

KASLO CALENDAR: April 2023

Made possible by the support of Kaslo Chamber of Commerce

ONGOING ACTIVITIES/EVENTS (weekly, bi-weekly, monthly)

CATEGORY	DAYS/TIMES/COST/OTHER INFO
YOGA w/Josana	<p>Fees: \$18 drop-in, \$150 for 10-class pass (valid for 1 year). *Note that there will be no classes April 3-10, classes resume April 11</p> <p>Drop-in yoga with Josana: Mon/Weds: 4:00-5:30pm, Thurs: 9:00-10:30am</p> <p>Beginner/Back to Basics Yoga: Tuesday 5:15-6:45pm/Thursday 4:00-5:30pm (begins the first week of May)</p> <p>Restorative Yoga: April 21st, 4:00-5:30pm (these classes are offered in a series of 6 weeks, please inquire about attending a single class)</p> <p>Crystal Singing Bowls Sound Bath, April 28 @ 5:00pm (offered on the 4th Friday of the month), \$20. Pre-register at noemikissounds.com</p>
YOGA w/Alyssa	<p>Thursdays (6:00-7:15pm) and Saturdays (10:00-11:15am). Pre-registration required (contact Alyssa to register or for more information at achatfield57@gmail.com) Classes held at the Peanut Gallery (Langham Studio 26)</p>
CO-OP GYM	<ul style="list-style-type: none"> • High Intensity Interval Training: Wednesdays at 4:00pm, Saturdays at 8:00am (\$60/6 class pass for gym members, \$90/6 class pass for non-members) • Personal Training with Ossie (booking on Saturdays, \$55 per hour for membership holders) To register, email: Ossie.pt@gmail.com • You can sign up for a gym membership on the Kaslo Community Fitness Co-Op Facebook page
BASEBALL/T-BALL	<p>Season runs April 16-July 2 with practices every Sunday.</p>
SOFTBALL	<p>Keep your eyes peeled for upcoming softball registration in early April! Season starts April 23 and runs until June 28. No games during long weekends (May long weekend). Games played at Murray Pearson Ball Park. Pepper's Treats will be there selling snacks and drinks!</p> <p><u>Game times</u> Sundays at 4pm and 6pm Mondays at 6pm Tuesdays at 6pm Wednesdays at 6pm</p>
BASKETBALL	<p>Drop-in basketball, JVH gym: Fridays, 6-8pm. \$2. Entry at back door of school</p>
SOCCER	<p>West Kootenay Football Club practices @ JVH field</p> <p><u>Monday</u></p> <ul style="list-style-type: none"> • 4:30-5:30pm GRADE 7-8 • 5:30-6:30pm GRADE 9-12 <p><u>Every other Tuesday starting April 18 GOALKEEPER TRAINING</u></p> <ul style="list-style-type: none"> • 4:00-5:00pm Group 1

