

SB TICKET

Your Guide to everything Santa Barbara

~ September 14th to September 23rd ~



Photo Courtesy Explore Ecology

Residents are encouraged to make a stand for healthy, local beaches Saturday, September 15th between 9am and noon during Coastal Cleanup Day, an international day of volunteer action. Pre-register (not required, but encouraged), at coastalcleanupdaysb.eventbrite.com.

Se alienta a los residentes a que ayuden a mantener las playas locales saludables el sábado, 15 de septiembre entre las 9am y el mediodía durante el Día de limpieza de la costa, un día internacional de acción voluntaria. Preinscribete en coastalcleanupdaysb.eventbrite.com (no es requerido, pero es recomendado).

Friday, Sep 14th

CHILDREN & TEENS

DROP-IN OPEN PLAY W/ YOUR CHILD

Pre-Shabbat open play time • Bronfman Family Comm Ctr, 524 Chapala St • 805-957-1115 • 10:30-Noon Fr.

DANCE

SB DANCE TRIBE

Gustafson Dance Studio • \$10 • 805-705-3683 • 8:30-10:30am Fr.

THE DANCE HUB - VINYASSA YOGA

With Jen Green • The Dance Hub, 22 East Victoria St • \$18 • www.adam-bsb.org • 8:30-9:50am, Fr.

THE DANCE HUB - STRETCH AND PLACEMENT

With Stephanie Miracle • The Dance Hub, 22 East Victoria St • \$18 • www.adam-bsb.org • 9-10am, Fr.

THE DANCE HUB - DANCE IMPROVISATION

With Hannah Ruth Brothers • The Dance Hub, 22 East Victoria St • \$18 • www.adam-bsb.org • 7-9pm, Fr.

HEALTH

LOSS OF A LOVED ONE

Presented by Visiting Nurse and Hospice Care • Call for Location: Naala 805-690-6296 • Free • www.vnhcsb.org • 2-3pm 2nd & 4th Fr.

FOUNDATION PROGRAM

Meditation study program • Mahakankala Buddhist Ctr, 508 Brinkerhoff Av • Included w/ \$75 Membership • 805-563-6000 • Tu, Fr, 7-9pm.

JOYFUL YOGA, LEVEL 1-2, GENTLE

Props provided • Unity Chapel, 227 E Arrellaga St • \$13/\$15 • Info: www.taniaisaac.com • 10am-11:30am Mo, Fr.

NUTRITION CLASSES

With a registered dietitian • SY Valley Cottage Hospital, 2050 Viborg Rd • Free • www.cottagehealth.org/classes-events • 12-1pm Fr.

LECTURES & WORKSHOPS

SYMPOSIUM FOR CAREGIVERS

Finding Gratitude and Positive Meaning in Family Caregiving • SBCC West Campus, 721 Cliff Dr. • Free • 805-965-1001 • 8:30am-12:30pm Fr, 9/7.

SEALED WINE TASTING WITH KYM SLONE

Chocolate & Wine Pairings • Jamie Slone Wines, 23 E De La Guerra St • \$20-35 • RSVP 805-560-6555 • 3-4pm Fr, 1-2pm Sa, 5-6pm Su.

MUSIC

SB FOLK ORCHESTRA

Performing a new theme: Nordic • Presidio Chapel • \$36.50 • www.brownpapertickets.com • 7:30pm Fr, 4pm Su, 9/14 & 9/16.

MEGAN WESTON & MICHAEL FENNELLY

Soprano and Pianist perform music of the nineteenth century • Lobero Theatre • \$30-40 • www.lobero.org • 7:30pm Fr, 9/14.

GUAC & ROLL - MASH UP

Avocado Festival bands mashed up • The Alcazar Theatre • \$15+ • www.thealcazar.org • 12:30-10pm Fr, 9/14.

RAINBOW GIRLS

W/ Whiskerman • SoHo • \$12-15 • www.sohosb.com • 9pm Fr, 9/14.

ALT X THE GREAT AND NICK VAUGHN

Velvet Jones • \$12 • www.velvet-jones.com • 7pm Fr, 9/14.

