

KASLO CALENDAR: **SEPTEMBER 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><u>Weekend Workshop with guest teacher, Sannyasi Sivani:</u> Open to the Remembrance of Gaia. Attend one or more of the sessions or the whole weekend. Email for more information: josanastarbuck@gmail.com</p> <p><u>KIRTAN:</u> Mondays: 4:00 to 5:00pm. (Not Monday, Sept 4th Labour Day Stat) By donation at the door (\$10 suggested).</p> <p><u>Drop in Yoga:</u> Wednesday: 4:00 to 5:30pm Thursday: 9:00 to 10:30am</p> <p><u>BEGINNER/BACK TO BASICS YOGA:</u> Tuesday 5:15 to 6:45pm or Thursday 4:00 to 5:30pm <u>REGISTER FOR NEXT 8 WEEK SESSION (beginning iseccond week in Sept)</u> Tuesday Sept 12, Thursday Sept 14 These classes are pre-registration. Drop-in may be available if pre-arranged.</p> <p><u>DROP IN RESTORATIVE YOGA:</u> First and third Fridays of the month from 4:00 to 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 ALL ARE WELCOME!</p> <p><u>CRYSTAL SINGING BOWLS SOUND BATH WITH NOEMI KISS:</u> This is offered on the fourth Friday of the month (unless otherwise noted). 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>
KIDS & TEEN YOGA w/ALYSSA	<p>Embodied movement, stories, fun, connection. At the Loki Room in the Langham (second floor). Pre-registration required, contact achatfield57@gmail.com</p> <p>September 14th and 28th 3:15-4:00pm for ages 5-8 4:00-5:00pm for ages 9-12</p> <p>Drop-ins \$12 or all five classes for \$50</p>
OUTDOOR YOGA w/ALYSSA	<p>Saturdays for September from 10:00-11:00am. By the gazebo in Vimy Park. By donation</p>
KASLO DANCE STUDIO	<p>Classes will run for 13-weeks from Tuesday, September 12 until Tuesday, December 5. September-December 2023 schedule:</p> <p><u>Tuesdays with Glynis (September 12-December 5)</u> 1:30-2:30pm- Creative Dance ages 3-5 3:00-4:00pm- Combo 1 (acro/jazz and grooves) ages 5-7</p>

	<p>4:00-5:00pm- Combo 2 (acro/jazz and grooves) ages 8-11 5:00-6:30pm- Combo 3 (acro/jazz and grooves-90 minute class) ages 12+ 6:30-7:30pm- Open Level Pilates-<i>register for a 4 week session</i> 7:30-8:30pm- Adult open level grooving and combos ages 16+</p> <p>Age ranges are a guideline. Please email me if you are interested in a specific class, for class placements, or have questions as to which class would be best for you as a dancer. If you are interested in the open level Pilates class, please email me for pricing and further registration information as it is slightly different from the dance classes as it will run in 4 week sessions.</p> <p><u>Costs for the Fall 2023 term (taxes included)</u> for a 60 minute class - \$230 for a 90 minute class- \$345 4 weeks of Pilates-\$70</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. NOTE: No earthing meditation July 8 or July 15 • 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, but hoping to start again in September! Keep your eyes peeled for more details to come
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!	Starting again September 21! Thursdays from 6:00-7:00pm @ Heritage Hall (Saint Andrew's Church, in the back room), \$10. Everyone welcome.
GOLF	<u>FEES</u>

	<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>EVENTS</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 ● September 9th: Kaslo Legion: scramble tournament (open to everyone). ● September 10th: Protective Cup: 4 person scramble fundraiser open to everyone. ● September TBD: Hole in one challenge: Every hole is a par 3 with large hole-in-one prize.
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/Thu/Sun from 5:00-7:30pm ● *Call 353-2258 for registration or for 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 will start back at some point in September. Keep your ear to the ground for dates!</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+)

	<ul style="list-style-type: none"> • 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 • 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 ipdanley77@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,