	<ul style="list-style-type: none"> • 5:00-6:00pm Group 2 • Goalkeeper training is available from Grade 4 to adult players, fingersaving gloves are included in the price (\$60 for the season) <p><u>Wednesday</u></p> <ul style="list-style-type: none"> • 3:45-4:15pm MINIS (turning 3-K) • 4:15-4:45pm K-GRADE 1 • 4:45-5:45pm GRADE 2-3 • 5:45-6:45pm GRADE 4-6 <p><u>Thursday</u></p> <ul style="list-style-type: none"> • 5:30-6:30pm ADULT LEAGUE
VOLLEYBALL	Drop-in volleyball at JVH gym: Mondays from 6:30-8pm. Ages grade 10 and up, \$2. Indoor shoes, entry at back door of the school
DANCE/PILATES (Kaslo Dance Studio)	<p>Kaslo Dance Studio Classes (registration required, session runs for 13 weeks from January 17 until April 27 at JVH gym) Email Glynis at kaslo.dance@gmail.com for registration and inquiries</p> <p>Tuesdays: 1:30-2:30pm Creative Dance, ages 3-5 3:00-4:00pm Combo 1 (acro/jazz), ages 5-7 4:00-5:00pm Combo 2 (acro/jazz), ages 8-11 5:00-6:00pm Combo 3 (acro/jazz), ages 12+</p> <p>Thursdays: 4:00-5:00pm Hip Hop 1, ages 6-8 5:00-6:00pm Hip Hop 2, ages 9-12 6:00-7:00pm Adult Sass, ages 18+</p> <p>Pilates Intro Series: April 4-25, Tuesdays from 6-7pm at JVH gym</p> <p>Recital at JVH on April 21 at 6:00pm! Recommended donation of \$5</p>
BALLROOM DANCE	1st and 3rd Fridays @ Saint Andrew's Heritage Hall. \$5, bring a snack to share if you're so inclined, and your own beverage! 8:00-10:00pm
ZUMBA!	Thursdays from 6:00-7:00pm @ Heritage Hall (Saint Andrew's Church, in the back room), \$10. Everyone welcome
DISC GOLF	Always free. The disc golf course is in the Kaslo River Trail system.
PICKLEBALL	<ul style="list-style-type: none"> • Drop-in at JVH gym. Tuesday/Thursday (except during school holidays/closures) from 6-8pm, \$5. Wear clean gym shoes. • Mondays from 9:30-11:30am, Saturdays from 3:00-5:00pm and Sundays • *Call 353-2258 for registration, \$5
KASLO COMMUNITY SERVICES	<ul style="list-style-type: none"> • Mothercare Group (anyone pregnant or with a child up to 9 months old) Wednesdays from 11am-1pm, free drop-in. Lunch provided • Strong Start (kids aged 0-6 years old attend with an adult) Tuesdays and Thursdays from 9:30-11:30am, free. Snack, tea/coffee provided
COMMUNITY ORGANIZATIONS	<ul style="list-style-type: none"> • Kaslo Quilters meet every 2nd and 4th Monday at 10am at United Church Heritage Hall • Knitting at the Anglican Church on Thursdays from 1:30-3:30pm, \$3 sliding scale • Kaslo Community Volunteer Tax Clinic (free for those with low income/government assistance) Call 353-7725 to schedule an appointment

SENIORS	<ul style="list-style-type: none"> ● Carpet Bowling at the Legion Hall: Games at 10:00am Wednesdays (\$3, also requires Seniors Membership) ● Coffee and socializing @ Seniors Centre on Fridays from 9:30-11:30am, \$3 ● Digital Learning Support on Wednesdays by appointment from 3:15-5:45pm ● 10% discount at Cornucopia every Friday (ages 65+) ● 10% discount on regular priced items at Front Street Market 1st Wednesday of the month (ages 65+) ● 10% discount on supplements at Sunnyside Naturals ● Seniors Exercise and Tea @ Lardeau Valley Community Hall on Thursdays from 1:00-3:00pm, free (250-366-4236) ● Keeping Connected Exercise Class @ St. Andrew's Heritage Hall on Fridays from 9:30am (\$50 for the season or \$5 drop-in)
YOUTH CENTRE	<ul style="list-style-type: none"> ● NOTE: Youth Centre programs closed from March 20-April 4 ● Self-identified Girls Drop-in, Wednesdays from 3:00-6:00pm ● Friday Night Drop-in from 7:00-10:00pm ● Apply for Columbia River Field School by April 16 (find more information at wildsight.ca/fieldschool) ● Water Monitoring Workshop April 13, 3:00-5:00pm (to sign up contact shannonisaac@nklcss.org)
MUSIC/OPEN MIC	<ul style="list-style-type: none"> ● OPEN MIC w/ Kevin John 1st Wednesday of every month at the Angry Hen, 6-9pm ● Youth Kootenay Garage Band is open to new participants (contact Jay at jpdanley77@gmail.com)
IMPROV	Stay tuned for future dates!
ART	<ul style="list-style-type: none"> ● Kids art sessions at JVH (free but registration required) hosted by North Kootenay Lake Community Services on Wednesdays at 3:15pm
GAMES	<ul style="list-style-type: none"> ● Euchre on Thursdays at 3:00pm at the Legion (members and guests) ● Bridge on Wednesdays at 1:00pm at Abbey Manor, newcomers welcome ● Board games/cards are also available at the library and at the Angry Hen to play while you're there!
FOOD HUB	Kaslo Food Cupboard (a non-barrier food access program for those who find themselves in need): Tuesday, 10am-1pm and Thursday, 5-7pm
LEGION	<ul style="list-style-type: none"> ● Friday night dinners with meat draws, 50/50 and members draw, shuffleboard, pool, darts, cribbage, cards. Draws begin at 5:30, dinner served at 6:00pm. \$15 unless otherwise stated ● Euchre on Thursdays at 3:30pm (members & guests)
LIBRARY	<ul style="list-style-type: none"> ● Open Poetry Circle, 2nd Wednesday of the month, 1:30-3:30pm ● Digital Learning Support & Lab, Wednesdays from October to June, 3:15-5:45pm (to learn more or book an appointment, contact Angela at kaslolibrary@gmail.com or 353-2942)
LANGHAM	<ul style="list-style-type: none"> ● Galleries open from Thursday-Sunday, 1:00-4:00pm. Free (Current Exhibitions from March 10-May 5: 'Prairie Perspectives' by Kaslo-based watercolour painter Shelley Ross, and 'SS Moyie, Sweetheart of the Lake' by Kootenay Lake Archives in honour of the Moyie's 125th year.) ● Office Hours Tuesday-Thursday 10:00am-5:00pm (closed from 1-2pm) ● Japanese Canadian Museum Hours: Tuesday-Thursday 10:00am-5:00pm, Friday-Sunday 1:00-4:00pm
KASLO COUNCIL	Meetings are 2nd and 4th Tuesdays of the month at 6pm, available on Zoom
HEALTH SERVICES	<ul style="list-style-type: none"> ● Kaslo Health Clinic (downstairs at Kaslo Hospital): Monday-Friday