SOCIAL

TGIF MIXER

With the Environmental Defense Center • 906 Garden St • \$15 • 805-963-1622 • 5:30-7:30pm Fr, 9/14.

FRIDAY FAMILY TIME @ THE JCC

Bronfman Family Jewish Comm. Ctr, 524 Chapala St • 805-957-1115x109 • 10:30-11:30am Fr.

LBGTQ YOUTH GROUP

Pacific Pride Fdn Office #A-12 • Free • 805-963-3636 • 4:5-5:30pm Fr.

SIERRA CLUB FRIDAY HIKE

Meet active new people in a healthy setting • Free • Time & departure points: 805-965-9719 • 6:15pm Fr.

SPECIAL EVENTS

82ND ANNUAL SOLVANG DANISH DAYS

A celebration of Solvang and its history, this year's theme is "Beautiful Denmark by the Sea" • Solvang • Free-\$65 • www.solvangdanishdays.org • Fr-Su, 9/14-9/16.

AUDITIONS FOR CINDERELLA: A PANTO

Directed by Richard Kuhlman • Ojai Art Center Theater, 113 South

Montgomery St., Ojai • Free • richardcoolman@gmail.com • 6-9pm Fr, 9/14 & 1:30-3:30pm Sa, 9/15.

Saturday, Sep 15th

CHILDREN & TEENS

CACHUMA LAKE JUNIOR RANGER PROGRAM

Kids earn a badge & learn about the natural environment • Lake Cachuma Nature Ctr • \$3+\$10 parking • 805-688-4515 • 12:30-1:30pm Sa.

DANCE

DANCE HUB GRAND OPENING

Watch or try a sampling of classes, enter to win free classes, meet the teachers and see the space • The Dance Hub, 22 E Victoria St • Free • www.dancehubsb.org • 11am-5pm Sa, 1:30-6:30pm Su, 9/15-9/16.

WORLD DANCE FOR HUMANITY

SB Dance Center, 127-A W Canon Perdido St • \$10 • 805-966-5439 • 9:15-10:30am Sa, Su.

HEALTH

FALUN GONG PRACTICE

Alameda Park • Free • 805-683-7554 • 8-10am Sa.

SATVA YOGA

Strength & consciousness • Alchemy Arts Ctr, 35 W Haley St • \$15 • 805-899-8811 • 11:30am-12:45pm Sa.

LECTURES & WORKSHOPS

POET RICHARD JARRETTE

Reading from his new book *The Beatitudes of Ekaterina* • Fireplace Rm, Central Library • Free • www.sblibrary.org • 6pm Sa, 9/15.

COLLEGE APPLICATION ESSAY PREP COURSE

By the end of the course, students will have a finished essay draft for the school(s) of their choice • Eastside Library • Free • Registration Required: www.sblibrary.org • 11am-1:30pm Sa, 9/15, 9/29, & 10/13.

THE POWER AND HEALING OF WRITING YOUR MEMOIRS

Workshop taught by Cynthia Waring, light lunch provided • 130 W Figueroa St • \$150 • 805-798-2930 • 10am-4pm Sa, 9/15.

NATURAL PERFUME WORKSHOP

Learn to make your own perfume w/ Susan Farber, ages 16+ • Wildling Museum, 1511-B Mission Dr, Solvang • \$85 • www.wildlingmuseum.org/perfume • 1-4pm Sa, 9/15 or 9/22.

TEN SKILLS EVERY GENEALOGIST NEEDS

Presented by Nancy Loe at the monthly Genealogical Society Meeting • First Presbyterian Church, 21 E Constance St • Free • www.sbsgen.org • 10:30am Sa, 9/15.

MALA MAKING WORKSHOP

Brief talk followed by instruction and hands on mala-making • Mahakankala Buddhist Ctr, 508 Brinkerhoff Av • \$20-30 • www.meditationsantabarbara.org • 2-5pm Sa, 9/15.

GEOLOGY FIELD CLASS

Interactive course that introduces students to the fundamentals of geology • First Class @ SB Museum of Natural History • \$75-85 • www.sbnature.org • 9am-Noon Sa, 9/15-10/27.

