

# A PROUD SUPPORTER OF OUR COMMUNITY



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FREE



## 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**, **ACCKWA**, libraries, community centres, government and social services agencies in Waterloo Region.

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

Weekly email of upcoming LGBTQ+ events, join the Rainbow e-mail list: <https://da.gd/rnbw>

**Please e-mail calendar editor Lyn McGinnis with corrections or new information by the 20th of each month to: [lynmc@rogers.com](mailto: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/> (with hours of opening and much more)

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

**Twitter:** [@our\\_SPECTRUM](https://twitter.com/our_SPECTRUM) **E-mail:** [info@ourspectrum.com](mailto:info@ourspectrum.com) **Phone:** 226-779-9695

### November Events

#### Starting November 1

**day5games.** 7:00 to 11:00 p.m. **every Friday** 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 November 2

**SPECTRUM Saturday Drop-In** 2:00 to 5:00 p.m. **every Saturday.** Join us in a relaxing atmosphere where you can just be yourself in an LGBTQ-friendly setting. We have refreshments.

#### Starting November 3

**Youth Under the Rainbow** is a Drop-in for rainbow youth ages 13 through 18 from 1:00 to 4:00 PM at **SPECTRUM every Sunday.** Hang out, bring friends, and make new ones in a casual, LGBTQ2S-friendly setting. Refreshments provided! <http://ourspectrum.com/youth-under-the-rainbow/>

#### Starting November 5

**SPECTRUM Tuesday Drop-In** This social drop-in event **every Tuesday** afternoon is a great opportunity to meet other people, and to make new friends! We also have cookies and

other (sometimes healthier) snacks to share. Feel free to drop in at any time on Tuesday between 12:00 to 4:00 p.m.

**OK2BME Youth Group ages 12 to 18.** For more information: <https://ok2bme.ca/events/2019-11/>

#### Starting November 6

**SPECTRUM Prime.** 7:00 to 9:00 p.m., first and third Wednesdays of the month – **November 6** and **20** at SPECTRUM. We see things differently as we age. Priorities shift. Social circles change. How can we deal with these challenges? As maturing members of the LGBTQ community, we gather together to create a welcoming environment where we can reduce isolation and expand our network of friends. Please join us for a casual discussion and social group for maturing adults.

#### Starting November 7

**SPECTRUM Thursday Drop-In** This social drop-in event **every Thursday** afternoon is a great opportunity to make new friends! We also have cookies and other (sometimes healthier) snacks. Feel free to drop in any Thursday between 12:00 to 4:00 p.m.

**SPECTRUM Transgender Peer Support Group.** 7:00 to 9:00 p.m. on Thursday **November 7** and **21** and Monday **November 11** and **25**. A normalizing environment for anyone identifying in the trans/gender variant umbrella at SPECTRUM. **18+**

#### November 11

**LGBTQ+ Drop-in for International Students,** at Conestoga College Waterloo Campus, 108 University Avenue, Waterloo, Library Collaborative Room 5 **second Monday of each month,** from 5:00 to 6:00 p.m. Supportive environment. Food, games, and bus tickets provided. For more info text or call 226-338-5695 or [promise@carizon.ca](mailto:promise@carizon.ca).

#### November 12

**OK2BME Cambridge Youth Group ages 12 to 18.** For more information: <https://ok2bme.ca/events/2019-11/>

#### November 13

**Wilmot Centre Missionary Church - Is the Bible Bigoted?** For more information: <https://www.eventbrite.ca/e/is-the-bible-bigoted-an-evening-about-love-identity-and-orientation-tickets-76131040993>

#### Aging with Pride Committee Meeting

If you are interested in helping us improve life for older LGBTQ-identified people, please attend this monthly committee meeting at SPECTRUM 6:30 to 8:30 p.m. <http://ourspectrum.com/projects/aging-with-pride/>

**Queerly Christian** 7:30 p.m. to 9:00 p.m. at the Erb Street Mennonite Church, 131 Erb Street West, Waterloo **November 13** and **27**. This is a group of people who identify as LGBTQ+ and Christian. Allies are welcome, but please recognize that this is intended as a space for LGBTQ+ Christians to share their lived experience. <https://pastorsinexile.org/2017/03/03/queerly-christian/>

#### November 14

**Rainbow Multicultural Connect** 7:00 to 9:00 p.m. at SPECTRUM. A gathering at SPECTRUM to discuss what it is like to be LGBTQ+ across the world. We meet on the **second and fourth Thursday** of each month.

