



## 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/>

**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/> **NEW!** (with hours of opening and much more)

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

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

### May Events

#### Starting May 1

**Rainbow bereavement support group Monday, May 1 and 15** 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](mailto:barb@hospicewaterloo.ca)

#### Starting May 2

**Queercraft - a Queer Crafting Group.** 6-8 PM, Tuesdays: **May 2, 9, 16, 23, 30.** Bring your portable craft to SPECTRUM!

#### May 2

**Advance Care Planning for the LGBT+ Community** 6:00 p.m. to 8:00 p.m. 298 Lawrence Avenue, Kitchener. This is a collaboration between ACCKWA, SPECTRUM's Aging with Pride and Conversations Worth Having. If you care what might happen to you when you need others to act on your behalf - then this session is for you. Meeting at the Hospice of Waterloo Region.

<https://www.eventbrite.ca/e/advance-care-planning-for-the-lgbt-community-tickets-33342945648>

#### Starting May 3

**SPECTRUM Prime.** 7-9 PM, first and third Wednesdays of the month - **May 3 and 17** 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://our-spectrum.com/older-adults-group/>

#### Starting May 4

**Queer and Trans Yoga** A class for folks who self-identify as LGBTQ+ and want to be part of a positive community space. **May 4, 11, 18, 25.** 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. **May 4 and 18.** 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: **May 4 and 18.** 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 Bren-

**Guelph Pride continues to May 7.** For more information: <http://www.guelphpride.com/index.html>

da, ext. 4061 to verify meeting date and time, or for more information:

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

#### Starting May 5

**day5games.** 7-11 PM **May 5, 12, 19, 26** 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 May 6

**SPECTRUM Saturday Drop-in** 2-5 PM Saturdays, **May 6, 13, 20, 27.** 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 May 7

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

**May 7** Sunday 2-4 PM, 'Lite', Jane's Walk Hespeler. Meet at the Hespeler branch of Cambridge Ideas Exchange/Public Library, on Adam, just south of Queen, in the Hespeler civic district.. We join the local Jane's Walk. Afterwards we tour the Fashion History Museum, \$5.

**May 14** Sunday, 'Normal', 1-5 PM, Health Valley Trail West., We meet at RIM Park, The Manulife Sportsplex Food Court, 2001 University Ave, Waterloo, ON N2K 4K4. We walk to St. Jacobs and back, free

**May 21** Sunday, 'Regular', 1-5 PM, Homer Watson. We meet at Tim Horton's, 260 Bleams Rd at Fallowfield Dr. Kitchener, free

**May 28** Sunday, 'Lite', 2-4 PM, Surprise! We meet at SPECTRUM, Unit 210, 283 Duke

Street West, just north of Victoria, free  
William Pensaert, General Manager, SPECTRUM, office: 226-779-9695, mobile: 519-503-9313.

**Starting May 7**

**Friends of Dorothy Bowling League.** 1:15pm practice; 1:30 - 4pm bowling, Sundays: **May 7, 14.** at Brunswick Frederick Lanes, 385 Frederick Plaza, Kitchener.

**Starting May 9**

**OK2BME Youth Group.** 6-7:30 PM Alternate Tuesdays- **May 9** and **23** More information: <http://ok2bme.ca/>

**May 10**

**Lesbo Bingo** is back for the 14th year! This is a family-friendly evening for EVERYONE, all in support of your tri-Pride. Doors open at 5:45 p.m. Games start at 6:30 p.m. at the Chainsaw, 28 King St N, Waterloo. Your ticket price buys you all the cards you need to play five games of Bingo. This event always sells out. Tickets are \$13 for adults. \$8 for youth 16 and under.

<https://www.facebook.com/events/1003102089824093/>

**Starting May 10**

**Transgender Peer Support Group.** 7-9 PM on the second and fourth Wednesday of the month. **May 10** and **24.** 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 May 11**

**Rainbow Newcomers** Thursday, **Thursday, May 11** and **Wednesday, May 24** 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](mailto:RainbowNewcomers@gmail.com)

**Starting May 12**

**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. **May 12** and **26.** More information: Fran at [franps@golden.net](mailto:franps@golden.net).