MEDIA TRAINING PROGRAM

Focusing on Studio, Field, Editing, Mobile Video & Live Production • TVSB Studios, 329 S. Salinas St. • \$25-40 per class • www.tvsb.tv • 10:30am-12:30pm Sa, Through 11/17.

MUSIC

JASON MRAZ

Good Vibes tour, Special Guest Brett Dennen • Santa Barbara Bowl • \$49.50-\$129.50 • www.sbbowl.com • 6:30pm Sa, 9/15.

EVERYONE IN HARMONY

Ft. barbershop quartet the Newfangled Four & more • Marjorie Luke Theatre • \$15-50 • 800-353-1632 • 2pm & 7pm Sa, 9/15.

10 STRING FLAMENCO GUITAR

Wooden Hall Concert Ft. Perfecto deCastro • Alhecama Theatre • \$20 • www.sbama.org • 7:30pm Sa, 9/15.

INCANDESCENCE ACOUSTIC GUITAR DUO

Emily Yurcheshen & Quinn Rollen, a SBVA Gallery Friday pop-up event • 1019 State St • Free • www.sbisualartists.com • 5-8pm Fr, 9/15.

SMOKE ON WATER

Live Music and food available for purchase • Lake Cachuma Marina • Free, \$10 Parking • www.countyofsb.org • Noon-7pm Sa.

MUSIC AT THE PLAZA

Live Music from various musicians • La Cumbre Plaza • www.shoplacumbre.com • Noon-3pm Sa.

SINGER LUCA ELLIS

The singing style, phrasing & intonation of Frank Sinatra • Hotel Californian, Balckbird Resturant • 805-882-0100 • Free • 6:30-9:30pm Sa.

OUTDOORS

ARCHITECTURAL WALKING TOURS

2-hour guided walking tours • \$10 • Res: 805-965-6307 • 10am Sa (from City Hall Steps) & 10am Su (from Central Library).

CACHUMA LAKE NATURE WALK

Half-mile on Don Wimpless Nature Trail • Nature Ctr • Free/Parking is \$10 • 805-688-4515 • 10-11:30am Sa.

SOCIAL

GO CLUB

Learn the ancient Chinese game GO • Coffee Bean & Tea Leaf Cafe, De La Vina St & State St • Free • Noon, Sa.

SPECIAL EVENTS

HEART OF NEW HOUSE LUNCHEON

Third Annual event honoring Scott Huenmeir and Gil Ramirez with the Heart of New House Award • Hilton Santa Barbara Beachfront Resort • Sold Out • www.sbnhouse.org • 11:30am Sa, 9/15.

SEEING THE LIGHT

Symposium w/ humanitarian eye surgeons, short-film screenings, and more, presented by SEE International • New Vic Theatre • \$25-100 • www.sseeintl.org • 2pm Sa, 9/15.

KID CAR SAFETY EVENT

Car seat checks, presentation on ensuring safety when backing-up, kids in hot cars presentation • Franklin Neighborhood Ctr, 1136 E Montecito St • Free • www.cottagehealth.org • 10am-2pm Sa, 9/15.

CALIFORNIA COASTAL CLEANUP DAY

Get outside and help clean up our beaches and waterways • Multiple locations • Free • www.exploreecology.org • 9am Sa, 9/15.

SAPPHIRE CELEBRATION

A benefit for Alpha Resource Center celebrating 65 years, Live Auction, Hearty Hors d'oeuvres, Cocktails, and, Music • Serenity Garden, 4501 Cathedral Oaks Rd • \$65 • www.alphasb.org • 5:30-9pm Sa, 9/15.

DAY OF CARING

The largest single-day volunteer event in the tri-counties, 27th annual event • Various Locations • Free • www.unitedwaysb.org/2018-day-caring • Sa, 9/15.

AN EVENING WITH DR. FANNY BREWSTER

Celebrating the release of her new book *Archetypal Grief: Slavery's Legacy of Intergenerational Child Loss* • Pacifica Graduate Institute, 801 Ladera Ln • \$5 • www.pgiaa.org • 5:30-8pm Sa, 9/15.

