



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](https://twitter.com/our_SPECTRUM) **E-mail:** info@ourspectrum.com **Phone:** 226-779-9695

April Events

Starting April 1

SPECTRUM Saturday Symposium 2-5 PM Saturdays, **April 1, 8, 15, 22, 29**. 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 April 2

Friends of Dorothy Bowling League Event. 1:15pm practice; 1:30 - 4pm bowling, Sundays: **April 2, 9, 16, 23, 30**. at Brunswick Frederick Lanes, 385 Frederick Plaza, Kitchener.

ORG-SPECTRUM's Outdoor Recreation Group. Sundays. Events alternate between Lite and Regular:

April 2: 'Just Right' Hike, 2 - 5 PM. Galt, Soper Park to Churchill Park. Meet at the GRT Ainslie Terminal in Cambridge. William Pensaert, General Manager, SPECTRUM, office: 226-779-9695, mobile: 519-503-9313.

April 9 Sunday, 2-4 PM, 'Lite' Hike, Huron Natural Area, Kitchener. Meet at the GRT Forest Glen Terminal, Strassbourg, just south of Block Line.

April 16 Sunday of long weekend, 1-5 PM, Hike, Grand River Trail South, Kitchener. Meet at the Tim Hortons on Lackner at Victoria North, a GRT iXpress 204 stop.

April 23 Sunday, 2- 5 PM 'Just Right' Hike, Blair to Rare, Cambridge. Meet at Conestoga College Doon Campus, Main Building, Door 3, just inside.

April 30 Sunday, 11 AM-6 PM, Guelph Pride, Meet by the clock tower at the 11th hour in Victoria Park, Kitchener, near the Charles Street Terminal. Bus or bicycle. Greyhound bus, leaving at 11:30 AM is about \$11 for round-trip if booked online ahead of time. Cyclists leave at 11:05 AM sharp. We encourage you to participate in the beach volleyball tournament, either as a player or spectator. You do not need to enter a 'team', just join one on the spot. Speedos optional.

May 9 Sunday 2-4 PM, 'Lite', Jane's Walk Hespeler. Meet at Idea Exchange / Hespeler Branch Library on Adam, just off Queen. Jane's is for the first hour only. William Pensaert, General Manager, SPECTRUM, office: 226-779-9695, mobile: 519-503-9313.

Starting April 3

Rainbow bereavement support group Monday, April 3 and 17 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 April 4

Queercraft - a Queer Crafting Group. 6-8 PM, Tuesdays: **April 4, 11, 18, 25**. Bring your portable craft to SPECTRUM!

Starting March 5

SPECTRUM Prime. 7-9 PM, first and third Wednesdays of the month - **April 5 and 19** 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 April 6

Queer and Trans Yoga A class for folks who self-identify as LGBTQ+ and want to be part of a positive community space. All abilities, ages, bodies, and sizes are welcome and celebrated in this beginner-friendly class. Every Thursday starting at 6:00 p.m. \$5 donation, with no one turned away for lack of funds. Join us on Facebook: <https://www.facebook.com/groups/qsytqy>

Trans Peer Support Group. 7-9 PM on the first and third Thursday of the month. **April 6 and 20**. New day - new time - new facilitators. A safe and normalizing environment for anyone identifying in the trans/gender variant umbrella at SPECTRUM.

Rainbow Connections - Kitchener meetings, 7-9 PM first and third Thursdays of the month: **April 6 and 20**. 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/>

Starting April 7

day5games. 7-11 PM **April 7, 14, 21, 28** 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.

April 8

Friends of Dorothy Bowling League Charity Tournament in support of the AIDS Committee of Cambridge, Kitchener Waterloo and the Grand River Hospital Cancer Centre on **Saturday, April 8, 2017.** Registration from 12:00 to 1:00 and bowling starts at 1:00 p.m. sharp at Brunswick Frederick Lanes, 385 Frederick Street, in Kitchener. We are celebrating Canada's 150 Birthday wear a crazy Canadian costume and win a prize! We then move to the KYPREOS Restaurant, 305 Lancaster Street West in Kitchener. Social hour begins at 5:30 p.m., dinner at 6:30 p.m. Bowling: \$30 per person. Bowl and banquet: \$65 per person. Banquet only: \$40 per person. For more information:

info@kwfriendsofdorothy.ca
<https://www.facebook.com/kwfod/>

Salaam Social: KW Study Break 2:00 p.m. to 5:00 p.m. This is a social event for queer/trans people that identify as Muslim religiously, culturally, spiritually and/or politically. Allies and partners are intentionally being asked to sit this one out. Location to be disclosed a few days prior to event.

For questions, please contact:
salaamqueercanada@gmail.com

Starting April 11

OK2BME Youth Group. 6-7:30 PM Alternate Tuesdays-**April 11** and **25** More information: <http://ok2bme.ca/>

Starting April 12

Transgender Peer Support Group. 7-9 PM on the second and fourth Wednesday of the month. **April 12** and **26.** 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.

Starting April 13

Rainbow Newcomers Thursday, **Thursday, April 13** and **Wednesday, April 26** 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

April 14

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. **April 14** and **28.** More information:

Fran at franps@golden.net.

April 18

Waterloo - Wellington - Perth PFLAG, Parents Family and Friends Peer-Support Group 7-9 PM on the third Tuesday of the month. **April 18.** 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>

April 19

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/>

April 25

Good Laughs. 7:00 p.m. until closing, last Tuesday evening of the month: **April 25.** 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. More information:

goodlaughs81@gmail.com

<https://www.facebook.com/goodlaughs81/?fref=ts>

April 27

Sexual Health Awareness Drop in 5-8 PM on the fourth Thursday of the month. **April 27.** Sponsored by ACCKWA at SPECTRUM, 283 Duke Street West, Unit 210.

April 27

SPECTRUM Reading Circle 6:30 to 8:00 p.m. on the fourth Thursday of the month. **April 27.** 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.

Starting April 28

Guelph Pride April 28 to May 7. We celebrate diversity in safer spaces by providing education, programming and visibility with the LGBTQ2S+ community and beyond. We will do this work by continuously advocating for accessibility and inclusivity. For more information: <http://www.guelphpride.com/index.html>

April 30

Trans Fams Event. 4:00 p.m., **April 30** (Sunday). Are you interested in meeting 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: hbmathers@gmail.com

The deadline for the May Rainbow Community Calendar is Thursday, April 20, please send information to: lynmc@rogers.com put RAINBOW COMMUNITY CALENDAR in the subject line.

