FRESH SHEET

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www.visitwestside.com

Yoga Retreat

@ Cove Lakeside Resort

Aug 11-15

Each week in August a new guest yoga instructor with 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 for pricing and to reserve your spot.

Music in the Park @Memorial Park

Aug



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**

Westridge Car Show

@Westridge



Aug

10

Aug

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

Westbank Farmers' Market

@Elliott & Main



Fresh local produce, fruit, artisans & entertainment.

9am-1pm. Corner of Elliott & Main.

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

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.



BONFIRE RESTAURANT

Aug 10: Deborah Gold

WHISKI JACKS

Aug 10: Poppa Dawg Aug 11: Poppa Dawg **RED FOX CLUB**







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#TuesdaySips @Various Wineries

Aug



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 for more information on which wineries are pouring. Tasting fees may apply.

Dinner in the Vineyard @Quails' Gate

Aug



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

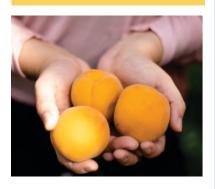
@ Quails' Gate

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 for more information on our farms and hours of operation.

