $12.50 for seniors. Livestream available on the UNM Music YouTube channel.

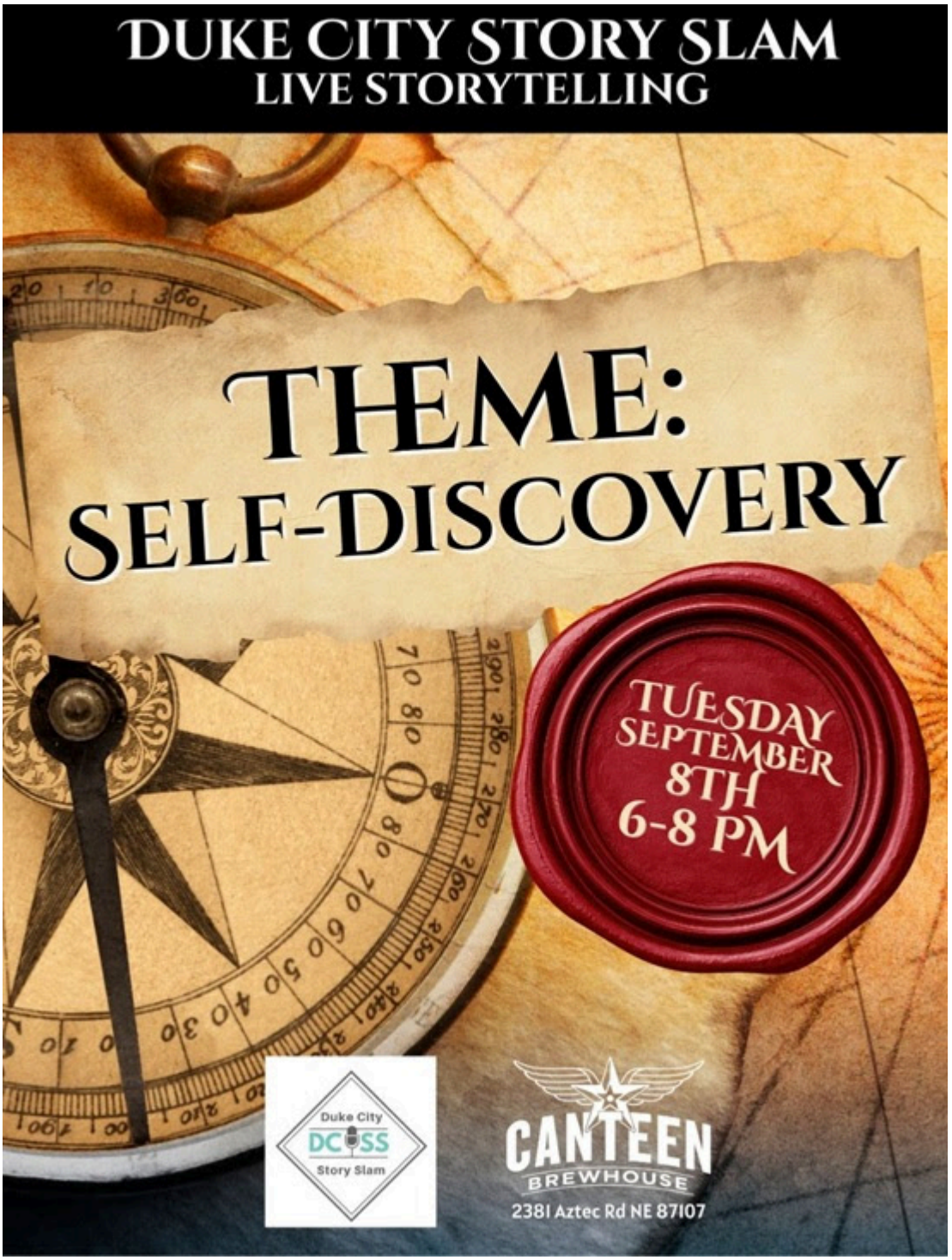
September 29th: Symphony Orchestra conducted by the equally amazing Dr. Karin Hendrikson. Come hear the UNMSO kick-off their 26-27 Season with Beethoven's Egmont Overture and Gustav Holst's majestic Jupiter (from the Planets). Rounding out the program is three movements from George Bizet Symphony in C Major – a work he wrote at the age of 17

before he would become one of the most famous operatic composers of all time. Popejoy Hall. 7:30-8:45. Tickets are $13.50 for seniors.