SAFE AT HOME KICKBALL TOURNAMENT

Fundraiser to fight human trafficking in SB County • Pershing Park ballfields • \$30+ • www.sbaact.org/kickball • Noon-5pm Tournament 15-8pm Afterparty, Sa, 9/15.

PINK LOUNGE GALA

Annual fundraiser gala benefiting The Breast Cancer Resource Center of Santa Barbara • The Santa Barbara Auto Group, 402 S Hope Av • \$300 • www.bcrpresents.org • 5:30-10:30pm Sa, 9/15.

HARVEST OF COLORS QUILT SHOW

Presented by the Coastal Quilter's Guild of Santa Barbara and Goleta • Earl Warren Showgrounds • \$10 Admission • www.coastalquilters.org • 8am-5pm Sa-Su, 9/15-9/16.

19TH ANNUAL CREEK WEEK

Celebration of our creeks, watersheds, and the ocean fit, guided nature walks, project tours, beach and creek clean-ups, and more • Various Locations • www.sbcreekweek.com • Sa-Sa, 9/15-9/22.

SATURDAY MARKETPLACE

Artisans, food, musical guests • Bonita Beach & Botanik, 2325 Lillie Av, Summerland • Free • 11am-4pm 3rd Sa.

FERNALD MANSION TOUR

Presented by the Santa Barbara Historical Museum • 414 W Montecito St • Free-\$10 • 805-966-1601 • 11am-Noon Sa.

SATURDAY FARMER'S MARKET

Downtown, Santa Barbara St & Cota St • Free • 8:30am-1pm Sa.

SPORTS

NATIONAL GYMNASTICS DAY

Spirals gymnastics will be open to the public in celebration • Spirals Gymnastics, UCSB Campus, Robertson Gymnasium • Free • www.santabarbaraspirals.org • Noon-3pm Sa, 9/15.

Sunday, Sep 16th

CHILDREN & TEENS

CHILDREN'S MEDITATION CLASS

Practice happiness & mindfulness • Mahakankala Buddhist Ctr, 508 Brinkerhoff Av • \$10 • 805-563-6000 • 9-10am Su.

STORYTIME AT MCA

Stories about art & artists' adventures • Museum of Contemporary Art, Paseo Nuevo • Free • 805-966-5373 • 1:30pm Su.

DANCE

DANCE HUB GRAND OPENING

Performances & reception on Sunday at 4:30pm • The Dance Hub, 22 E Victoria St • Free • www.dancehubsb.org • 11am-5pm Sa, 1:30-6:30pm Su, 9/15-9/16.

WORLD DANCE FOR HUMANITY

SB Dance Center, 127-A W Canon Perdido St • \$10 • 805-966-5439 • 9:15-10:30am Sa, Su.

CONTRA DANCE FOR ALL

With live music • Carrillo Ballroom, 100 E Carrillo St • \$12/\$5 • Info: 805-699-5101 • www.sbcds.org • 6:10-9:30pm Su.

HEALTH

MEDITATION FOR WORLD PEACE

Buddhist teachings & meditations • Mahakankala Buddhist Ctr, 508 Brinkerhoff Av • \$10 • 805-563-6000 • 10:30-11:45am Su.

HEARING VOICES? HAVING VISIONS?

Confidential support group • 110 La Paz Av 2nd fl. • Free • 805-252-0483 • 4-5:30pm Su.



Reading from his new book of poetry *The Beatitudes of Ekaterina*, local writer Richard Jarrette will enthrall audiences with love poems written after Ekaterina's sudden death in 2014. Join the Santa Barbara Public Library, Green Writers Press, Nancy Gifford, and Steve Braff for an evening of beautiful poetry in the Fireplace Room at the Central Library on Saturday, September 15th at 6pm. www.sblibrary.org

Leyendo de su nuevo libro de poesía *Las Bienaventuranzas de Ekaterina*, el escritor local Richard Jarrette cautivará al público con poemas de amor escritos después de la muerte repentina de Ekaterina en 2014. Únete a la Biblioteca Pública de Santa Bárbara, Green Writers Press, Nancy Gifford y Steve Braff para una tarde de hermosa poesía en el "Fireplace Room" en la Biblioteca Central el sábado, 15 de septiembre a las 6pm. www.sblibrary.org

Search for all Southern Santa Barbara County Real Estate at

www.villagesite.com

Where Everyday is an Open House

LECTURES & WORKSHOPS

INTRODUCTION TO HUMAN TRAFFICKING

Learn a working definition of human trafficking, as well as the different forms it takes globally, nationally and even locally, sponsored by Trail Blazers Adult Ministry • Community Covenant Church, 5070 Cathedral Oaks Rd, Goleta • Free • trailblazers@comcov.org • 11:30am Su, 9/16.

