

KASLO CALENDAR: June 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) DROP-IN: Mon & Wed: 4:00-5:30pm Thurs: 9:00-10:30am Contact: josanastarbuck@gmail.com to register or for more information</p> <p>BEGINNER/BACK TO BASICS YOGA: Tuesday 5:15-6:45pm/Thursday 4:00-5:30pm (new 9 week series begins the first week of July), Please inquire if you are interested even if you have missed the first class.</p> <p>RESTORATIVE YOGA: Friday June 2nd & Friday June 16th 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: Friday June 23rd @ 5:00pm (offered on the 4th Friday of the month), \$20. Pre-register at noemikissounds.com</p> <p>WORKSHOPS IN JUNE:</p> <ul style="list-style-type: none"> • 'Processing Deep Emotion through Art and Yoga' w/Angel Audrey (June 4th, 9:00am-12:00pm) • 'Alchemy of the Heart: Opening to Inner Wisdom and Guidance' w/Robert Blackmore (June 11th, 9:00am-12:00pm)
MINDFULNESS, MEDITATION AND HEALING	<ul style="list-style-type: none"> • Earthing meditation, drop-in, every Saturday. Free. Self-led with a short meet up at 5:00 pm to ask questions and share experiences. At the river, end of 2nd Street (culdesac). Contact christine@tinyisland.ca with questions. • Traditional Healing Circle for mental health and substance use. Drumming, ceremony and Elder teachings. Open to anyone, ages 15 and up. Second Thursday of every month from 11:30am-1:00pm at St. Mark's Anglican Church (at the back entrance). Contact juanita.coinations@gmail.com for more information or call 777-3683
PILATES	<p>Pilates Mat Series from June 6th-27th at JVH Lighthouse Gym. Tuesdays from 6:00-7:00pm. Email kaslo.dance@gmail.com for more information or to register</p>
MARTIAL ARTS	<p>Aikido @ Mirror Lake Dojo every Sunday from 10:00am-12:00pm. First class free. \$18 drop in, \$60 per month. Contact kootenayaikido@gmail.com</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) NOTE: these classes are on pause for the summer • 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>No games during long weekends (May long weekend). Games played at Murray Pearson Ball Park. Snacks, treats and beverages available (cash only, all proceeds go to baseball association)</p> <p><u>Game times</u> Sundays at 4pm and 6pm</p>

	<p>Mondays at 6pm Tuesdays at 6pm Wednesdays at 6pm</p>
BASKETBALL	Drop-in basketball, JVH gym: Fridays, 6-8pm. \$2. Entry at back door of school
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 • 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
TOUCH RUGBY	Thursdays from 6:00-7:00pm at JVH field. Free, open to everyone (beginners welcome!)
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
TENNIS	Email kaslotennis@netidea.com or call (250) 353-2258 for information on becoming a member
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.
GOLF	<p><u>FEES</u></p> <ul style="list-style-type: none"> • Green Fees: 9-holes: \$28 (\$20 weekdays after 4:00pm), 18-holes: \$40 • Power Cart Rental Fees: 9-holes: \$15 for one seat, \$20 for two seats, 18-holes: \$20 for one seat, \$38 for two seats • Membership Fees: Full Season: \$703.50, 1/2 Season pass (either ends July 31st or starts Aug 1st): \$351.75, Junior Membership (between 10-14): \$147.00, First-Time Member: \$598.50 <p><u>EVENTS</u></p> <ul style="list-style-type: none"> • Men's Night: all men – no matter what skill level or handicap – join us every Thursday. Please arrive at least 15 minutes early to sign up and be ready to go for a 4:30pm shotgun start (starts at 4:00pm in April and September). Members – \$10 prize buy-in, Non-Members – \$10 prize buy-in plus green fee. We play 9