	<p>cards. Draws begin at 5:30.</p> <ul style="list-style-type: none"> • Friday night dinners are back as of September 15th! Dinner at 6:00pm
LIBRARY	<ul style="list-style-type: none"> • Open Poetry Circle, 2nd Wednesday of the month, 1:30-3:30pm • Digital Learning Support starting September 6th on Wednesdays. Book an hour long appointment. 3:15pm or 4:30 pm. Get free help with cell phones, laptops, tablets, Kobo eReaders, digital magazines, Libby app, Facebook, Instagram, Canva, documents and more. To book an appointment call the library or email kaslolibrary@gmail.com • Family Storytime on Saturdays in September from 10:00-11:00am (except September 30th, library is closed for National Day for Truth and Reconciliation)
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	<p>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)</p>
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. • Community Acupuncture every other Friday from 1:00-5:00pm at St.Andrew's Heritage Hall (last intake at 4:00pm)
SELKIRK COLLEGE	<p>Re-opening for September! 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>Foraging for Fall Mushrooms w/Robin Mercy: Adventure Edition! September 16, 9:30am-1:30pm OR September 23, 9:30am-1:30pm. Cost: \$54 plus GST</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	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.
BLUEBELLE BISTRO	Open Thursday-Monday from 8:30am-3:00pm Closed Tuesday and Wednesday
ANGRY HEN	Open Mondays-Thursdays 12:00pm-9:00pm Open Fridays-Sundays 11:30am-9:00pm *Kitchen is 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 and Western cuisine Closed Mondays Tuesdays and Thursdays open 11:00am-4:00pm Wednesdays, Fridays, Saturdays, Sundays open 11:00am-7:00pm
CHEZ SERGE'S	Open everyday 12:00pm-9:00pm
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 'Fantastic' Fridays' live music w/Jay Danley and Tom Thompson (every Friday 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/theparlour . Located at 315 4th Street
HUMMINGBIRD COFFEE	Open 7:30-11:30am on Fridays, Saturdays and Sundays
KTUNAXA GRILL	Open Monday- 8:00am-11:30am Open Wednesday from 11:00am-8:30pm Open Thursday-Sunday from 8:00am-8:30pm <i>Grill is closed between 4pm and 5pm</i> Patio is open! Dinner Reservations required after 5pm.
JB'S	Open Wednesday-Sunday from 3:00-8:00pm Happy hour from 3:00-5:00pm
FLETCHER'S FRIES	Open Thursday-Monday from 11:00am-7:00pm Closed Tuesday and Wednesday

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	As of September 5th, open 5 days a week! Monday-Thursday 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)

SEPTEMBER CALENDAR OF EVENTS

DAY	DATE	EVENT
Fri	Sept 1	<ul style="list-style-type: none"> • Live music at the Angry Hen: 'Sarah Orton' (6:00-8:00pm) • The Langham's Adventure Travel Series presents: 'SAPAR: From Argenta to Atra.' In a multimedia presentation of photos and stories both spoken and sung, Tenise Marie traces her life's path from Argenta, BC, where she was raised, to her first trip to the ancestral Assyrian homeland. Tickets \$15 at Sunnyside and Willow • 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 • Live music @ The Waypoint at Kaslo Hotel: 'The Revelators' (60's/70's garage soul all the way from the Fraser Valley!) By donation, 8:00pm