FICTION AND MEMOIR WRITING WORKSHOP

With Literary Agent Toni Lopopolo • Private Home • 4 sessions, \$265 • 215-353-1151 • 1pm Su, Through 9/30.

MAMA LUMA ARTS AND CRAFTS WORKSHOP

Art workshops for kids • Mama Luma, 203 Paseo Nuevo • Free w/ reservation • www.mamaluma.com • Noon, 3pm, & 6pm Su.

MUSIC

AUTUMN LEAVES: A MUSICAL HARVEST RECITAL

W/ Ann Letherman, piano and featuring baritone Fred Griesinger • First United Methodist Church, 305 E Anapamu St • Free • www.fumcsb.org • 4:30pm Su, 9/16.

SB FOLK ORCHESTRA

Performing a new theme: Nordic • Presidio Chapel • \$36.50 • www.brownpapertickets.com • 7:30pm Fr, 4pm Su, 9/14 & 9/16.

THE JOHN DOE FOLK TRIO

W/ The Brambles, presented by the Santa Barbara Music Foundation • Lobero Theatre • \$25-55 • www.lobero.org • 7:30pm Su, 9/16.

BOB LEDNER JAZZ TRIO

A wide variety of jazz during Bellini Brunch • Belmont El Encanto • 11am-2pm Su.

OUTDOORS

OCEAN DUCKS SWIM: FOUR PALMS TO

Red Hut • Butterfly Beach Stairs • Free • 805-569-1220 • 9am Su.

WEST WIND PUBLIC MARKET

Fresh produce & goods • Camino Real Marketplace, 7004 Marketplace Dr • Free • 10am Su.

SPECIAL EVENTS

FESTIVAL OF FLAVORS

Braille Institute Auxiliary Fundraiser • 2031 De la Vina • \$150 • www.brailleinstitute.org • 5pm Su, 9/16.

SHUCK & SWALLOW

Oyster eating competition between restaurants w/ fans cheering on their preferred teams while enjoying small bites and music • Canary Hotel Rooftop • \$30 • www.nightout.com • 3pm Su, 9/16.

4TH ANNUAL ENDLESS SUMMER DREAM

Fundraising event for the Dream Foundation ft. live music, food, a poolside fashion show, and more • Nesbitt Estate, Summerland • \$50+ • www.dreamfoundation.org • 4-7pm Su, 9/16.

GRAND OPENING OF MISSION CITY CHURCH

SBCC West Campus • www.missioncitysb.com • Service Times: 9:30 & 11am Su, 9/16.

LOMPOC ELECTRIC CAR SHOW

Lompoc Chamber of Commerce Parking Lot, 111 South 1st • Free • www.driveelectricweek.org/events.php • 11am-2pm Su, 9/16.

CAT SPAY/NEUTER EVENT

Spaying or neutering & rabies vaccination for up to 100 cats, sponsored by Santa Maria Valley Humane Society • Gary & Lyn Hock Spay & Neuter Clinic, 1687 West Stowell Rd, Santa Maria • Free • Appointments Required: 805-349-3435 • 7:30am-6pm Su, 9/16.

HARVEST OF COLORS QUILT SHOW

Presented by the Coastal Quilter's Guild of Santa Barbara and Goleta • Earl Warren Showgrounds • \$10 Admission • www.coastalquilters.org • 8am-5pm Sa-Su, 9/15-9/16.

SUNDAY FARMER'S MARKET

Camino Real Marketplace, Storke Rd & Hollister • Free • 10-2pm Su.



