

KASLO CALENDAR: May 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>YOGA WITH JOSANA: 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 BEGINNER/BACK TO BASICS YOGA: Tuesday 5:15-6:45pm/Thursday 4:00-5:30pm (new 9 week series begins the first week of May), Please inquire if you are interested even if you have missed the first class. RESTORATIVE YOGA: Friday May 5th & Friday May 19th 4:00-5:30pm (these classes are offered in a series of 6 weeks, please inquire about attending a single class) CRYSTAL SINGING BOWLS SOUND BATH: Friday May 26th @ 5:00pm (offered on the 4th Friday of the month), \$20. Pre-register at noemikissounds.com</p>
PILATES	<p>Pilates Mat Series from May 9-30 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</p>
MOUNTAIN BIKING	<p>Boobs2Bars (Women's Mountain Biking) meets Wednesdays at 5:00pm for a group bike ride. Locations and trails different each week. Info on weekly rides can be found on their Facebook group.</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>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 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
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 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. • 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 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
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"> • Self-identified Girls Drop-in, Wednesdays from 3:00-6:00pm • Friday Night Drop-in from 7:00-10:00pm • Free Adulting Workshops (May 4, May 11 and May 16: see calendar for topics)
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 • Starting May 12, check out the new exhibits at the Langham Galleries (see 'Langham' section for details!)
GARDEN/YARD	<ul style="list-style-type: none"> • For the month of May, the Kaslo Transfer Station accepts yard and garden waste for free (also applies for the month of October). Disposals are limited to one pick-up truck load per customer, per day. Please see rdck.ca for a full list of acceptable materials • The Broken Pot Garden Center at Fletcher Falls will be open the last three Fridays and Saturdays in May, from 10:00am-4:00pm each day. Mother's Day gifts, planters, baskets and more!
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 (Exhibitions starting May 12: '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
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 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@cba.org -May 4: Your Job Journey -May 11: Building Healthy Credit -May 16: Creating Meaningful Relationships
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-9:00pm (starting 2nd week of May) Open Fridays-Sundays 11:30am-9:00pm</p> <p>Wing Wednesdays: 5-7pm, \$5 off a pound of wings</p> <p>*UPDATE ON NEW HOURS:</p> <ul style="list-style-type: none"> Starting May 8th, kitchen is open 7 days a week! (from open until 8:00pm daily)

WAYPOINT @ Kaslo Hotel	Kitchen open 11:30am-9:00pm daily Tuesday Trivia Nights from 7:30pm-9ish
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 'Swingin' Saturdays' live music w/Jay Danley and Tom Thompson (every Saturday from 5:00-8:00pm)
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	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
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

MAY CALENDAR OF EVENTS

DAY	DATE	EVENT
Mon	May 1	Eurythmy classes, Mondays from 6:30-7:45pm, May 1-June 6 at Eurythmy Studio. \$5 per class or \$80 for 6 week course, 4 person minimum. Call 353-7675 for more information
Tues	May 2	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
Weds	May 3	Open mic w/ Kevin John at the Angry Hen, 6:00-9:00pm
Thurs	May 4	'Crash Course in Adulting' (weekly Zoom workshops for those aged 17-25). To register, email mhuser@cbal.org . Today's topic: Your Job Journey
Fri	May 5	<ul style="list-style-type: none"> • Get your Croissant Moon orders in by today at 4:00pm! Flavours: chocolate, almond, cinnamon, ginger, cheddar, spinach and feta, coconut. Prices: 3 for \$10, 7 for \$20, 12 for \$30. Text or call 353-3445 • 'Culture and Land' presentation @ Meadow Creek Community Hall, 6:30pm. Coffee, tea, cookies provided by Nelson Kootenay Lake Tourism • 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	May 6	JVH Grad Car Wash Fundraiser, 10:00am-2:00pm at Kaslo Automotive. By donation
Tues	May 9	<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 Virtual Regional Roadshow (presented by Kaslo Chamber of Commerce), 3:00-4:00pm. Every year, the BC Chamber of Commerce conducts its Collective Perspective survey, B.C.'s most comprehensive economic snapshot identifying the issues that matter most to businesses across the province. Join us for the inaugural Kootenays virtual Regional Roadshow, where 2022 Collective Perspective data from our region will be shared with business leaders and community members. • 'Spring Yoga Detox' at the Sentinel, 10:00am-5:00pm. To register, contact: mandychutscoff@live.ca. \$140-\$160 sliding scale. Lunch provided.
Weds	May 10	Open Poetry Circle at Kaslo Library, 1:30-3:30pm. Everyone welcome
Thurs	May 11	'Crash Course in Adulting' (weekly Zoom workshops for those aged 17-25). To register, email mhuser@cbal.org . Today's topic: Building Healthy Credit