	<p>9:00am-5:00pm (pre-booked appointments only, NO drop-ins)</p> <ul style="list-style-type: none"> • Kaslo Lab (downstairs through Health Clinic doors) Wednesdays, Thursdays. Walk-ins from 8:30am (limited number of walk-ins). 7:40am-11:50am for pre-booked appointments. Call 353-2291 (Ext 5) to book an appointment with the lab • Community Acupuncture every other Friday from 1:00-5:00pm at St.Andrew's Heritage Hall (last intake at 4:00pm)
SELKIRK COLLEGE	<ul style="list-style-type: none"> • 'Crash Course in Adulting' (weekly Zoom workshops for those aged 17-25) To register, email mhuser@cba1.org -April 4: Be a Budget Souper Hero -April 13: Becoming My Best Self -April 18: Finding Time to Do It All -April 25: True Colours -May 4: Your Job Journey -May 11: Building Healthy Credit -May 16: Creating Meaningful Relationships • 'Introduction to GPS and Google Earth,' April 29-30, 10:00am-3:00pm @ Selkirk College Kaslo campus. Visit selkirk.ca/ce to register. \$149+GST • 'Make Your Own Mushroom Log,' April 15 from 1:00-4:30pm, \$135+GST • 'Canadian Firearms Safety: Non-Restricted Firearms,' April 22 from 8:00am-6:00pm. \$155+GST plus the cost of the manual (\$24.76+GST) • 'Cultural Connections,' April 17 (free). Pre-registration required-call 353-2618 or sign up at the Kaslo Selkirk campus
MTN MAN MIKE'S	<p>Bus routes:</p> <ul style="list-style-type: none"> • Kaslo-Vancouver (Weds & Sat) • Vancouver-Kaslo (Thurs & Sun) • Kaslo-Calgary (Monday) • Calgary-Kaslo (Tuesday) <p>For more information on fees, pickup/dropoff locations, etc visit mountainmanmikes.ca</p>