Santa Barbara Ghost Tours

Walk with Professor Julie as she shares **tales of mystery and history... & meet friendly spirits...**

Call or text to schedule your walking tour! • **805-905-9019**

SPORTS

SUNDAY POLO

Santa Barbara Polo & Racquet Club • \$12+ • www.SBPolo.com/ Tickets • 3pm Su.

Monday, Sep 17th

CHILDREN & TEENS

COMEDY CLUB FOR TEENS

Teen comedians grades 7-12 • Bronfman Family Jewish Community Ctr, 524 Chapala St • Free • 805-957-1117 • 4:15pm Mo.

HOMEWORK HELP

Trained volunteers assist students • Central Library • Free • 805-564-5603 • 3:30-6:30pm Mo, Tu, Th / 2:30-5:30pm We.

DANCE

INTERNATIONAL STANDARD BALLROOM

SB Dance Center, 127-A W Canon Perdido St • \$15 • 805-966-5439 • 6pm Mo.

BALLROOM BASICS W/ DERRICK & TRUDIE

SB Dance Center, 127-A W Canon Perdido St • \$15 • 805-966-5439 • 5:30pm Mo.

THE DANCE HUB - INTERMEDIATE BALLET

With Susan Manchak • The Dance Hub, 22 East Victoria St • \$18 • www.adam-bsb.org • 10-11:30am, Mo.

ZUMBA WITH JOSETTE

Carillo Ballroom, 100 E Carrillo St • \$15-67 • www.josettekatick.com • 5:30pm Mo-Fr, 11:15am Sa.

AIREDSANSE FOUNDATIONS

SB Dance Center, 127-A W Canon Perdido St • \$11-210 • 805-966-1409 • 5:30-6:30pm Mo, 5:15-6:15pm We.

HEALTH

HEARING VOICES? HAVING VISIONS?

Confidential support group • 617 Garden Street, 2nd floor. • Free • 805-252-0483 • 6-7:00pm 1st, 3rd & 5th Mo.

JOYFUL YOGA, LEVEL 1-2, GENTLE

Props provided: blocks, blankets & straps • Unity Chapel, 227 E Arrellaga St • \$13/\$15 • Info: www.taniaisac.com • 10:30am-Noon Mo.

HAPPINESS & MEDITATION HOUR

Tools to facilitate the elimination of stress & foster peace • Goleta Library, 500 N Fairview Av • Free • 805-964-7878 • 5-5:30pm Mo.

ENHANCE YOUR BRAIN POWER

Puzzles, games, & memory enhancement exercises • Friendship Ctr, 89 Eucalyptus Ln • \$50 includes lunch • 10am-2pm Mo.

EASY YOGA

Easy Yoga for all ages with Carole Baral • Bronfman Family Jewish Ctr, 524 Chapala St • Free • 805-957-1115 • 12:30-2pm Mo.

GLAUCOMA & HEARING SCREENING

Cottage Hosp. Eye Ctr • Free • 805-569-8264 • 11am-1pm Mo & 2:30-4:30pm Th.

SOCIAL

LEARN TO PLAY BRIDGE

Beginners, intermed, advanced • SB Bridge Ctr, 2255 Las Positas Rd • \$15 • Schedule/info: 805-687-1777 • www.sbbridge.org • 7-9pm Mo.

SCRABBLE FUN FOR ALL LEVELS

Fun for all ages • Davis Ctr, De La Vina St & Victoria St • Free • 805-897-2568 • 1pm Mo.

ITALIAN CONVERSATION GROUP: PARLIAMO

Practice Italian • Arnoldi's, 600 Olive St • Free • www.parliamo.yolasite.com • 5:30-7pm Mo.

SPECIAL EVENTS

MISSION CREEK LEGACY SOCIETY ANNUAL DINNER

Recognizing donors who have remembered SBMNH in their will, trust, or estate plan • SB Museum of Natural History Cortyard • Free, Museum Members • www.sbnature.org • 5:30-7:30pm Mo, 9/17.

3RD ANNUAL UBGC GOLF TOURNAMENT

Fundraiser for United Boys & Girls Club • La Cumbre Country Club • \$250+ • www.unitedbg.org • 10am-5pm Mo, 9/17.

