

SPECTRUM

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 available at **SPECTRUM**, **ACCKWA**, and various bars, clubs, cafes, etc. in Waterloo Region.

Online at <http://ourspectrum.com/Comm/CommunityEvents.html>

Send events to info@ourspectrum.com by the **20th of each month**.

This Just In: TRANSITION FOR SPECTRUM—For JULY, several SPECTRUM programming events will held in the **Pre-School Room, Downtown Community Centre, 35-B Weber St W, Kitchener**. If you are coming by car, first park your car, then go to the reception desk to get a parking decal to display in your car. This building is located a 7 minute walk from the Charles St terminal—just walk up Ontario St. to Weber St.—it's on your left. Use this Calendar to learn the location of specific SPECTRUM events.

SPECTRUM'S Resource Centre and Drop-In Space is in Unit 210 at 283 Duke St. W., Kitchener (corner of Duke St W and Breithaupt).

Stay Tuned for Grand Re-Opening!

Website: <http://ourspectrum.com/> (includes hours of opening and much more)

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

Twitter: @spectrumwat Email: info@ourspectrum.com

2015, July 2 (Thursday)

Rainbow Open Recovery. 6-8pm @ Lutherwood, 165 King St E, Kitchener (across from Market Square). 1st & 3rd Thursdays. A facilitated space to find addiction support to all in the rainbow community. Sponsored by House of Friendship and SPECTRUM. Refreshments. Transportation and child-care subsidies available.

Rainbow Connections: Open Topic. 7-9pm. Main floor, Self Help Alliance, 67 King St E. Kitchener. Please wait at the doors on Frederick Street and someone will let you in the building for group. If you will be late, please contact us in advance so we know when to let you in. Also note that there is a 15 minute 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.

2015, July 3 (Friday)

gaymday. 7-10pm, The Order, on Princess St at 56 King St N, Waterloo. Come play board games, cards and such; DJ dance music after. By SPECTRUM.

2015, July 4 (Saturday)

SPECTRUM Saturday Social 2-6pm @ SPECTRUM, 283 Duke St W, Unit 210, Kitchener. An informal afternoon of socializing in a safe and normalizing space. We have friendly volunteers, an extensive collection of games, books and DVDs, and free wi-fi - and we always have a jigsaw puzzle on the go. Park on Breithaupt St side of the building, near the loading dock. Go in the Duke St entrance, up the stairs, through the door, down the hallway to Unit 210. <http://www.ourspectrum.com/>

2015, July 5 (Sunday)

SOMOH—Men's Hiking Group (SPECTRUM). 1-5pm. Details: <http://www.facebook.com/groups/SOMOH1/>

Queer & Trans Yoga. 6-7pm at Queen Street Yoga, 44 Queen St S. Kitchener. A class for folks who self-identify as queer, trans, LGBTQ+ and want to be part of a positive community space. Sliding scale price (\$3-15).

2015, July 6 (Monday)

Torchlight Gender Support Meeting in Cambridge. 7-9pm. First Monday each month. Contact: grsmedia@hotmail.com

Queer Sphere - How Masculinity and Femininity Affect Us. 7:30-9pm. A focus

on masculine privilege in queer spaces as well as misogyny within our community. July 6 is for femme/feminine identified individuals. @ SPECTRUM, 283 Duke St W, Unit 210, Kitchener.

2015, July 7 (Tuesday)

Queercraft—a Queer Crafting Group. 6-8pm @ Woolverine, 93 King St W, Kitchener. Powered by SPECTRUM.

OK2BME Youth Group - OK2BME Youth Group - Picnic in the Park. 6-7:30pm.

2015, July 8 (Wednesday)

Wednesday Night Dinner Group Meeting. 7:15-9:00pm. Shoeless Joes, 253 King Street North, Waterloo.

Trans Peer Support Group - Too Many Locked Gates: The Vent Session. 7:30-9:00pm. By SPECTRUM. Pre-School Room, Downtown Community Centre, 35-B Weber St W, Kitchener. For anyone who identifies in the trans/gender variant umbrella.

2015, July 9 (Thursday)

Rainbow Newcomers. 7-9pm. By SPECTRUM. Pre-School Room, Downtown Community Centre, 35-B Weber St W, Kitchener. 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.

2015, July 10 (Friday)

gaymday. 7-10pm, The Order, on Prin-

cess St at 56 King St N , Waterloo. By SPECTRUM.

2015, July 11 (Saturday)

SPECTRUM Saturday Social 2-6pm @ SPECTRUM, 283 Duke St W, Unit 210, Kitchener. An informal afternoon of socializing in a safe and normalizing space. See entry for July 4.
<http://www.ourspectrum.com/>

2015, July 13 (Monday)

Summer Gender Journeys Drop-In Group. 6-8pm, Langs Community Health Centre, 1145 Concession Road, Cambridge; ask at main reception for room. Everyone across the gender spectrum is invited, regardless of how you identify, or if you are questioning; you do not need to be interested in medically transitioning to participate. Group is co-facilitated by LGBTQ+ professionals and a peer co-facilitator. Age 18+.