#### November 16

**Rainbow Family Drop-In** 10:00 a.m. to noon. Join other LGBTQ2S+ Families from KW and surrounding areas for monthly drop-in programming geared to ages 0-6. E-mail [KWQueerFamilies@gmail.com](mailto:KWQueerFamilies@gmail.com)

#### November 17

**SPECTRUM Seven Shores Urban Market and Café Meeting Room** from 2:00 to 4:00 p.m. (kitchen closes at 3:00 p.m.) on the **third Sunday of each month** 10 Regina Street North in Waterloo, 519-342-0916. <https://www.facebook.com/groups/%20SPECTRUMOutings/>

#### November 18

**SPECTRUM TransMasculine Peer Support Group.** 7:00 to 9:00 p.m. A normalizing environment for anyone identifying in the TransMasculine variant umbrella at SPECTRUM. **18+** [trans@ourspectrum.com](mailto:trans@ourspectrum.com)

#### November 19

#### KW Counselling - Key Clinical Practices for Supporting LGBQ+ Individuals (\$)

This workshop will be most beneficial to mental health professionals. <https://www.eventbrite.ca/e/key-clinical-practices-for-supporting-lgbq-individuals-tickets-56657664600>

**OK2BME Youth Groups** 12 to 14 and 15 to 18 <https://ok2bme.ca/events/2019-11/>

#### Waterloo - Wellington - Perth PFLAG, Parents Family and Friends Peer-Support Group

7:00 to 9:00 p.m. on the **third Tuesday of the month.** Join us in a safe place for family and friends of people of the LGBTQ community at Multipurpose Room A in the Downtown Community Centre, 35-B Weber Street West, Kitchener. <https://www.facebook.com/PFLAG.WWP>

#### November 21

**Plan B Co-operative KW's monthly drop-in** 5:00 p.m. to 8:00 p.m. at Treehaus (79 Joseph St, Kitchener). **Third Thursday of each month** Plan B holds a drop-in space for LGBTQ+ community members to meet, learn about our programming and events, and just hang out!

We invite you to the **Seniors' Community Lunch** at Wesley United Cambridge (6 Cambridge Street) on the **third Thursday of every month.** Cost \$10. Please call 519-621-6060 so we know how many lunches to prepare. Meet and Greet for Rainbow Seniors in the Chapel, hosted by Rev. Roy Holton and Laura Wilson immediately following the lunch from 1:00 - 2:00 p.m.

#### November 24

**Trans Fams Event.** 4:00 p.m. Meet other families with Trans and Gender Independent Kids! Want to join our family and others for some fun activities? Contact Holly for more info at: [hb-mathers@gmail.com](mailto:hb-mathers@gmail.com)

#### November 26

**SPECTRUM Legal Aid Clinic** The clinic covers matters of civil law, including those related to financial support (ODSP, OW, EI, CPP and OAS), housing (tenancy problems), transgender ID, and establishing immigration/refugee status. It operates on the **fourth Thursday of the month.** For more information see: <http://ourspectrum.com/projects/spectrum-legal-aid-clinic/> To make an appointment, contact [legal-aid@ourspectrum.com](mailto:legal-aid@ourspectrum.com)

**OK2BME Cambridge Youth Group.** For more information: <https://ok2bme.ca/events/2019-11/>

#### November 27

**Sexual Health Awareness Drop in** 5:30 to 7:00 p.m. on the **fourth Wednesday of the month.** Sponsored by ACKWA at SPECTRUM, 283 Duke Street West, Unit 210.

#### SPECTRUM Converse and Connect

Whether you're thinking about coming out, newly out, or out for ages, this group provides an opportunity to talk, share and connect with others in the LGBTQ community aged 19+ in a safe, positive and supportive environment. This group meets from 7:00 to 9:00 p.m. on the fourth Wednesday of each month in the SPECTRUM Community Space. For details: <http://ourspectrum.com/converse-and-connect/>

#### November 29

**K-W El-Tawhid Juma Circle Unity Mosque,** this is a progressive Muslim social and prayer group which is gender equal and LGBTQ affirmative. Join us 2:00 - 4:30 p.m. For more information: [franps@golden.net](mailto:franps@golden.net).