

KASLO CALENDAR: **AUGUST 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>DROP-IN YOGA: <u>CHANGING IT UP FOR MONDAYS IN AUGUST:</u> Offering kirtan (when musicians available) and meditation from 4:00 to 5:00pm by donation. Mon Aug 14, Mon Aug 21 & Mon Aug 28: 4:00 to 5:00pm: Kirtan & Meditation by donation Wednesday: 4:00 to 5:30pm Thursday: 9:00 to 10:30am</p> <p>BEGINNER/BACK TO BASICS YOGA: Tuesday 5:15 to 6:45pm or Thursday 4:00 to 5:30pm <u>REGISTER FOR NEXT 8 WEEK SESSION (beginning in Sept)</u> Tuesday Sept 5, Thursday Sept 7</p> <p>These classes are pre-registration. Drop-in may be available if pre-arranged.</p> <p>RESTORATIVE YOGA: First and third Friday of the month from 4:00 to 5:30pm Friday Aug 4: Cultivating Presence 4:00-5:30pm Friday Aug 18 Deep Gratitude 4:00-5:30pm Friday Sept 1: Deep Inner Listening 4:00-5:30pm Friday Sept 15 Your Radiant Heart 4:00-5:30pm Friday Oct 6 Santosha 4:00-5:30pm Friday Oct 20: Ishvara Pranidhana 4:00-5:30pm <u>Sign up for the whole series or attend a single class.</u></p> <p>CRYSTAL SINGING BOWLS SOUND BATH WITH NOEMI KISS: This is offered on the fourth Friday of the month (unless otherwise noted). Friday August 25@ 5:00pm Friday September 22 @ 5:00pm Friday October 27 @ 5:00pm Treat yourself to a profound and deeply relaxing and healing experience that is very therapeutic, nourishing your vibrational being at a very deep level. The cost is: \$20.00. PLEASE SEND YOUR REGISTRATION AND Non-refundable PREPAYMENT TO: Noemi Kiss at: noemi.kiss@gmail.com You can now register and pay on Noemi's website at: www.noemikissounds.com Sign up sheets are also available at the studio.</p>
Kid & Teen Yoga	<p>Embodied movement, stories, fun, connection. At the Loki Room in the Langham (second floor). Pre-registration required, contact achatfield57@gmail.com</p> <p>August 3, 17, 31 September 14, 28</p> <p>Drop-ins \$12 or all five classes for \$50</p>
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. <p>NOTE: No earthing meditation July 8 or July 15</p>

	<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
PILATES/DANCE	Check back in September for new classes in dance and pilates with Kaslo Dance Studio!
MARTIAL ARTS	Aikido @ Mirror Lake Dojo every Sunday from 10:00am-12:00pm. First class free. \$18 drop in, \$60 per month. Contact kootenayaikido@gmail.com
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
BASKETBALL	Drop-in basketball is on hold for the summer
TOUCH RUGBY	Thursdays from 6:00-7:30pm at JVH field. Free, open to everyone (beginners welcome!)
VOLLEYBALL	Drop-in volleyball is on hold through the summer
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. NOTE: Zumba is on hold through the summer
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

	<p>annual windup for all those who participate in a minimum of five days. Members Fee: \$5, Non-Members: \$5 + Green Fee</p> <ul style="list-style-type: none"> • 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. • Earl Zilkie Memorial Tournament: August 20th is the 18 hole senior men's open tournament (age 50 and over) • Kaslo Golf Club's 100th Birthday Gala: August 26th (golf scramble, prime rib dinner, toonie auction) • Men's and Senior Men's Club Championships (members only): August 27th
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. • At the new courts by the arena: Mon/Wed/Fri from 8:00-10:30am, Tue/Thur/Sun from 5:00-7:30pm • *Call 353-2258 for registration, more information
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 <p>NOTE: Mothercare and Strong Start programs are on hold for the summer</p>
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, from October to June • 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 (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. • 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 <p>*To register, or for more information on events, call Kathy at 353-7691 or email kathyallaire@kaslo.services</p>
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 (every second Friday). Drop-ins for June are on the 2nd, 16th and 30th

	<ul style="list-style-type: none"> • Dungeons and Dragons: Sundays from 1:00-3:00pm. Snacks provided. Email kaslodnd@gmail.com for more information • Drop-in summer art group, ages 8-11, no experience necessary. Wednesdays from 1:00-3:00pm (from July 12-Aug 30) • Drop-in teen art group, July 19 and Aug 16, no experience necessary, 3:30-5:00pm
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, except during school closures • Check out the new exhibits at the Langham Galleries (see 'Langham' section for details!) • Youth drop-in art programs (see 'Youth Centre' section above)
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
FARMER'S/ COMMUNITY MARKETS	<ul style="list-style-type: none"> • Kaslo Saturday Market takes place weekly from June-October @ Front Street Park, 9:00am-1:00pm • Lardeau Valley Sunday Market takes place weekly at Meadow Creek Hall from 10:00am-2:00pm
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
LANGHAM	<ul style="list-style-type: none"> • Galleries open from Thursday-Sunday, 1:00-4:00pm. Free. The following exhibitions run from July 28 to October 6: 'Smoked' (Kaslo-based ceramic artist Sarah Lawless presents a series of earthenware ceramic vessels that explore humans' complex relationships and cultural associations with smoke), and 'Untangling the Knot: the Art of Honouring Ancestors' (with a desire to make sense of her own history, Carol Ladas Gaskin created a series of 37 collages, each inspired by the life of one of her ancestors) • 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