PLACES TO EAT/DRINK

TREEHOUSE RESTAURANT	Open Tuesdays-Sundays 7:00am-3:00pm
BLUEBELLE BISTRO	Open Thursday-Monday from 8:30am-3:00pm Closed Tuesday and Wednesday
ANGRY HEN	<p>Open Mondays-Thursdays 12:00pm-8:00pm Open Fridays-Sundays 11:30am-9:00pm (Full menu available until 7pm, from Wednesdays to Sundays. Kitchen closed Mondays and Tuesdays)</p> <p>Happy Hour: Sun-Thurs 3-5pm, \$6 16oz beer, \$5 12oz beer Apres Ski: Thurs-Sundays, 3-6pm, \$2 off some menu items Wing Wednesdays: 5-7pm, \$5 off a pound of wings</p>
WAYPOINT @ Kaslo Hotel	<p>Kitchen open 11:30am-9:00pm daily Apres Hour 3:00-5:00pm daily (Apres features are \$12) Tuesday Trivia Nights from 7:30pm-9ish</p>
GOLF COURSE CLUBHOUSE	Chinese cuisine takeout Thursdays-Sundays from 11:00am-7:00pm. Call 353-2262 to order
CHEZ SERGE'S	Open everyday 12:00pm-7:00pm

SUNNYSIDE NATURALS	Open Mondays-Saturdays from 9:00am-6:00pm Open Sundays from 10:00am-5:00pm
BUDDY'S PIZZA	Open Thursdays, Fridays and Saturdays from 3:00-8:00pm Closed as of March 7 (until end of March)
TERESA'S	Closed until further notice (probably until May)
KASLO LEGION	Open Thursdays and Saturdays from 4:00-7:00pm Open Fridays from 4:00-8:00pm *members and guests
KANE'S LANDING	Open Mondays-Thursday from 8:00am-1:00pm
THE PARLOUR	On Facebook at 'The Parlour Kaslo' or at hazelayn.wixsite.com/theparlour. Located at 315 4th Street

OTHER SERVICE HOURS

LIBRARY	Tuesday, Wednesday, Thursday 10am-6pm Saturday 11am-3pm
TRANSFER STATION	Winter hours (October 1-April 30) Tuesday, Friday, Sunday from 10am-3pm (closed on stat holidays)
THRIFT STORE	Wednesdays-Saturdays 11:30am-2:00pm
CREDIT UNION	Mondays 9:30am-4:30pm Wednesdays 9:30am-4:30pm Fridays 9:30am-5:00pm
FRONT STREET MARKET	Open Mondays-Saturdays 9:00am to 7:00pm, Sundays open from 10:00am-6:00pm
CORNUCOPIA	Open Mondays-Saturdays 9:00am-5:30pm, closed on Sundays
ERIC'S MEAT MARKET	Open Tuesdays-Saturdays, 9:30am-5:30pm Closed Sundays and Mondays In March, when you spend \$50, your name will be entered into a draw for a Traeger smoker!
HUSKY	Open Mondays-Fridays 5:00am-8:00pm Open Saturdays 6:00am-8:00pm Open Sundays 7:00am-8:00pm
ESSO	Open everyday from 6:00am-7:00pm
CITY HALL	Monday-Friday, 10:00am-3:00pm
PHARMACY	Open Mondays-Saturdays 9:30am-5:30pm Closed Sundays
LAUNDROMAT	Open everyday from 8:00am-8:00pm
ARCHIVES	Open Mondays from 7:00-9:00pm, Thursdays 9:00am-noon Or by appointment (call 353-3204)
KLIC (Kootenay Lake Innovation	24/7 access for members, drop-ins welcome. Internet, co-working desks,

Centre)	private phone, meeting room, coffee and tea facilities Email grow@kootenays.org
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APRIL CALENDAR OF EVENTS