Sat	Sept 2	<ul style="list-style-type: none"> • Kaslo Saturday Market @ Front Street Park from 9:00am-1:00pm • Family Storytime at Kaslo Library from 10:00-11:00 am. To register contact the library at kaslolibrary@gmail.com • Elder Treasures: An indoor yard sale at Kaslo Senior's Hall from 9:00am-3:00pm. Half of proceeds go to the Senior's Hall • Kaslo Summer Music Series: Surprise guests that will knock your socks off! 4:00-6:00pm at Front Street Stage • Live music at the Angry Hen: 'Papa King and the Boogiemmen' (6:00-8:00pm) • Annual Stationary Blackstone Engine Open House in Sandon, from 12:00-5:00pm. Bring your family, bring your friends and come experience something amazing and be part of the start up of this awesome engine. Located inside the Sandon Generating Station - producing clean, green electricity since 1897.
Sun	Sept 3	<ul style="list-style-type: none"> • Lardeau Valley Sunday Market at Meadow Creek Hall from 10:00am-2:00pm
Tues	Sept 5	The bank is open 5 days a week starting today! Hours: Monday-Thursday 9:30am-4:30pm, Fridays 9:30am-5:00pm
Weds	Sept 6	<ul style="list-style-type: none"> • Join the Kaslo & Area Chamber of Commerce and Kaslo ArtScape to celebrate the Kaslo Maypole mural which has been a part of the village-scape since 2003. We'll say a few words and take a commemorative photo beside the mural as we honour and retire this piece of art history. We will also unveil the new design by Tyler Toews of Canadian Murals, hope you can make it - Setpember 6th, 5 pm at the Kemball Building Park. Painting Magic Starts September 8th! • Open mic and Farewell Party for Kevin John at the Angry Hen from 6:00-9:00pm.
Fri	Sept 8	<ul style="list-style-type: none"> • 'Experience Kaslo' Fundraiser Draw (All proceeds go to support the Kaslo Youth Baseball Association, suggested donation is \$5. Enter at Kootenay Savings to win a prize pack that includes: \$50 gift cards to Kaslo Hotel, Treehouse Restaurant and Angry Hen Brewing, Ainsworth 2 for 1 swim pass, 2 passes for 2 hours of E-biking with Kaslo E-Cruise, half day paddleboard rentals for two people with Kaslo Adventure Centre, \$100 in Kaslo Chamber cash, and 2 Kaslo Jazz Fest water bottles! • Kaslo Community Acupuncture Clinic, 1:00-5:00pm, St. Andrew's Heritage Hall. Final intake is at 4:00pm. By donation. • Live music at the Angry Hen: 'Mountain Weather' (6:00-8:00pm) • Meadow Creek and Area D Community Discussion on RDCK Climate Actions, 4:00-7:00pm at Lardeau Valley Community Club.
Fri-Sun	Sept 8-10	<p>At JaiSri Yoga Studio on the Back Road: 'Open to the Remembrance of Gaia, Asana and Sound Meditation'</p> <p>We are thrilled and very excited to be hosting Sanyasi Śivani, the founder of the Ishtadev Niwas Ashram, and the non-profit Living Yoga Society, based out of Ktunaxa Homelands in Ta Ta Creek B.C. She is spiritual director, guiding the Community through all aspects of living and embodying Yoga through foundations of love, service and Yoga Ecology teachings.</p> <p>Accept this opportunity to jumpstart your practice and raise your consciousness and quality of life, as we move into autumn. Attend one or more sessions or the whole weekend to fully experience the fullness of her teachings. Please let Josana know as soon as you can if you have any questions and to register for any or all of the workshop sessions, as space is limited.</p>

		<p>**Registration and questions can be sent to josanastarback@gmail.com</p> <p>You can pay for individual sessions or attend all four components for a price reduction. Let's give her a warm Kootenay welcome!</p> <p>Fri Sept 8: 6:00pm-8:00pm YOGA PHILOSOPHY SATSANG \$29 + GST = \$30.45 An evening of Yoga Philosophy and "sitting in truth" receiving teachings based on your questions.</p> <p>Sat Sept 9: 9:30am-12:30pm PRANA IN THE POSE \$69 + GST = \$72.45 An exploration of Asana with a focus on Prana and optimal alignment for each of our bodies. With this awareness, we can truly start to experience, absorb & calibrate our frequencies to the medicine of each Yoga Asana pose.</p> <p>Sat Sept 9: 6:00pm-8:00pm \$49 + GST = \$51.45 MANTRA, LIGHT CODE & FREQUENCY ENTRAINMENT MEDITATION This amazing sound meditation is a collaborative co-creation of layers using Mantra, drumming, harmonies and light codes.</p> <p>Sun Sept 10: 10:00am-12noon \$49 + GST = \$51.45 MASTERCLASS A 90 minute Yoga practice to refine your pranic awareness in Asana. Evolve your practice on the mat into a moving prayer. Followed by a 30 minute Q&A to integrate.</p> <p>Full Weekend (including all 4 sessions) \$158 + GST = \$165.90</p>
Sat	Sept 9	<ul style="list-style-type: none"> • Kaslo Saturday Market @ Front Street Park from 9:00am-1:00pm • Family Storytime at Kaslo Library from 10:00-11:00 am. To register contact the library at kaslolibrary@gmail.com • At the Kaslo Golf Course: Kaslo Legion Scramble Tournament (open to everyone). • Kaslo Summer Music Series: Artist TBD, 4:00-6:00pm at Front Street Stage • At the Kaslo Library: Natural Dye Workshop with Danielle from 3:00-6:00 pm. This event is currently full.
Sun	Sept 10	<ul style="list-style-type: none"> • Lardeau Valley Sunday Market at Meadow Creek Hall from 10:00am-2:00pm • At the Kaslo Golf Course: Protective Cup (4 person scramble fundraiser, open to everyone.) • Live music at the Waypoint at Kaslo Hotel: 'Stubbs and The.' Show at 8:00pm
Tues	Sept 12	<p>The Langham Cultural Society invites you to join us at our 2023 Annual General Meeting on Tuesday September 12th at 7:00 pm in the Langham Theatre. *Bonus* special musical performance and refreshments, all are welcome!</p>
Weds	Sept 13	<ul style="list-style-type: none"> • Service Canada in your community! From 10:00am-3:00pm (closed 12:30-1:00pm) at the Kaslo Service BC office at City Hall. Services available: Social Insurance Numbers (SIN), Canada Pension Plan (CPP), Old Age Pension (OAP), Guaranteed Income Supplement (GIS), Employment Insurance (EI), My Service Canada Account (MSCA) • Open Poetry Circle at Kaslo Library. 1:30-3:30pm, everyone welcome • Live music at the Waypoint at Kaslo Hotel: 'Beautiful Outlaws.' Show at 7:00pm
Fri	Sept 15	<ul style="list-style-type: none"> • 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 • Welcome back to Legion Friday Night Dinners! For members and guests,

