

# FRESH SHEET

@visitwestside /visitwestside    

[www.visitwestside.com](http://www.visitwestside.com)

## Yoga Retreat @ Cove Lakeside Resort

**Aug  
2-9**

Each week in August a new guest yoga instructor will share their knowledge in an ashtanga inspired week that will challenge your body, spirit and mind.

**Aug 2-9:** Mel James

**Aug 11-15:** Angela Plaquin

**Aug 16-23:** Brandon Jacobs & Heather Grazley

**Aug 23-30:** Geoff MacKenzie  
Contact [wipcoaching@gmail.com](mailto:wipcoaching@gmail.com) for pricing and to reserve your spot.

## Westridge Car Show @Westridge

**Aug  
3**



Show off the wheels you are proud of (open to all vehicle types). Contests, prizes and entertainment. Every Friday 7pm  
2484 Main St | Westridge Shopping Centre | home of Lordco

## Long Table Dinner @ Mission Hill

**Aug  
4**



3 Course menu created from the freshest, local, in-season ingredients. Call 250-768-6400 to book space. 6-9pm

## Music in the Park @Memorial Park

**Aug  
3**



**Free family friendly music.** West Kelowna recreation staff will be back hosting games & activities for kids and food trucks will be operating during the concerts.

### Schedule:

6:40 pm | Niki Kennedy

7:00 pm | The Carbons  
Groove Rock

8:00 pm | Sammi Morelli  
Pop/Soul/Electric

## Westbank Farmers' Market @Elliott & Main

**Aug  
4**



Fresh local produce, fruit, artisans & entertainment.  
9am-1pm. Corner of Elliott & Main.

## Yoga in the Vineyard @ Off the Grid

**Aug  
5**



Each Sunday into September enjoy yoga in the vineyard. \$10 Drop-in no need to register  
3623 Glencoe Rd 10am-11am

**LIVE  
MUSIC**

### BONFIRE RESTAURANT

Aug 3: Deborah Gold

### WHISKI JACKS

Aug 3: Rumble100

Aug 4: Rumble100

### RED FOX CLUB

Aug 3: Jeff Piatelli  
5-8pm



West Kelowna Visitor Centre c/o Westbank Museum  
2376 Dobbin Rd West Kelowna, BC V4T 2H9 Ph: 250.768.2712

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#TuesdaySips  
@Various Wineries

Aug  
7



PINOT BLANC is the featured #TuesdaySips wine.

Explore and discover the differences in wine making styles during #TuesdaySips along the Westside Wine Trail.

[thewestsidewinetrail.com](http://thewestsidewinetrail.com) for more information on which wineries are pouring. Tasting fees may apply.

Vegan Long Table  
Dinner  
@ Round & Sharp

Aug  
8



Evening on the farm eating fresh vegan fare. Off the Grid Organic Winery providing tastings. Info at [instagram.com/roundandsharp](https://www.instagram.com/roundandsharp). \$40 each  
3623 Glencoe Rd (Off the Grid)

Park Play Days  
@a local park

7th  
&  
9th



Free casual drop-in program for children & their parents or caregivers. Variety of activities for children 2-8yrs. 9:30-11:30 am

**Aug 7** - Kinsmen  
on Shannon Lake Rd

**Aug 9** - Smith Creek  
on Saddle Ridge Dr

Dinner in the  
Vineyard  
@Quails' Gate

Aug  
8



Wine paired dinner amongst the vines. \$185 all inclusive.  
250.769.2518 to book. 6 pm

Yoga in the  
Vineyard  
@ Quails' Gate

Aug  
9



Each Thursday evening in July & August a relaxing & rejuvenating yoga class. Enjoy a glass of wine paired with small plates. \$45 pp  
3303 Boucherie Rd. 6-8pm

## FARM LOOP



## PEACHES, PLUMS and BERRIES ARE HERE!

The blueberries, peaches and apricots are here, along with some plums.

Visit [www.westsidefarmloop.com](http://www.westsidefarmloop.com) for more information on our farms and hours of operation.



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