**May 13**

**"A Tribute Concert: Sing Out, Speak Up, Stand Proud"** by The Rainbow Chorus of Waterloo-Wellington with special guests Guelph Spoken Word. Saturday, May 13, 2017, at 2:00 p.m. and 7:30 p.m. at Harcourt United Church, 87 Dean Avenue, Guelph. This tribute concert will honour those who have sung out, spoke up, and stood proud about issues such as anti-oppression and anti-bullying, matters that affect the LGBTQ+ and other marginalized communities. Tickets can be purchased from our website at [www.rainbowchorus.ca](http://www.rainbowchorus.ca) and on our Eventbrite site at: <https://www.eventbrite.ca/e/rainbow-chorus-presents-a-tribute-concertsing-out-speak-up-stand-proud-tickets-33214633864>

**OutLoud: A Music Series** with Shelby Shapiro at Open Sesame, 220 King St W, Kitchener. Shelby is a young, multi-talented artist exploring the large world of music. With her ukulele, guitar, and piano in hand (not literally), she hopes to raise morale for this beautiful community with her soft indie tunes. <https://www.eventbrite.ca/e/out-loud-music-series-tickets-33117750082>

**May 16**

**Waterloo - Wellington - Perth PFLAG, Parents Family and Friends Peer-Support Group** 7-9 PM on the third Tuesday of the month. **May 16.** 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>

**May 17**

**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/>

**May 24**

**Bowling at KingPin Bowlounge,** 425 Bingemans Centre Drive, Kitchener. This tri-Pride event is on Wednesday at 6:00 p.m. to 8:00 p.m. \$20 per person includes: two hours bowling, shoe rental and Boston Pizza appetizers. Cash bar available. Call Lisa Bucking at Kingpin directly to reserve at: 519-741-1231 extension 2256.

**May 25**

**Mr and Ms tri-Pride Pageant** Calling on all Drag Queens and Kings! Celebrate your Pride and become the ambassador for Kitchener, Waterloo, Cambridge and the surrounding areas! At The Order, 56 King St N, Waterloo, starting at 7:00 p.m. This free event is hosted by Jasmine Flowers and Victoria Parks. Cash bar available

<https://www.facebook.com/events/1698352917140808/>

**Sexual Health Awareness Drop in** 5-8 PM on the fourth Thursday of the month. **May 25.** 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. **May 25.** 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.

**May 27**

**Tri-Pride Kick Off Party** at The Order, 56 King Street North, Waterloo. Doors Open at 10:00 guest list in effect until 10:45 p.m. Message The Order on Facebook to get on guest list. \$5 cover after 10:45 p.m.

**May 28**

**SPECTRUM Open House** 2:00 to 5:00 p.m. at 283 Duke St W, Unit 210, Kitchener. Serving our community for four and a half years. Join us at this official tri-Pride event to meet other community members and hear about our work. There will be an exciting funding announcement at our 3:00 p.m. ceremony.

**Trans Fams Event.** 4:00 p.m., **May 28** (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](mailto:hbmathers@gmail.com)

**Karaoke Night** at the Chainsaw, 28 King Street North, Waterloo. 7:00 p.m. No Cover. For more information: <http://tri-pride.ca>

**May 29**

**Family Day Dinner.** Go out to dinner at Borealis Grill and Bar in Kitchener, or Embers Restaurant at Holiday Inn Kitchener, or a Cambridge restaurant (not yet determined). Percentage of Dinner proceeds go to tri-Pride. For more information: <http://tri-pride.ca>

**May 30**

**Good Laughs.** 7:00 p.m. until closing, last Tuesday of the month: **May 30.** 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](mailto:goodlaughs81@gmail.com)  
<https://www.facebook.com/goodlaughs81/?fref=ts>

**Movie Night.** Information still being confirmed. For more information: <http://tri-pride.ca>

**May 31**

**Volleyball Night.** Information still being confirmed. For more information: <http://tri-pride.ca>