	<p>holes and then spend time in the clubhouse afterwards with new and old friends. Stick around after golf for the always amazing dinner and the prize awards including the random dinner prize draw and other nightly contests.</p> <ul style="list-style-type: none"> ● Ladies Night: No skill level or golf experience required. We offer playability to all levels. Tuesday is your night to come and socialize. Enjoy 9 holes of golf followed by dinner in our Clubhouse Restaurant. We always have great contests and prizes, and whether you are an avid golfer, or just want to come play for your first time, Kaslo Golf Club is your place to do it. We gather every Tuesday at 3:30 pm for a 4:00 shotgun start. Commencing in May through September. ● Seniors Day: (ages 50+): Wednesday mornings (9am start June through August, 10am start in May and September). Weekly prizes, free lunch at the annual windup for all those who participate in a minimum of five days. Members Fee: \$5, Non-Members: \$5 + Green Fee ● Junior Golf: Kaslo Junior Golf is a free volunteer-run program that runs Mondays from after May long weekend through the last Monday in June. Grades 1-7, 3-30-5pm. High school, 5-6-30pm. Parents/siblings of participants can golf for free with their child the night of! Volunteers always 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 11:00am-1:00pm, free drop-in. Lunch provided ● Strong Start (open for kids aged 0-6 years old, must 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
SENIORS	<ul style="list-style-type: none"> ● Carpet Bowling at the Legion Hall: Games at 10:00am Wednesdays (\$3, also requires Seniors Membership) NOTE: Carpet bowling is on hold until the fall ● 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) ● Drop-in social walking group on Tuesdays at 10:00am. Rain or shine! Meet at Abbey Manor. Light, easy walking for all abilities. Scooters welcome. ● Open art studio at Abbey Manor (June 9th and July 21st from 1:00-3:00pm). Join us for a peaceful and artful afternoon! Bring your own projects or start something new with Art Therapist Christine Parton. Art supplies, tea and treats provided! Registration required. ● Kaslo Senior Citizens' Association invites you to come and celebrate their 50th anniversary! 11:30am-2:00pm on June 2nd at Kaslo Seniors' Hall. Come for a barbeque lunch, slide show presentation and tour of the newly renovated hall. ● Seniors Bowling in Meadow Creek at Lardeau Valley Community Hall, June 19th. Registration required. Call Kathy at 353-7691 to register or email kathyallaire@kaslo.services

	*To register, or for more information on events, call Kathy at 353-7691 or email kathyallaire@kaslo.services
YOUTH CENTRE *All programs open to youth aged 12-18	<ul style="list-style-type: none"> • Self-identified Girls Drop-in, Wednesdays from 3:00-6:00pm • Friday Night Drop-in from 7:00-10:00pm (every second Friday). Drop-ins for June are on the 2nd, 16th and 30th • Dungeons and Dragons: Sundays from 1:00-3:00pm. Upcoming times: June 11th and 25th (all spots filled). Snacks provided. Email kaslodnd@gmail.com for more information
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) • Kaslo Summer Music Series, presented by the Langham Cultural Centre and Kootenay Lake Innovation Centre, every Saturday from June 24th-September 9th at Front Street Park. This year, they're focusing on new-to-Kaslo performers, with some great award-winning professional and semi-professional travelling bands.
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 • Check out the new exhibits at the Langham Galleries (see 'Langham' section for details!) • Open Studio in the Bay, Friday June 23rd from 2-4 pm (unless it is pouring rain)-all welcome, kids under 10 with adult. By donation and folks are welcome to bring their own projects/materials. • 'Taking it to the Water' (An Eco Art Therapy Group for Women), Wednesdays from May 31-June 21, 12:00-1:30pm. Offered by Kaslo Community Services and open to all self-identified women, this workshop explores healthy relationships, boundary setting and healing through land-based art-making. Sessions held at the lake, rain or shine! Contact Kaslo Community Services for more information or to register
GAMES	<ul style="list-style-type: none"> • 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, 10:00am-1:00pm and Thursday, 5:00-7:00pm
LEGION	<ul style="list-style-type: none"> • Friday night meat draws, 50/50 and members draw, shuffleboard, pool, darts, cards. Draws begin at 5:30. • NOTE: Friday night dinners are on hold until the fall
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) • Needle Punching! Learn a new skill with two needle punching sessions at the library. June 1st and June 8th, 6:30-7:30pm. Materials provided. Registration required (contact kaslolibrary@gmail.com)
LANGHAM	<ul style="list-style-type: none"> • Galleries open from Thursday-Sunday, 1:00-4:00pm. Free (Exhibitions run from May 13 until July 21-'Altered Perceptions Through Death & Mourning' by Robin Wiltse, and 'Layered: Fusing Nature and Experience' by Heather Good) • 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. See full list of council meetings and agendas at https://kaslo.ca/p/council-meetings (You can find the Zoom link there as well)
HEALTH SERVICES	<ul style="list-style-type: none"> • Kaslo Health Clinic (downstairs at Kaslo Hospital): Monday-Friday 9:00am-5:00pm (pre-booked appointments only, NO drop-ins) • 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 • *NOTE: Additional walk-in service will be available every second Friday beginning June 2nd at the lab between 8:00-10:00am and 10:30am-12:00pm. The dates for this month include: June 2nd, June 16th, June 30th • Community Acupuncture every other Friday from 1:00-5:00pm at St.Andrew's Heritage Hall (last intake at 4:00pm)
SELKIRK COLLEGE	<p>Open Monday-Thursday from 8:30am-3:30pm Open Monday and Wednesday from 6:30-8:30pm Closed from 12:00-1:00pm</p> <p>Did you know there are free Spanish and French language clubs, open to everyone, at Selkirk? Whether you're a total beginner or a total expert, come out and join!</p> <ul style="list-style-type: none"> • Spanish Club, Mondays from 12:30-1:30pm • French Club, Tuesdays from 9:30-10:30am
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	<p>Open Tuesdays-Sundays 7:00am-3:00pm Now also serving BBQ on Wednesdays starting at 5:00pm! Pork ribs, brisket, chicken, pork and a variety of sides to choose from, plus fun cocktails, beer, and desserts! Platter options for groups of 2 or 4.</p>
BLUEBELLE BISTRO	<p>Open Thursday-Monday from 8:30am-3:00pm Closed Tuesday and Wednesday</p>
ANGRY HEN	<p>Open Mondays-Thursdays 12:00pm-9:00pm Open Fridays-Sundays 11:30am-9:00pm *Kitchen is open until 8:00pm daily</p> <p>Come check out the new menu!</p> <p>Wing Wednesdays: 5-7pm, \$5 off a pound of wings</p>
WAYPOINT @ Kaslo Hotel	<p>Kitchen open 11:30am-9:00pm daily Tuesday Trivia Nights from 7:30pm-9ish</p>
GOLF COURSE CLUBHOUSE	<p>Chinese and Western cuisine Closed Mondays Tuesdays and Thursdays open 11:00am-4:00pm Wednesdays, Fridays, Saturdays, Sundays open 11:00am-7:00pm</p>

