



Rainbow Community Calendar

The **Rainbow Community Calendar (RCC)** is a monthly publication serving the LGBTQ community of Waterloo Region. It is named in tribute to the **Pink Triangle Community Calendar** created in 1989 by community activist Lisa Simkins. The **RCC** is issued by the **Rainbow Community Calendar Collective**, an action group of **SPECTRUM-Waterloo Region's Rainbow Community Space**. Print copies are available at SPECTRUM, ACKWA, libraries, community centres, government and social services agencies in Waterloo Region.

Online at: <http://ourspectrum.com/rainbow-community-calendar/>

Please e-mail calendar editor Lyn McGinnis with corrections or new information by the 20th of each month to: lynmc@rogers.com please put **RAINBOW CALENDAR in the subject line.**

SPECTRUM's **Resource Centre and Drop-in Space** is in Unit 210 at 283 Duke Street West, Kitchener, N2H 3X7 (corner of Duke Street West and Breithaupt). Park on Breithaupt Street side of the building, near the loading dock. Go in the Duke Street entrance, up the stairs, through the door, down the hallway to Unit 210.

Website: <http://ourspectrum.com/> **NEW!** (with hours of opening and much more)

Facebook: <https://www.facebook.com/SpectrumCommunitySpace/>

Twitter: @our_SPECTRUM **E-mail:** info@ourspectrum.com **Phone:** 226-779-9695

August Events

Starting August 1

Queercraft - a Queer Crafting Group. 6-8 PM, Tuesdays: **August 1, 8, 15, 22, 29.** Bring your portable craft to SPECTRUM!

OK2BME Youth Group. 6-7:30 PM Alternate Tuesdays- **August 1, 15** and **29** More information: <http://ok2bme.ca/>

PRIDE

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Starting August 2

SPECTRUM Prime. 7-9 PM, first and third Wednesdays of the month - **August 2** and **16** at SPECTRUM. We see things differently as we age. Priorities shift. Social circles change. Join us in a **new** discussion and social group for maturing LGBTQ adults. And if you are concerned about whether the group is a fit for you, then try it out to see. Lately, we have been sharing stories about our lives. We will also continue to think about what kinds of discussions and activities we might like to have in future. We hope that this will

be a step in the direction of creating a community support for us as we age. <http://ourspectrum.com/older-adults-group/>

Starting August 3

SPECTRUM Transgender Peer Support Group. 7-9 PM on the first and third Thursday of the month. **August 3** and **17.** New day - new time - new facilitators. A safe and normalizing environment for anyone identifying in the trans/gender variant umbrella at SPECTRUM.

Starting August 4

KW El-Tawhid Circle, a progressive Muslim social and prayer group which is gender equal and LGBTQ affirmative. Every second Friday afternoon from 2:00 - 4:30 p.m. **August 4** and **18.** More information: Fran at franps@golden.net.

day5games. 7-11 PM **August 4, 11, 18, 25** at SPECTRUM. Join us as we gather at our space to play board and card games, assemble jigsaw puzzles and fiddle with constructions in an informal atmosphere.

Starting August 5

SPECTRUM Saturday Drop-In 2-5 PM Saturdays, **August 5, 12, 19, 28.** This social drop-in event is a great opportunity to meet other people, to talk about whatever you currently have on your mind, and to make new friends! Come and hang out with us in a casual, relaxing atmosphere where you can just be yourself! This event is ideal for you if you just want to socialize in an LGBTQ-friendly setting. We typically talk about anything that comes to mind, from tv shows to languages to fairy tales to technology to music - and occasionally LGBTQ issues. We also have cookies and other (sometimes healthier) snacks to share. Feel free to drop in at any time between 2-5 pm. Everyone is welcome!

Starting August 6

ORG-SPECTRUM's Outdoor Recreation Group. **August 6,** we will be cycling. We meet at the loading dock for the building that houses SPECTRUM, located on Breithaupt, near the corner with Waterloo Street, in downtown Kitchener.

We will decide this Sunday morning on the route we shall follow that day. Non-motorised vehicles only please. We do make an exception for e-assist-bikes.

