

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>

#### March 23

**Positive Parenting Strategies that Work** The workshop will be held on **Thursday, March 23** from **6:30 to 8:30 p.m.** and is designed to address the unique challenges that may be faced by parents of children or teens who identify as gender-independent or transgender. KW Counselling Services. No fee for participant. Register by calling 519-884-0000 ext. 248 or email: [parenting@kwcounselling.com](mailto:parenting@kwcounselling.com)

**Sexual Health Awareness Drop in** 5-8 PM on the fourth Thursday of the month. **March 23.** Sponsored by ACCKWA at SPECTRUM, 283 Duke Street West, Unit 210.

**SPECTRUM Reading Circle** 6:30-8 PM on the fourth Thursday of the month. **March 23.** 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.

## April Event

**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

#### March 25

**OutLoud: A Music Series** on **Saturday March 25,** from **7:00 to 9:00 p.m.** at Open Sesame (220 King Street W), Kitchener. Tickets \$15. Join us for a night of food, beverages, and music featuring Sonja Malton, a local LGBTQ+ musician. Sonja's music has a unique alternative folk sound with the main focus being story telling.

OutLoud promises to be a fun night out for all in a space that is accessible for everyone. Purchase craft beer supplied by The Descendants or a glass of wine along with a bowl of Mac and Cheese before the show or warm up later with a bag of freshly popped popcorn. For more information you can check out our website:

<http://page1.productions/>

#### March 28

**Good Laughs.** 7 PM until closing, last Tuesday evening of the month: **March 28.** 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](mailto:goodlaughs81@gmail.com)

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

and banquet: \$65 per person. Banquet only: \$40 per person. For more information:

[info@kwfriendsofdorothy.ca](mailto:info@kwfriendsofdorothy.ca)

<https://www.facebook.com/kwfod/>



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

## March Events

### Starting March 1

**SPECTRUM Prime.** 7-9 PM, first and third Wednesdays of the month - **March 1** and **15** 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 March 2

**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>

**Starting March 2**

**Trans Peer Support Group.** 7-9 PM on the first and third Thursday of the month. **March 2** and **16**. New day - new time - new facilitators. A safe and normalizing environment for anyone identifying in the trans/gender variant umbrella at SPECTRUM.

**Rainbow Connections - Kitchen-er meetings,** 7-9 PM first and third Thursdays of the month: **March 2, 16**. 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 March 3**

**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. starting **March 3**. More information: Fran at [franps@golden.net](mailto:franps@golden.net).

**day5games.** 7-11 PM **March 3, 10, 17, 24, 31** 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 March 4**

**SPECTRUM Saturday Symposium** 2-5 PM Saturdays, **March 4, 11, 18, 25**. 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!

The Fifth Annual Bridging Communities Through Song, on **Saturday, March 4, 2017**, from 1:00 p.m. to 3:00 p.m. at Wesley United Church, 6 Cambridge St., Cambridge is an afternoon of music and ceremony dedicated to reconciliation between Indigenous and Settler people featuring Mino Ode Kwewak N'gamowak (Good Hearted Women Singers), the Waterloo Regional Police Male Chorus, and the Rainbow Chorus of Waterloo-Wellington. This event will be held with dialogue and refreshments to follow. Admission is by donation/free will offering. See <http://minodekwewak.wixsite.com/good-heartedwomen> for more information.

**Starting March 5**

**Friends of Dorothy Bowling League Event.** 1:15pm practice; 1:30 - 4pm bowling, Sundays: **March 5, 12, 19, 26**. at Brunswick Frederick Lanes, 385 Frederick Plaza, Kitchener.

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

**March 5:** 'Lite' Hike, 2-4 PM, Hespeler. Meet at Jacob's Landing on the north side of the Speed River, just off Guelph Street, across the bridge from Queen at Adam, in Hespeler Cambridge. We will wander to Winston Woodlot, then return.

**March 12:** 'Regular' Hike, 1-5 PM. First day of daylight savings time, meaning that we lose an hour of sleep; please

remember to 'spring forward.' Meet at the City Café at the Corner of Lancaster and Bridgeport Streets. We follow the Grand to Bingeman's and beyond.

**March 19:** 'Lite' Hike, 2-4 PM, Laurel Creek. Meet at The Stork Y/Harper Branch Library Where Fischer-Hallman becomes Bearinger. We explore the Laurel Creek Conservation Area off Bearinger, looking for early bloomers such as the crocus.

**March 26:** 'Regular' Hike, 1- 5 PM. Surprise! Meet at SPECTRUM.

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

**March 6**

**Rainbow bereavement support group Monday, March 6** and **20** 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 March 7**

**Queercraft - a Queer Crafting Group.** 6-8 PM, Tuesdays: **March 7, 14, 21, 28**. Bring your portable craft to SPECTRUM!

**Starting March 8**

**Transgender Peer Support Group.** 7-9 PM on the second and fourth Wednesday of the month. **March 8** and **22**. 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 March 9**

**Rainbow Newcomers** Thursday, **Thursday, March 9** and **Wednesday, March 22** 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)

**March 10**

The Rainbow Chorus of Waterloo-Wellington presents a Night on Broadway Concert **March 10, 2017** at 7:30 p.m. at the Guelph Youth Music Center at 75 Cardigan St. Guelph ON. This event is a mix of solo, duet and small group performances featuring Rainbow Chorus' member's, and friends' talents as they perform their favourite Broadway Hits! Tickets cost: Adult \$20, Student/Senior \$15, Child \$5 and are available through Eventbrite: <https://www.eventbrite.ca/e/rainbow-chorus-presents-a-night-on-broadway-tickets-30743145576>.

This is a fundraising event and all proceeds will go to help support the Rainbow Chorus' trip to perform 'Tyler's Suite' at Lincoln Center, NYC in support of the Tyler Clementi Foundation

**March 14**

**OK2BME Youth Group.** 6-7:30 PM Alternate Tuesdays-**March 14, 28** More information: <http://ok2bme.ca/>

**March 19**

**Trans Fams Event.** 4:00 p.m., **March 19** (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)

**March 21**

**Waterloo - Wellington - Perth PFLAG, Parents Family and Friends Peer-Support Group** 7-9 PM on the third Tuesday of the month. **March 21**. 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