October 2nd: 9th Annual Choral Prism Concert, featuring performances by Las Cantantes, Dolce Suono, Concert Choir, and other UNM vocal ensembles. 7:30-8:45. Keller Hall. Senior tickets are $12.50. Livestream available on the UNM Music YouTube channel.

October 5th: UNM Sinfonia, an all-strings undergraduate orchestra, led by Art Sheinberg. Free admission. 7:30-8:45. Keller Hall.

October 7th: Symphonic Band, directed by Dr. Chad Simons, and UNM Campus Band, directed by Dr. Emily Moss.7th: UNM Symphonic Band, directed by Dr. Chad Simons, and UNM Campus Band, directed by Dr. Emily Moss. 7:30-8:45. Senior tickets are 12.50. Popejoy Hall.


DUKE CITY STORY SLAM
LIVE STORYTELLING
THEME:
SELF-DISCOVERY
TUESDAY
SEPTEMBER
8TH
6-8 PM
Duke City
DCSS
Story Slam
CANTEEN
BREWHOUSE
2381 Aztec Rd NE 87107



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 September 2nd 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 it's activities.

So, won't you please join us.

Please keep your RSVP updated.

RSVP

LGBTQ+ Grief Support Group



Meeting on Wednesday, September 2nd, the LGBTQ+ Grief Support Group offers a supportive space in a relaxed environment to honor loss, express emotions, and connect with others who understand the unique experiences of grief within the LGBTQ+ community.

All are welcome, and sharing is always optional. This group is led by volunteers, not paid professionals. Ideas, questions, and contributions from all members are encouraged. We meet at Stephen’s Place, 204 Hermosa Street NE · Albuquerque, NM.

Group Guidelines

- Confidentiality - what's shared in the group stays in the group
- Respect for diverse identities and experiences
- Share from personal experience
- Practice active listening

Please note that the meeting takes place in a home with multiple friendly dogs. There will be limited liquid refreshments and snacks. You are welcome to bring an appetizer to share.

This is a free event.

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

Men's Coffee



Good-by, Hidden Park. Hello, Highland Senior Center, 131 Monroe St. NE.

Men's Coffee is moving in-doors starting with its September 2nd meeting at 10am to 11:30. It's a wonderful time to just relax with your fellow seniors and talk about...whatever. Think of this as a way to build social relationships, something we elderly need for better health.

Besides the September 2nd gathering, thefre will be two more on September 16th and September 30th.

Oh, and bring your own coffee.

RSVP-September 2nd

RSVP-September 16

RSVP-September 30

Men's Discussion 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 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.

Thursdays from 6:30 PM to 8:00 at Unity Spiritual Center of Albuquerque, 9800 Candelaria Rd NE.

This event is cross posted from another Meetup group.

GAME TIME



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. 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 Commumity, Senior, or Multigenerational Center member, or must buy a membership for $20/year.

Hope to see you with your best game face on!

RSVP-September 3rd

RSVP-September 17th

NM Rainbow Roadrunner Car Club Meeting



If possible, please use the link below to join the Club prior to attending.

We're meeting in Santa Fe in September!

Our club dates back to the 1970's and is a part of the larger national Lambda Car Club International. Join us at our monthly meeting - meet new people and enjoy a diverse group of cars.

- We Celebrate Diversity in Cars and People
- All Cars and People are Welcome

Lambda Car Cub International (LCCI), 501(c)(7), is the largest car club for LGBTQ+ people and LGBTQ+ friendly automobile enthusiasts in North America. The purpose of LCCI is the enjoyment and exchange of information on all types of vehicles, combined with social fellowship by LGBTQ+ community members and those who support the LGBTQ+ community.

Diversity is a core value of LCCI. We strive to attract and retain new members from diverse segments of the population, including diversity of color, age, gender identification, sexual orientation and varying automobile interests. While we will always embrace and honor our traditions and long-term members, we simultaneously welcome all new members with novel ideas who share the love of our people and our vehicles.

All vehicles of any age or condition are welcome at club events. Our members are interested in everything from brass-era antiques, brand new vehicles, cutting edge technological marvels, imports and exotics, to huge American land yachts. While some members own fleets of collectible automobiles, others own one or even no vehicle.