DAY	DATE	EVENT
Sat	April 1	<ul style="list-style-type: none"> • Mommy and Me Mini Photo Sessions (pre-registration required, no drop-ins) @ the Peanut Gallery (Langham Studio 26), 12:00-3:30pm. Want to book a photo shoot for you and your loved ones? Contact Lori at loriear19@gmail.com • Ladies Auxiliary Easter Bingo @ Legion Hall, games from 2:00-4:00pm (doors open at 1:00pm). Concession available • Last day of WWND Curling Bonspiel
Sun	April 2	<p>“Matchmaker on the Roof” (independent presentation by Ellie Reynolds @ the Langham at 2:30pm, for Gambling Awareness Week)</p> <p>West Kootenay Football Club Pre-Season Warm-up Day @JVH field (free event)</p> <ul style="list-style-type: none"> • Equipment swap • 11:00-11:30am MINIS • 11:30-12:00pm K/1 • 12:00-1:00pm GRADE 2-3 • 1:00-2:00pm GRADE 4-6 • 2:00-3:00pm HIGH SCHOOL GRADES • 3:00-4:00pm ADULT KICKABOUT
Mon	April 3	Victorian Hospital of Kaslo Auxiliary Society (VHKAS) AGM, 11:30am @ Kaslo Christian Assembly (430 B Avenue, back door)
Tue	April 4	<ul style="list-style-type: none"> • Meet the Author, Monique Gray Smith (author of Young Adult version of ‘Braiding Sweetgrass’) 1:30-2:30pm via Zoom. kootenayteenbookclub@gmail.com • Columbia Basin Alliance for Literacy presents: iPad/iPhone Class (free), Tuesdays from April 4-May 16, 1:30-3:30pm @ JVH. Register by emailing bszuta@cbal.org or call/text 353-2289 • ‘Crash Course in Adulthood’ (weekly Zoom workshops for those aged 17-25) To register, email mhuser@cbal.org Today’s workshop topic: “Be a Budget Souper Hero”
Wed	April 5	<ul style="list-style-type: none"> • Kaslo Community Paramedics present a Self-care and Well-being Workshop. Registration not required. 11:30am-1:00pm at Heritage Hall. Free. Also held April 19 (same time and location) • Open mic w/Kevin John @ Angry Hen, 6:00pm
Thu	April 6	Kaslo & District Public Library AGM, 6:00pm
Fri	April 7	Ballroom Dancing @ Saint Andrew’s Heritage Hall. \$5, bring a snack to share if you’re so inclined, and your own beverage! 8:00-10:00pm
Sat	April 8	Langham Studio 21: Open studio by donation from 1-3pm. All ages welcome, kids under 12 attend with an adult
Fri-Sun	April 7-9	2023 Dolly Derby @ Woodbury Resort & Marina. Tickets \$50 (available at Jones Boys, Woodbury Resort, Wynndel Foods, or at 353-7717). 1st place bull trout

		\$2500, 2nd place \$1500, 3rd place \$1000, bonus for heaviest rainbow \$500, plus 3 daily cash prizes of \$100 each). Support Kootenay Lake Angler Incentive Program by bringing in your fish heads daily for a chance to win a 2023 F-150 Tremor pickup truck! Sunday Luncheon 12:30pm at Woodbury Rec Hall, awards and door prizes at 1:15pm
Tue	April 11	Columbia Basin Alliance for Literacy presents: iPad/iPhone Class (free), Tuesdays from April 4-May 16, 1:30-3:30pm @ JVH. Register by emailing bszuta@cbal.org or call/text 353-2289
Wed	April 12	<ul style="list-style-type: none"> • Open Poetry Circle, 1:30-3:30pm @ Kaslo Library. Free, everyone welcome • Firesmart Open House, 6:30-8:00pm @ Legion Hall. Refreshments provided!
Thu	April 13	<ul style="list-style-type: none"> • 'Crash Course in Adulthood' (weekly Zoom workshops for those aged 17-25) To register, email mhuser@cbal.org Today's workshop topic: "Becoming My Best Self" • Columbia Basin Trust presents 'Our Trust, Our Future' (Open house from 3:00-6:00pm, Community Conversation from 6:30-8:30pm)
Fri	April 14	<ul style="list-style-type: none"> • Kaslo Community Acupuncture, 1:00-5:00pm (last intake at 4:00pm), St. Andrew's Church Heritage Hall. By donation • 'Heavy Dirt' (live music at the Angry Hen), 6:00pm • Kaslo Concert Society presents classical Cuban guitarist Iliana Matos, 7:00pm at Saint Andrew's Church (tickets at Sunnyside, Willow or at the door)
Sat	April 15	<ul style="list-style-type: none"> • JVH Grad Bottle Fundraiser, 9:00am-1:00pm @ JVH • 'Make Your Own Mushroom Log,' April 15 from 1:00-4:30pm @ Selkirk College, \$135+GST • Relational Constellations workshop, 9:30am-5:30pm at the Sentinel. Pre-registration required
Mon	April 17	Cultural Connections @ Selkirk College. Registration required (drop by Kaslo's Selkirk campus or call 353-2618). Free
Tue	April 18	<ul style="list-style-type: none"> • Columbia Basin Alliance for Literacy presents: iPad/iPhone Class (free), Tuesdays from April 4-May 16, 1:30-3:30pm @ JVH. Register by emailing bszuta@cbal.org or call/text 353-2289 • Kootenay Lake Historical Society and SS Moyie AGM, 4:30pm at Visitor Centre (in the basement, 324 Front Street) • 'Crash Course in Adulthood' (weekly Zoom workshops for those aged 17-25) To register, email mhuser@cbal.org Today's workshop topic: "Finding Time to Do It All"
Thu	April 20	<ul style="list-style-type: none"> • The Peanut Gallery presents: 'A Tiny Movie Night: REEL ROCK 17' (More details to come) • Kaslo & District Community Forest Society AGM, 7pm @JVH
Fri	April 21	<ul style="list-style-type: none"> • Kaslo Community Acupuncture presents 'Dope is Death' (a documentary film about how community acupuncture impacted widespread heroin addiction in 1970s Bronx). Two showings at the Langham Theatre, 1:30pm and 6:30pm, by donation at the door. Q&A after the film and refreshments provided. • Ballroom Dancing @ Saint Andrew's Heritage Hall. \$5, bring a snack to