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 'Swingin' Saturdays' live music w/Jay Danley and Tom Thompson (every Saturday from 5:00-8:00pm)
TERESA'S	Open from 7:00am-3:00pm Monday-Saturday Closed Sundays
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 Monday-Friday from 8:00am-1:00pm
THE PARLOUR	On Facebook at 'The Parlour Kaslo' or at hazelayn.wixsite.com/the parlour. Located at 315 4th Street
HUMMINGBIRD COFFEE	Open 7:30-11:30am on Fridays, Saturdays and Sundays

OTHER SERVICE HOURS

LIBRARY	Tuesday, Wednesday, Thursday 10am-6pm Saturday 11am-3pm
TRANSFER STATION	Summer hours (May 1-September 30) Tuesday, Friday, Sunday from 9:00am-3:00pm (closed on stat holidays)
THRIFT STORE	Wednesdays 1:00pm-6:00pm Thursdays-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
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

KOOTENAY LAKE ARCHIVES	Open Mondays from 7:00-9:00pm, Thursdays 9:00am-noon Or by appointment (call 353-3204)
KLIC (Kootenay Lake Innovation Centre)	24/7 access for members, drop-ins welcome. Internet, co-working desks, private phone, meeting room, coffee and tea facilities Email grow@kootenays.org
SS MOYIE/VISITOR CENTRE	Visitor centre open Tuesday, Wednesday, Thursday from 9:00am-4:00pm (Ship admission open from 10:00am-4:15pm)