SPECTRUM's Outdoor Recreational Group (ORG) will be taking most of the month of August off. During this time we intend to rethink and reorganize our ORG program. In September, under the guidance of a new ORG head, we shall relaunch the program. More details in the September issue of the Rainbow Community Calendar.

Starting August 7

Rainbow bereavement support group **Monday, August 7** and **21** 1:30-3:30 PM. All LGBTQ caregivers, spouses, friends suffering loss. 298 Lawrence Ave. Kitchener. Call 519-743-4114 ext. 117. barb@hospicewaterloo.ca

Starting August 9

Self-Help Alliance Transgender Peer Support Group. 7-9 PM on the second Wednesday of the month. **August 9.** For individuals who identify as transgender and questioning. Self Help Alliance, 67 King Street East, Kitchener. Call 519-570-4595 to speak with either Jasmina, ext. 4052, or Brenda, ext. 4061 to verify meeting date and time, or for more information.

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August 10

Rainbow Newcomers Thursday, **Thursday, August 10** and **Wednesday, August 23** 7-9 PM at SPECTRUM. A place for LGBTQ-identified immigrants and refugees to socialize with each other and with LGBTQ people who have been in town for a while, and discuss issues related to being a newcomer to Canada. More information: RainbowNewcomers@gmail.com

August 15

Waterloo - Wellington - Perth PFLAG, Parents Family and Friends Peer-Support Group 7-9 PM on the third Tuesday of the month. **August 15.** Are you having difficulty coming to terms with the sexuality, gender identity or gender expression of someone close to you? Join us in a warm, welcoming and safe place for all family and friends of people of the LGBTQ community at Pre-School Room, Downtown Community Centre, 35-B Weber Street West, Kitchener. More Information: <https://www.facebook.com/PFLAG.WWP>

August 16

Queerly Christian 7:30 p.m. to 9:00 p.m. at the Erb Street Mennonite Church, 131 Erb Street West, Waterloo. This is a monthly group of people who identify as LGBTQ+ and Christian. We will gather for conversation and reflection on our experiences around how these different aspects of our identity intersect. Allies are welcome, but please recognize that this is intended as a space for LGBTQ+ Christians to share their lived experience. More information: <https://pastorsinexile.org/2017/03/03/queerly-christian/>

August 23

Rainbow Connections - Kitchener meeting August 23 7-9 PM. LGBTQ and Mental Health Group Main Floor, Self Help Alliance, 67 King St E.

Kitchener. If you will be late, please contact us in advance so we know when to let you in. Also note that there is now a 15 minutes time-period that we can let you in, otherwise it becomes disruptive to group. We will be in the downstairs room, so ring the downstairs doorbell to be let in. Call 519-570-4595 to speak with either Jasmina, ext. 4052, or Brenda, ext. 4061 to verify meeting date and time, or for more information:

<http://cmhawwselfhelp.ca/events/>

August 24

Sexual Health Awareness Drop in 5-8 PM on the fourth Thursday of the month. **August 24.** Sponsored by ACCKWA at SPECTRUM, 283 Duke Street West, Unit 210.

SPECTRUM Reading Circle 6:30 to 8:00 p.m. on the fourth Thursday of the month. **August 24.** In our Reading Circle we read short stories and articles aloud on the spot; no prior reading is required. Then we reflect on what we have read. We often spend longer discussing the literature than we do reading it. Participants are encouraged to bring readings. Join us for this exploration of LGBTQ literature and what it means to us personally at SPECTRUM.

August 29

Good Laughs. 7:00 p.m. until closing, last Tuesday of the month: **August 29.** A safe space for trans people to explore their identity in the community; open to allies as well at Symposium Café, Waterloo (corner of King and Erb) - back room. goodlaughs81@gmail.com <https://www.facebook.com/goodlaughs81/?fref=ts>

September 26 (Tuesday) at 7:00 p.m. Join us to learn more about SPECTRUM and what we have been doing over the past year. Multipurpose Room, second floor, Downtown Community Centre, 35-B Weber St W, Kitchener.

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