		share if you're so inclined, and your own beverage! 8:00-10:00pm
Sat	April 22	<ul style="list-style-type: none"> • Kaslo E-Kruise E-bike draw! (Enter draw by spending \$50 or more) • Earth Day Storytelling w/Anne Heard @ Kaslo Library, 10:00am (to register, email kaslolibrary@gmail.com) • KIN AGM, 1:00pm @ Langham • 'Canadian Firearms Safety: Non-Restricted Firearms,' April 22 from 8:00am-6:00pm @ Selkirk College. \$155+GST plus the cost of the manual (\$24.76+GST)
Fri-Sun	April 21-23	German Beer Weekend @ Angry Hen
Sun	April 23	<ul style="list-style-type: none"> • First day of softball! Games at 4pm and 6pm @ Murray Pearson Ball Park • Rip, Smash and Burn (outdoor art therapy workshop), 2:00-4:00pm (register with Fireside Art Therapy, christine@tinyisland.ca) • 'L'Omelette' (live music at the Angry Hen), 6:00pm
Tue	April 25	<ul style="list-style-type: none"> • Columbia Basin Alliance for Literacy presents: iPad/iPhone Class (free), Tuesdays from April 4-May 16, 1:30-3:30pm @ JVH. Register by emailing bszuta@cbaal.org or call/text 353-2289 • 'Crash Course in Adulting' (weekly Zoom workshops for those aged 17-25) To register, email mhuser@cbaal.org Today's workshop topic: "True Colours" • KORTS (Kaslo Outdoor Recreation and Trails Society) AGM, 7:00pm at Kaslo United Church
Fri	April 28	<ul style="list-style-type: none"> • Kaslo Community Acupuncture, 1:00-5:00pm (last intake at 4:00pm), St. Andrew's Church Heritage Hall. By donation • Teen Books & Crafts Meetup @ Kaslo Library from 3:15-4:30pm (register by emailing kaslolibrary@gmail.com) • Robbie Turnbull (live music at the Angry Hen), 6:00pm
Sat	April 29	Paint Your Own Tote, 3:00pm @ Kaslo Library (for youth ages 12+). Snacks provided. Register by emailing kaslolibrary@gmail.com
Sat-Sun	April 29-30	'Introduction to GPS and Google Earth,' 10:00am-3:00pm @ Selkirk College Kaslo campus. Visit selkirk.ca/ce to register. \$149+GST
Sun	April 30	Intro to Body Mapping Workshop, 1:00-4:00pm (register with Fireside Art Therapy, christine@tinyisland.ca)

GARBAGE/RECYCLING SCHEDULE

DATE	PICKUP
April 4	Garbage
April 11	Garbage and recycling
April 18	Garbage
April 25	Garbage and recycling

