



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

September Events

Starting September 1

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 September 3

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 Cambridge Youth Group celebrates new space cupcakes for more information <https://ok2bme.ca/events/2019-09/>

Starting September 4

I Choose Love rehearsals Sing with the Rainbow Chorus Waterloo Wellington! New and returning singers are welcome Wednesdays **September 4, 11, or 18** at 7:15 p.m. Harcourt United Church, Guelph www.rainbowchorus.ca

Starting September 4

SPECTRUM Prime. 7:00 to 9:00 p.m., first and third Wednesdays of the month - **September 4** and **18** 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 September 5

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 **September 5** and **19** and Monday **September 9** and **23**. A safe and normalizing environment for anyone identifying in the trans/gender variant umbrella at **SPECTRUM**.

Starting September 6

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 September 7

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

September 9

LGBTQ+ Drop-in for International Students, Refugees and Immigrants at Conestoga College Waterloo Campus, 108 University Avenue, Waterloo, Library Collab Rm 5 **second Monday of each month**, from 5:00 to 6:00 p.m.

Connect with people in a supportive environment. Food, games, and bus tickets provided. For more info text or call 226-338-5695 or promise@carizon.ca.

September 10

OK2BME Youth Groups 12 to 14 Visit <https://ok2bme.ca/events/2019-09/> for details.

OK2BME Youth Groups 15 to 18 Visit <https://ok2bme.ca/events/2019-09/> for details.

September 11

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 **September 11** and **25**. 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/>

Starting September 12

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**.

September 15

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. For more information see: <https://www.facebook.com/groups/%20SPECTRUMOutings/>

September 17

OK2BME Cambridge Youth Group Self Care for more information <https://ok2bme.ca/events/2019-09/>

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 warm, welcoming and safe place for all 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>

September 19

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 and mingle, 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.

September 23

Key Clinical Practices for supporting Transgender Individuals (\$) This workshop will be most beneficial to mental health professionals, such as social workers, therapists, counsellors, support workers about how to support transgender clients in an affirming and inclusive way and further develop their understanding of gender identity, development and expression. <https://www.eventbrite.ca/e/key-clinical-practices-for-supporting-transgender-individuals-tickets-56651107989>

September 24

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

All OK2BME Youth Groups: Swimming Visit <https://ok2bme.ca/event/all-ok2bme-youth-groups-ages-12-18-swimming/>.

September 25

Sexual Health Awareness Drop in 5:30 to 7:00 p.m. on the **fourth Thursday of the month**. Sponsored by ACCKWA 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/>

September 27

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.

SPECTRUM's Annual General Meeting is on October 7, at 7:00 PM at the Downtown Community Centre
<http://ourspectrum.com/agm2019/>

A PROUD SUPPORTER OF OUR COMMUNITY



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