JUNE CALENDAR OF EVENTS

DAY	DATE	EVENT
Thurs	June 1	<ul style="list-style-type: none"> Last day to register for 'Reiki Master and Student Gathering' at the Legion Hall, 10:00am-6:00pm (lunch from 1:00-2:30pm, with vegan and gluten-free options). Contact hollybighair@gmail.com or 250-551-3364 Kaslo and District Public Library presents: Needle Punching! Learn a new skill with two needle punching sessions at the library. June 1st and June 8th, 6:30-7:30pm. Materials provided. Registration required (contact kaslolibrary@gmail.com)
Fri	June 2	<ul style="list-style-type: none"> Kaslo Senior Citizens' Association invites you to come and celebrate their 50th anniversary! 11:30am-2:00pm at Kaslo Seniors' Hall. Come for a barbeque lunch, slide show presentation and tour of the newly renovated hall. Live Music at the Angry Hen: Rob Funk, Kootenay local. Original folk tunes and unique covers, 6:00-8:00pm. Presented by the Angry Hen and Propel Studios. A \$5-\$10 sliding scale donation per person to support the artists is recommended and appreciated! Youth Centre Friday Night Drop-in from 7:00-10:00pm (every second Friday). Drop-ins for June are on the 2nd, 16th and 30th
Sat	June 3	Lardeau Valley Community Club AGM at 5:00pm. Three board positions open. Nominations are open until the elections begin. Coffee, tea and snacks provided.
Sun	June 4	<ul style="list-style-type: none"> Yoga Workshop: 'Processing Deep Emotion through Art and Yoga' w/Angel Audrey, 9:00am-12:00pm. Contact josanastarbuck@gmail.com to register or for more information Sandon Historical Society invites you to Sandon Open Day! The Sandon Museum opens at 10:00am and is free to enter all day. Local bands and musicians will be performing from 12:00-6:00pm including Tin Cup Blues Band and TractorGrease. The board will also be attending, so come learn about plans and projects, enjoy live music and tasty snacks. Kaslo Golf Course Ryder Cup: two person teams play handicap adjusted multiple formats – 6 holes of alternate shot, six holes of best "score," and 6 holes of scramble.
Tues	June 6	<ul style="list-style-type: none"> At the 'Strong Start' Program: Kaslo Community Services presents 'Ask an Advocate' w/Amy Taylor from the Advocacy Centre in Nelson. Parents will be able to seek support with: accessing government benefits, tenancy, debt, referrals for family law matters, legal advice and representation. 9:30-11:30am at the Family Centre at JVH. Contact barbcyr@nklcss.org for more information BC Community Response Networks presents: 'It's Not Right' Workshop, 12:00-1:00pm. Learn to recognize warning signs of abuse of older adults, respond safely and supportively. Register here: https://tinyurl.com/53u64tsr

Weds	June 7	<ul style="list-style-type: none"> • 'Taking it to the Water' (An Eco Art Therapy Group for Women), Wednesdays from May 31-June 21, 12:00-1:30pm. Offered by Kaslo Community Services and open to all self-identified women, this workshop explores healthy relationships, boundary setting and healing through land-based art-making. Sessions held at the lake, rain or shine! Contact Kaslo Community Services for more information or to register • Open mic w/Kevin John at the Angry Hen, 6:00-9:00pm
Thurs	June 8	<ul style="list-style-type: none"> • Traditional Healing Circle for mental health and substance use. Drumming, ceremony and Elder teachings. Open to anyone, ages 15 and up. Second Thursday of every month from 11:30am-1:00pm at St. Mark's Anglican Church (at the back entrance). Contact juanita.coinations@gmail.com for more information or call 777-3683 • Penny Lane Apartments Grand Opening! Kaslo Housing Society invites you to come and check out the new affordable housing units at Penny Lane (behind the Kemball Building), from 4:00-7:00pm. Refreshments, live music, group tours and a ribbon cutting ceremony! • Kaslo and District Public Library presents: Needle Punching! Learn a new skill with two needle punching sessions at the library. June 1st and June 8th, 6:30-7:30pm. Materials provided. Registration required (contact kaslolibrary@gmail.com)
Fri	June 9	<ul style="list-style-type: none"> • Kaslo Community Acupuncture Clinic, 1:00-5:00pm, St. Andrew's Heritage Hall. Final intake is at 4:00pm. By donation • 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	June 10	<ul style="list-style-type: none"> • First Kaslo Saturday Market! 9:00am-1:00pm in Front Street Park • Community FireSmart Day from 11:00am-2:00pm at the new library site. Come on down to chat with local community groups and experts, learn about how we can make our homes and neighbourhoods more resilient to wildfire. Also, meet Ember...the FireSmart Fox! • Kaslo Golf Course has a private tournament happening today. Golf course and restaurant closed to the public for the day.
Sun	June 11	<ul style="list-style-type: none"> • Kaslo Cubs Rookies and Majors baseball teams have their first home games of the season. The Majors (ages 11-12) are playing two games against Castlegar at 9:00am and 2:00pm. The Rookies (ages 7-8) play Nelson at 11:00am. Please come out to show your support and to cheer on your Kaslo Cubs! Let's get loud Kaslo! Go Cubs! Games at Murray Pearson Ball Park in Kaslo. • Yoga Workshop: 'Alchemy of the Heart: Opening to Inner Wisdom and Guidance' w/Robert Blackmore, 9:00am-12:00pm. Contact josanastarbuck@gmail.com to register or for more information • Reiki Master and Student Gathering at the Legion Hall, 10:00am-6:00pm (lunch from 1:00-2:30pm, with vegan and gluten-free options). Registration required. \$50-\$80 sliding scale, including lunch
Weds	June 14	<ul style="list-style-type: none"> • 'Taking it to the Water' (An Eco Art Therapy Group for Women), Wednesdays from May 31-June 21, 12:00-1:30pm. Offered by Kaslo Community Services and open to all self-identified women, this workshop explores healthy relationships, boundary setting and healing through land-based art-making. Sessions held at the lake, rain or shine! Contact Kaslo Community Services for more information or to register • Open Poetry Circle at Kaslo Library, 1:30-3:30pm. Everyone welcome
Thurs	June 15	<p>Live Music at the Angry Hen: Judy Brown & Sam Hurrie - Local blues! 6:00-8:00pm. Presented by the Angry Hen and Propel Studios. A \$5-\$10 sliding scale donation per person to support the artists is recommended and appreciated!</p>