	<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 • *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. • 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 <p>NOTE: Selkirk Kaslo is closed until August 22</p>
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>
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	<p>Open everyday 12:00pm-9:00pm</p>
SUNNYSIDE NATURALS	<p>Open Mondays-Saturdays from 9:00am-6:00pm Open Sundays from 10:00am-5:00pm</p>
BUDDY'S PIZZA	<p>Open Thursdays, Fridays and Saturdays from 3:00-8:00pm 'Fantastic' Fridays' live music w/Jay Danley and Tom Thompson (every Friday from 5:00-8:00pm)</p>
TERESA'S	<p>Open from 7:00am-3:00pm Monday-Saturday</p>

	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/theparlour. Located at 315 4th Street
HUMMINGBIRD COFFEE	Open 7:30-11:30am on Fridays, Saturdays and Sundays
KTUNAXA GRILL	
JB'S	
FLETCHER'S FRIES	
MEADOW CREEK BAR & GRILL	

OTHER SERVICE HOURS

LIBRARY	Tuesday, Wednesday, Thursday 10am-6pm Friday and 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 *Hours depend on availability of volunteers
CREDIT UNION	Mondays 9:30am-4:30pm Wednesdays 9:30am-4:30pm Fridays 9:30am-5:00pm
FRONT STREET MARKET	Open daily from 8:00am-8:00pm
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)

AUGUST CALENDAR OF EVENTS

DAY	DATE	EVENT
Weds	Aug 2	Open Mic at the Angry Hen w/Kevin John, 6:00-9:00pm
Thurs	Aug 3	<ul style="list-style-type: none"> Kaslo Forest Play Summer Day Camp (ages 4-6) w/Heather Stark and Sarah Pollick. \$45 per day, per child, 9:00am-3:00pm. For more information or to register, contact Heather at kasloforestplay@gmail.com Live music, 6:00pm at the Angry Hen: Avery Florence
Fri	Aug 4	<ul style="list-style-type: none"> KASLO JAZZ FEST @ Kaslo Bay 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	Aug 5	<ul style="list-style-type: none"> KASLO JAZZ FEST @ Kaslo Bay Kaslo Saturday Market @ Front Street Park, 9:00am-1:00pm Kaslo Summer Music Series @ Front Street Stage, 4:00-6:00pm.
Sun	Aug 6	<ul style="list-style-type: none"> KASLO JAZZ FEST @ Kaslo Bay BONUS Kaslo Saturday Market @ Front Street Park, 9:00am-1:00pm Special Sunday Service at St. Andrews United Church. Services at 10:00am. Today's special: 'Keith Todd leads some awesome jazz!' Lardeau Valley Sunday Market at Meadow Creek Hall from 10:00am-2:00pm
Sat	Aug 12	<ul style="list-style-type: none"> Kaslo Saturday Market @ Front Street Park, 9:00am-1:00pm Kaslo Summer Music Series @ Front Street Stage, 4:00-6:00pm. Presenting 'Evergreen Afrodisco Orchestra' (World Fusion 9-piece)
Sun	Aug 13	<ul style="list-style-type: none"> Special Sunday Service at St. Andrews United Church. Services at 10:00am. Today's special: 'Andrea Mann leads a discussion on Truth and Reconciliation' Lardeau Valley Sunday Market at Meadow Creek Hall from 10:00am-2:00pm Pirate Day on the SS Moyie! Calling all scallywags, pirate princesses and swashbucklers to join us for some jolly fun and games at the SS Moyie National Historic Site. Tentatively scheduled for 11:00am-3:00pm but please check their website to confirm!
Weds	Aug 16	Live music, 6:00pm at the Angry Hen: Corban Welter
Fri	Aug 18	<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	Aug 19	<ul style="list-style-type: none"> Kaslo Saturday Market @ Front Street Park, 9:00am-1:00pm Kaslo Summer Music Series @ Front Street Stage, 4:00-6:00pm.

		Presenting 'Never Come Down' (Bluegrass 5-piece)
Sun	Aug 20	<ul style="list-style-type: none"> • Special Sunday Service at St. Andrews United Church. Services at 10:00am. Today's special: 'Catherine Rose gives us her insight' • Lardeau Valley Sunday Market at Meadow Creek Hall from 10:00am-2:00pm • Live music, 6:00pm at the Angry Hen: 'Woodstick' • Earl Zilkie Memorial Tournament @ Kaslo Golf Club: 18 hole senior men's open tournament (age 50 and over)
Sat	Aug 26	<ul style="list-style-type: none"> • Kaslo Saturday Market @ Front Street Park, 9:00am-1:00pm • Kaslo Summer Music Series @ Front Street Stage, 4:00-6:00pm. Presenting 'Space Food and DJ Ginger' (Original electronic with regional DJs) • Kaslo Golf Club's 100th Birthday Gala (golf scramble, prime rib dinner, toonie auction)
Sun	Aug 27	<ul style="list-style-type: none"> • Lardeau Valley Sunday Market at Meadow Creek Hall from 10:00am-2:00pm • Men's and Senior Men's Club Championships @ Kaslo Golf Club (members only)

AUGUST 2023 GARBAGE/RECYCLING SCHEDULE

DATE	PICKUP
August 1	Garbage and recycling
August 8	Garbage
August 15	Garbage and recycling
August 22	Garbage
August 29	Garbage and recycling