

# FRESH SHEET

@visitwestside /visitwestside    

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

## Yoga Retreat @ Cove Lakeside Resort

**Aug  
11-15**

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 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  
10**



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

## Yoga in the Vineyard @ Off the Grid

**Aug  
12**



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

## Music in the Park @Memorial Park

**Aug  
10**



**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 | TBD

7:00 pm | Under the Rocks  
Bluegrass

8:00 pm | Tiger Moon  
Groovy Folk

## Westbank Farmers' Market @Elliott & Main

**Aug  
11**



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

## Art in the Park - Vineyard Trails @ Quails' Gate

**Aug  
12**



Watch select guest artists unveil new artwork while describing their inspiration & creative methods.

10:30-4:00 | 3303 Boucherie Rd.

**LIVE  
MUSIC**

### BONFIRE RESTAURANT

Aug 10: Deborah Gold

### WHISKI JACKS

Aug 10: Poppa Dawg

Aug 11: Poppa Dawg

### RED FOX CLUB

Aug 10: Colin & Jeff  
5-8pm



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

**VISIT WESTSIDE**  
west kelowna • westbank first nation

# FRESH SHEET

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

#TuesdaySips  
@Various Wineries

Aug  
14



SPARKLING WINE 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.

Dinner in the  
Vineyard  
@Quails' Gate

Aug  
15



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

Park Play Days  
@a local park

14th  
&  
16th



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

**Aug 14** - Rose Meadow  
on Rose Meadow Dr

**Aug 16** - Springer  
on Bering Rd

Trivia Thursdays  
@ Kelly O'Bryans

Aug  
16



Free to play - trivia games including general knowledge questions for all ages, a visual round and name that tune.

Rotating drink specials & 2 for 1 appies after 9 pm.  
3470 Carrington Rd

Yoga in the  
Vineyard  
@ Quails' Gate

Aug  
16



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!

So much fruit to be enjoyed along the farm loop including peaches, plums, apricots and blackberries.

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



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

**VISIT WESTSIDE**  
west kelowna • westbank first nation