Fri	June 16	<ul style="list-style-type: none"> Youth Centre Friday Night Drop-in from 7:00-10:00pm (every second Friday). Drop-ins for June are on the 2nd, 16th and 30th 'Old Tyme Country Band' at the Langham, 7:00pm. Tickets at Sunnyside or Willow
Sat	June 17	<ul style="list-style-type: none"> Kaslo Saturday Market, 9:00am-1:00pm in Front Street Park 'Old Tyme Country Band' at the Langham, 7:00pm. Tickets at Sunnyside or Willow
Sun	June 18 FATHER'S DAY	First Lardeau Valley Sunday Market, 10:00am-2:00pm at Meadow Creek Hall
Mon	June 19	Seniors Bowling in Meadow Creek at Lardeau Valley Community Hall, June 19th. Registration required. Call Kathy at 353-7691 to register or email kathyallaire@kaslo.services
Weds	June 21 SUMMER SOLSTICE	'Taking it to the Water' (An Eco Art Therapy Group for Women), Wednesdays from May 31-June 21, 12:00-1:30pm. Offered by Kaslo Community Services and open to all self-identified women, this workshop explores healthy relationships, boundary setting and healing through land-based art-making. Sessions held at the lake, rain or shine! Contact Kaslo Community Services for more information or to register
Fri	June 23	<ul style="list-style-type: none"> Kaslo Community Acupuncture Clinic, 1:00-5:00pm, St. Andrew's Heritage Hall. Final intake is at 4:00pm. By donation Open Studio in the Bay, Friday June 23rd from 2-4 pm (unless it is pouring rain)-all welcome, kids under 10 with adult. By donation and folks are welcome to bring their own projects/materials The Langham presents 'An Evening of Classical Music and Chocolate Pairings' with concert violinist Natasha Hall and chocolatier Beth Campbell from Viva Cacao. \$35 at Sunnyside or Willow, show at 7:30pm 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	June 24	Kaslo Summer Music Series starts! Saturdays from June 24th to September 9th from 4:00-6:00pm at Front Street Park. Today's performer: Elizabeth Shepherd (Montreal jazz)
Sun	June 25	<ul style="list-style-type: none"> Lardeau Valley Sunday Market, 10:00am-2:00pm at Meadow Creek Hall Kaslo Family Mountain Bike Park Grand Opening, 1:00-4:00pm. Family fun featuring mini trail rides and youth bike demos, music, prizes and food! Access is the trailhead at Higashi Way.
Sat	June 24	Kaslo Saturday Market, 9:00am-1:00pm in Front Street Park
Tues	June 27	Live Music at the Angry Hen: Mountain Weather & Guests - Kaslo's own, playing upbeat folk with great harmonies, 6:00-8:00pm. Presented by the Angry Hen and Propel Studios. A \$5-\$10 sliding scale donation per person to support the artists is recommended and appreciated!
Fri	June 30	Youth Centre Friday Night Drop-in from 7:00-10:00pm (every second Friday). Drop-ins for June are on the 2nd, 16th and 30th

JUNE 2023 GARBAGE/RECYCLING SCHEDULE

DATE	PICKUP
June 6	Garbage and recycling

June 13	Garbage
June 20	Garbage and recycling
June 27	Garbage