

## At the Legion In June!

Las Divas Sat. June 8th! Returning for a night of high energy pop, rock & blues. \$10. @ the door 9 pm.

On Sat. June 15th, The Quadra barn burn with the Goat Boys! \$5. @ the door 9 pm!

Bingo on Friday June 21st @ 7:pm proceeds going to the Mitchell family

## Connect with AA

**IS DRINKING COSTING YOU** more than money? We can help. If you want to stop drinking and need to find AA near you or wish to learn more about Alcoholics Anonymous visit [cr-aa.ca](http://cr-aa.ca) or call 250.287.4313 for Campbell River and Area AA. Meetings are held on Quadra Island Friday night at 8pm and Monday night at 7pm at the Cape Mudge United Church.

## SMART Recovery Support Group

**LEARN HOW** to change unhelpful habits and get more out of life. Empower yourself with the many SMART tools/strategies to manage problem substances or behaviour patterns.

This Self-Management and Recovery Training support group is sponsored by Quadra Circle and is open to anyone over 19. Meets every Thursday 12:30 to 2pm at the Community Centre, Room 2. SMART meetings are also in Campbell River.

For more information or Campbell River contact info, email Jude at [smartrecoveryquadra@gmail.com](mailto:smartrecoveryquadra@gmail.com)



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## Market Music

**LIVE LOCAL MUSIC** at the weekly Farmers Market next to the Quadra Credit Union from 10 am to 1 pm on Saturdays throughout the summer, May to September.

First, hope you all enjoyed May 4th last Saturdays' show of Hal Douglas and Joerg Eichhorn on guitars that kicked off the market to a great start. For the remainder of this month we have May 11th Kris Wellstein playing folk guitar, May 18th Mary-Ellen Lane plays guitar and keyboard, and May 25th Veronica Cormier sings beautiful music.

Please come enjoy the Farmers Market and please buy local and donate to the music. Thank you!

– *Dave Blinzinger*

## Buddhist Meditation

**JOIN US FOR A** 45 minute silent meditation every Sunday at 10am at the Children's Centre. Everyone is welcome to experience the beauty of this simple practice. Free or by donation. For more information call Kai 250.850.9245.

## Jazz Dance Class

**WEDNESDAY 7-8PM AND** Friday 5–6pm. No experience necessary, everyone welcome! \$15/drop in or \$10/10 classes prepaid. Upstairs at the Community Centre. For more info call 250.202.2217.

## Thank you QVFD from Tru-Value

Everyone at Tru Value Foods QCove would like to give a big thank you to our Volunteer Fire Department for going above and beyond duty helping us with our food freezer. They are always there when we need them.

Thank you! Don't forget you can give your Spirit Points to them. The number is 269.

## Tennis Fun Tournament

Attention all Quadra tennis players. Our annual fun tourney will be on Saturday, July 13. If you would like to participate, please contact Doris at 285-3610 or Rita at 285-3678 before July 7.

## Free Money


**THE FREE MONEY PROGRAM** continues on the first Wednesday of the month, just before Community Lunch, from 11:30am to noon in the small seminar room downstairs at the Quadra Community Centre.

Single individuals receive \$10 and families receive \$20 inside a book of their choice. The program is available on the first Wednesday of each month from November to May.

This 10-year-old program, started through the kind initiative of Steve Moore, could not exist without the generous support of Quadra Islanders. Please consider donating to the Free Money account at our local Quadra Credit Union to continue this method of supporting our neighbours in need. For more info call 250.285.2462.

## Teaching on Breathing and Meditation

**TIBETAN LAMA** Geshe Yongdong presents a teaching on breathing and meditation on Sunday, June 9 11:30 to 1:30 upstairs at Quadra Community Centre. Drop-ins and visitors welcome. Admission is by donation which helps us to support our Lama. For info call Pat 250-285-3790.



**Preschool Program**  
 For 2.5 to 5 years  
 (Toilet training not required)

**Quadra Kids**  
 school age program  
 For 6 to 11 years  
 Find us online  
[quadrachildrencentre.weebly.com](http://quadrachildrencentre.weebly.com)

7:30 a.m. to 6:00 p.m.  
 Monday to Friday  
**250-285-3511**  
 Please inquire about government subsidies