Fri	May 12	<ul style="list-style-type: none"> • Marketing, Communications and Social Media' course @ Selkirk Kaslo campus, 9:00am-12:00pm, \$10+GST. Register online at selkirk.ca/ce • Kaslo Community Acupuncture Clinic, 1:00-5:00pm, St. Andrew's Heritage Hall. Final intake is at 4:00pm. By donation • Langham Studio 21: Open studio by donation from 3:00-5:00pm. All ages welcome, kids under 12 attend with an adult • The Langham New Art Exhibits Public Opening (a free reception with artist talks and snacks), 7:00-9:00pm. Presenting 'Altered Perceptions Through Death & Mourning' by Robin Wiltse, and 'Layered: Fusing Nature and Experience' by Heather Good.
Sat	May 13	Stephen Fearing Live in Concert, 7:00pm at the Langham Theatre. Tickets \$25 at Sunnyside or Willow
Sun	May 14 MOTHER'S DAY	'I'll Make Music' (Cottonwood Singers), 2:00pm at St. Andrew's Church. Tickets \$20 at Sunnyside
Tues	May 16	<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 AGM, 4:30pm at Kaslo Visitor Centre • 'Crash Course in Adulthood' (weekly Zoom workshops for those aged 17-25). To register, email mhuser@cbal.org. Today's topic: Creating Meaningful Relationships
Fri	May 19 MAY DAYS!	<ul style="list-style-type: none"> • Kids Hike for Climate, 9:00am, meet at JVH for a group hike in the Kaslo River Trail system to learn about climate, ecology and our role in keeping them healthy! Contact sunsonghealing@yahoo.ca for pledge forms or for more information. • JVH Grad class presents the 2nd Annual Kaslo Community Carnival from 5:00-6:30pm • 'The Heavy Lifters w/Carly Dow' live music at the Angry Hen (kickoff to May Days!). Tickets \$15 at Angry Hen (cash only) or online at heavylifters.com. Doors at 6:00pm • 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	May 20 MAY DAYS!	<ul style="list-style-type: none"> • Logger Sports: Preliminary events from 9:00am-11:00am, main event starts at 11:00am (see full list of events on Kaslo Chamber of Commerce website) • May Days Children's Entertainment @ Vimy Park Gazebo from 10:00am-2:00pm. Featuring Allison Kane, the Moon Family Band, Classical Kids with Jesse Lee, Shawna 'the Hulagan' Woelke • Live Music at the Angry Hen: Allie Kane, 1:00pm Mountain Weather, 3:30pm Wing & Bone, 6:00pm <p>*See full May Days schedule at kaslochamber.com/kaslo-may-days/</p>
Sun	May 21	<ul style="list-style-type: none"> • Kaslo's 26th Annual Show n' Shine, 10:00am-3:30pm on Front Street

	MAY DAYS!	<ul style="list-style-type: none"> • Logger Sports: Preliminary events from 9:00am-11:00am, main event starts at 11:00am (see full list of events on Kaslo Chamber of Commerce website) • Live Music at the Angry Hen: Kevin John, 1:00pm Jaq Taforo, 3:30pm Poly Sonic Tonics, 6:00pm <p>*See full May Days schedule at kaslochamber.com/kaslo-may-days/</p>
Mon	May 22 MAY DAYS!	<p>At 12:00pm sharp, the Parade starts off from the Kaslo Legion, heads down historic Front Street, then along 4th Street to B Avenue and then takes a second 'lap around the block'. The parade then carries on down Front Street all the way down past our beloved SS Moyie to the fairgrounds at Vimy Park.</p> <p>A long-held tradition is that the second-to-last float is the JVH Graduating Class. It is along the very last leg of the parade (from the corner of Front & 4th St down to Vimy) where the traditional water-balloon-toss at the grads takes place. Small balloons only; nothing other than water.</p> <p>1:45pm-2:15pm: Maypole Dance down at Vimy Park Gazebo</p> <p>*See full May Days schedule at kaslochamber.com/kaslo-may-days/</p>
Tues-Fri	May 23-26	JVH Drama presents 'Fiddler on the Roof' at 7:00pm. Tickets go on sale May 5 and are available at the school office. Come out and support local theatre!
Fri	May 26	<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 • Teen Books & Crafts Meetup @ Kaslo Library, 3:15-4:30pm. Meet with other teens to talk about books, do a craft, eat snacks and have fun! Register at kaslolibrary@gmail.com
Sat	May 27	<ul style="list-style-type: none"> • Family Storytime @ Kaslo Library (sessions are Saturdays from May 27-June 24), 10:00-11:00am. Stories, songs, crafts. Register at kaslolibrary@gmail.com • Kuimba Choir, 7:00pm at St. Andrew's Church. Tickets \$15 (regular), \$10 (low income), free (under 18 years old). Tickets at the door or Sunnyside • KIN AGM, 1:00-3:00pm at the Langham
Sun	May 28	<ul style="list-style-type: none"> • 'Currents: Working with the Metaphors and Elements of Nature in Art Therapy' (an Eco Art Series presented by Fireside Art Therapy), Sundays from May 28 to June 11th, 1-3 pm, \$60, contact christine@tinyisland.ca to register. • Kuimba Choir, 2:30pm at St. Andrew's Church. Tickets \$15 (regular), \$10 (low income), free (under 18 years old). Tickets at the door or Sunnyside
Tues	May 30	Shari Ulrich Live in Concert @ the Langham, 7:00pm. Tickets \$20 at Sunnyside or Willow. Shari is a two-time JUNO Award winning multi-instrumentalist who has been making music for over 4 decades and has 25 albums under her belt!

MAY 2023 GARBAGE/RECYCLING SCHEDULE

DATE	PICKUP
May 2	Garbage

May 9	Garbage and recycling
May 16	Garbage
May 23	Garbage and recycling
May 30	Garbage