		dinner is served at 6:00pm. Meat draws, 50/50 and members draw, shuffleboard, pool, darts, cards. Draws begin at 5:30.
Fri-Sun	Sept 15-17	Kaslo Fall Bonanza Ball Tournament @ Murray Pearson Ball Park. A fun three-day ball tournament that will raise money for some very worthwhile community non-profit organizations. Concession will be open too! Whether you're playing or spectating and cheering in the stands, come out for a wonderful weekend of community softball.
Sat	Sept 16	<ul style="list-style-type: none"> • Kaslo Saturday Market @ Front Street Park from 9:00am-1:00pm • Foraging for Fall Mushrooms w/Robin Mercy: Adventure Edition! September 16, 9:30am-1:30pm OR September 23, 9:30am-1:30pm. Cost: \$54 plus GST • Family Storytime at Kaslo Library from 10:00-11:00 am. To register contact the library at kaslolibrary@gmail.com
Sun	Sept 17	<ul style="list-style-type: none"> • Kaslo Annual Household Hazardous Waste Roundup • Lardeau Valley Sunday Market at Meadow Creek Hall from 10:00am-2:00pm
Fri	Sept 22	<ul style="list-style-type: none"> • Teen Bingo & Pizza Night at the Kaslo Library from 6:30-8-30 pm PIZZA & PRIZES. Ages 12+ To register email kaslolibrary@gmail.com • Kaslo Community Acupuncture Clinic, 1:00-5:00pm, St. Andrew's Heritage Hall. Final intake is at 4:00pm. By donation. • Legion Friday Night Dinner, for members and guests, dinner is served at 6:00pm. Meat draws, 50/50 and members draw, shuffleboard, pool, darts, cards. Draws begin at 5:30.
Sat	Sept 23	<ul style="list-style-type: none"> • Kaslo Saturday Market @ Front Street Park from 9:00am-1:00pm • Foraging for Fall Mushrooms w/Robin Mercy: Adventure Edition! September 16, 9:30am-1:30pm OR September 23, 9:30am-1:30pm. Cost: \$54 plus GST • Family Storytime at Kaslo Library from 10:00-11:00 am. To register contact the library at kaslolibrary@gmail.com • 'Pitch for Health'-a Women's Slo-Pitch Tournament fundraiser @ Murray Pearson Ball Park. Beer garden, acupuncture tent, live music, food tents. Hosted by the Kaslo Beaches and Kaslo Community Acupuncture Society.
Sun	Sept 24	<ul style="list-style-type: none"> • Lardeau Valley Sunday Market at Meadow Creek Hall from 10:00am-2:00pm
Fri	Sept 29	<ul style="list-style-type: none"> • Legion Friday Night Dinner, for members and guests, dinner is served at 6:00pm. Meat draws, 50/50 and members draw, shuffleboard, pool, darts, cards. Draws begin at 5:30. • Karaoke at the Waypoint at Kaslo Hotel, 9:00pm
Sat	Sept 30	<ul style="list-style-type: none"> • Kaslo Saturday Market @ Front Street Park from 9:00am-1:00pm

SEPTEMBER 2023 GARBAGE/RECYCLING SCHEDULE

DATE	PICKUP
Sept 5	Garbage

Sept 12	Garbage and recycling
Sept 19	Garbage
Sept 26	Garbage and recycling