If you're into automobiles, whether it's an acquisitive obsession or it's just an interest you enjoy from afar, you are very welcome to participate!

Join the Club

RSVP

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, September 8th.

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
- Past Events: Discussions and Wrap-ups
- Action Items
- Upcoming Events
- Longer Term Issues
- Questions and Answers

The meeting will take place at a Board 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 page in the ORCA Meetup Homepage, 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

LBGTQ+ Caregiver Support Group for People Caring for Someone with Dementia



On September 4th and 18th at 12 noon, there is support for people in the LBGTQ+ 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

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In-Person



Our monthly in-person event at Highland Senior Center, 131 Monroe St NE, on Thursday, September 10th, from 2:00 PM - 4:00 PM.

Join us for lively conversations, discussion of the July, preview of upcoming events, any topic you want to talk about, and perhaps a speaker, subject to be announced prior to meeting. But it's mostly us. And a great way to socialize.

RSVP

Country Western Dance



Country Western Dance

On Saturday, September 12th from 2:30 PM to 4:30 at the First Congregational UCC, 2801 Lomas Blvd NE, come and two-step and line dance to your heart's content.

ORCA, The Outlaws, and In Out & About invite you to attend a special C&W event. There will be LOTS of extremely attractive women and men there, strutting their stuff. The event will showcase queer-centric C&W music. Who could ask for more than that?

Everyone is welcome. The event will feature two-stepping and line dancing instruction. DJ Aqua will play queer-centric C&W music. Requests will be accepted. We will serve refreshments.

You'll want to be there too!

Capacity 75 people. Any donations will be gratefully accepted.

RSVP

Special Request:
Ladies! Do you like to dance? Do you like organizing events? Then we have the opportunity for you. Please join the ORCA dance committee. Meetings occur about once every six weeks. If interested, call Rane at 505-206-7416.

Sawmill Market Gathering



Join us on Tuesday, September 15th, from 11am until ?, for one of ORCA's more popular events: Sawmill Market, 1909 Bellamah Ave NW, just north of Rio Grande Blvd. near Old Town.

Look for the ORCA Blue & White sign. Depending on the weather, we will either be inside, usually near the Mercantile Cafe, or outside in the shade.

Lots of conversation, updates on activities, life experience stories and food & beverage available for purchase from many vendors. But you don't have to buy any food to enjoy the company of your ORCAn friends.

RSVP



Community Plate



The next soul-stirring Community Plate event will happen on Saturday, October 17th, from 1-3 pm. Mark your calendar. Bring your best autumn dish to share (preferably homemade but not a requirement) and your heartfelt stories. The theme will be determined later.

As those who attended previous Community Plate events know, we come away from these stories with new and deeper connections.

But there is a catch:

This **potluck and storytelling** event will occur at a private home and will be open to only 12 attendees. So, please do not show up without RSVPing or there may not be a chair for you.

The location is Nob Hill adjacent at 4110 Marble Ave NE. The major cross streets are Lomas and Washington.

- When you RSVP, **please do so for yourself**.
- If your "guest" is an ORCA member, know that ***All ORCA members should RSVP for themselves.*** Remember, there's only 12 places available.
- I**f your plans change**, just open the event homepage on the ORCA Meetup site, **click Edit RSVP,** and cancel your attendance by clicking **"Not Going"**. This is important if there is a waiting list. Your cancelation will allow another member to attend.
- **Thank you for following good RSVP etiquette.**

There is nothing like good food and beautiful people opening and sharing themselves with stories from their hearts. Please attend and experience ORCA on a new and profound level.

There will be an RSVP button when the official Meetup email is sent later this month.

UNM Chamber Winds Special Premiere



On October 21st at 7:30pm in Keller Hall, the UNM Department of Music presents a special musical premiere. The musicians of the UNM Wind Symphony will perform a concert of chamber music, conducted by Dr. Emily Moss. Featuring a World Premiere by Aaron Perrine, with internationally-renowned soprano soloist Hila Plitmann. This will be an official ORCA event. Look for the official email later this month.

Tickets for seniors are $12.50 for a world premiere with an internationally acclaimed artist and composer! Livestream available on the UNM Music YouTube channel.

If you want an introduction to the music of Aaron Perrine, take a listen to this:

Only Light for String Orchestra

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.