Queer Sphere - How Masculinity and Femininity Affect Us. 7:30-9pm. July 13 is for masculine identified individuals. See July 6 listing.

2015, June 12 (Sunday)

SOMOH—Men's Hiking Group (SPECTRUM). 1-5pm. Details:
<http://www.facebook.com/groups/SOMOH1/>

Queer & Trans Yoga. 6-7pm at Queen Street Yoga, 44 Queen St S. Kitchener.

2015, July 15 (Wednesday)

Queercraft—a Queer Crafting Group. 2-5pm @ Woolverine, 93 King St W,

Kitchener. Powered by SPECTRUM.

2015, July 16 (Thursday)

Rainbow Open Recovery. 6-8pm @ Lutherwood, 165 King St E, Kitchener (across from Market Square). 1st & 3rd Thursdays. A facilitated space to find addiction support to all in the rainbow community.

Rainbow Connections: Managing Anxiety. 7– 9pm. Main floor, Self Help Alliance, 67 King St E. Kitchener. See entry two weeks earlier for more details.

2015, July 17 (Friday)

gaymday. 7-10pm, The Order, on Princess St at 56 King St N , Waterloo. By SPECTRUM.

2015, July 18 (Saturday)

SPECTRUM Saturday Social 2-6pm @ SPECTRUM, 283 Duke St W, Unit 210, Kitchener. An informal afternoon of socializing in a safe and normalizing space. See entry for July 4.
<http://www.ourspectrum.com/>

2015, July 19 (Sunday)

SOMOH—Men's Hiking Group (SPECTRUM). 1-5pm. Details:
<http://www.facebook.com/groups/SOMOH1/>

Queer & Trans Yoga. 6-7pm at Queen Street Yoga, 44 Queen St S. Kitchener.

2015, July 20 (Monday)

Torchlight Gender Support Meeting in Waterloo. 7-9pm. Third Monday each month. Contact: grsmedia@hotmail.com

Queer Sphere - How Masculinity and Femininity Affect Us. 7:30-9pm. July 20 is for everyone. See July 6 listing.

2015, July 21 (Tuesday)

Queercraft—a Queer Crafting Group. 6-8pm @ Woolverine, 93 King St W, Kitchener. Powered by SPECTRUM.

OK2BME Youth Group - Dance - with Special Guest. 6-7:30pm.

Waterloo-Wellington-Perth PFLAG Parents, Family & Friends Peer-Support Group. 7-9pm. Pre-School Room, Downtown Community Centre, 35-B Weber St W, Kitchener.

2015, July 22 (Wednesday)

Trans Peer Support Group - The Jealousy Games. 7:30– 9:00pm. By SPECTRUM. Pre-School Room, Downtown Community Centre, 35-B Weber St W, Kitchener. See July 8 entry.

Wednesday Night Dessert Group. 7:15-9:00pm. Symposium Café, 4 King St. N., Wloo.

2015, July 23 (Thursday)

AIDS Awareness Drop-In. 5-8pm. Sponsored by ACKWA. In SPECTRUM, 283 Duke St W, Unit 210.

Lazy Queer Reading Circle. 6:30-8pm, In SPECTRUM, 283 Duke St W, Unit 210. Come join us as we read short stories/articles and discuss them. Park on Breithaupt St side of building, near the loading dock. Go in the Duke St entrance, up the stairs, through the door,

down the hallway to Unit 210.

2015, July 24 (Friday)

gaymday. 7-10:pm, The Order, on Princess St at 56 King St N , Waterloo. By SPECTRUM.

2015, July 25 (Saturday)

SPECTRUM Saturday Social 2-6pm @ SPECTRUM, 283 Duke St W, Unit 210, Kitchener. See entry for July 4.
<http://www.ourspectrum.com/>

2015, July 26 (Sunday)

SOMOH—Men's Hiking Group (SPECTRUM). 1-5pm. Details:
<http://www.facebook.com/groups/SOMOH1/>

Queer & Trans Yoga. 6-7pm at Queen Street Yoga, 44 Queen St S. Kitchener.

2015, July 27 (Monday)

Summer Gender Journeys Drop-In Group. 6-8pm. See July 13 entry.

2015, July 29 (Wednesday)

Queercraft—a Queer Crafting Group. 2-5pm @ Woolverine, 93 King St W, Kitchener. Powered by SPECTRUM.

2015, July 31 (Friday)

gaymday. 7-10:pm, The Order, 56 King St N at Princess St, Waterloo. By SPECTRUM.

The SPECTRUM AGM is Sept.21, Monday at 7pm! Details to follow.