HABITAT FOR HEROES APPRECIATION CELEBRATION

Honoring volunteers, recognizing supporters and commemorating our community's incredible resilience, presented by Habitat for Humanity of Southern SB County • Rotunda Room, Deckers Outdoor Corporation, 250 Coromar Dr, Goleta • Free • RSVP: www.sbhhabitat.org/habitat-heroes • 5-7pm Mo, 9/17.

BOOK SIGNING

A Walk in the Wood: Meditations on Mindfulness with a Bear Named Pooh by Joseph Parent • Chaucer's Books • Free Entry • www.chaucersbooks.com • 7pm Mo, 9/17.

VOLUNTEER TRAINING APPLICATION DEADLINE

Volunteer with Visiting Nurse and Hospice Care • VNH: 512 E Gutierrez St • www.vnhc.org/volunteers • Applications due Mo, 9/17.

PUBLIC MARKET LOCALS NIGHT

Merchant specials, games, prizes, & fun • Public Market, Victoria St at Chapala St • Free • 5pm to closing Mo.

SB ELECTRONIC RECYCLING

South Coast Recycling & Transfer Station, 4430 Calle Real • Free • 805-681-4345 • 7am-5pm Mo-Sa.

SPORTS

SWEAT SB FITNESS LUNCHTIME FITNESS

45-minute classes taught by rockstar instructors and trainers • Carrillo Rec Center, 100 E Carrillo St • \$12-60 • sweatsfitness@gmail.com • Mo-Fr, 12:05-12:50pm.

ADULT LAP SWIM

Los Baños Pool, 401 Shoreline Dr • \$7/\$6 • 805-966-6110 • 7:30am-9am Mo-Fr / Noon-2pm Mo-Su.

Tuesday, Sep 18th

CHILDREN & TEENS

BUILD WITH LEGOS

Children can build all kinds of creations which will then be put on display • Goleta Library, 500 N Fairview Av • Free • 805-964-7878 • 3:30-4:30pm 3rd Tu.

TECH TUESDAYS

Learning through doing • Central Library • Free • 805-564-5606 • 4pm Tu.

PRESCHOOL STORYTIME

Early literacy enrichment for ages 3-5 • Central Library • Free • 805-564-5606 • 10:30am Tu.

STORYTIME FOR AGES 3-7 & FAMILY

Central Library • Free • 805-564-5606 • 5:30pm Tu.

PAWS TO READ

Children read to a trained therapy dog • Goleta Library, 500 N Fairview • Free • Drop in: 805-964-7878 • Tu & Th.

DANCE

MOMENTUM DANCE COMPANY

Open dance classes with LA instructors in Hip Hop, Jazz, & Contemporary • 316 A State St • \$25/\$30 • 805-364-1638 • 6:30-8pm Tu.

WORLD DANCE FOR HUMANITY

Women's exercise class brings together world dance & music • SB Dance Ctr, 127 W Canon Perdido St • \$10 • 805-636-4410 • 6pm Tu.

COUNTRY DANCES OF ENGLAND

Dances from an earlier time • First Presbyterian Church, 21 E Constance Av • \$5 • www.sbcds.org • 7:30-9:30pm Tu.

INTERNATIONAL LATIN CHOREOGRAPHY

1046 Coast Village Rd • \$20 • 805-941-0407 • 6:15pm Tu.

COUNTRY NIGHT

Line dancing lessons • Baja Sharkeez, 525 State St • Free • 8pm Tu.



Courtesy:Photo

A fun oyster eating competition, Shuck and Swallow brings together some of Santa Barbara's top restaurants and community onlookers as appointed shuckers and swallows from each restaurant race to see who can eat the most oysters in ten minutes. Filling out the evening with food, drinks, and music from DJ/MC Scott Topper, join the fun atop the Canary Hotel's rooftop on Sunday, September 16th from 1-4pm. For tickets (\$30) visit www.nightout.com.

Una competencia divertida de comer ostiones, "Shuck and Swallow" reúne a algunos de los mejores restaurantes y miembros de la comunidad de Santa Bárbara para ver como el personal de cada restaurante competirá para ver quién puede comer la mayor cantidad de ostiones en diez minutos. La noche incluirá comida, bebidas y música del DJ / MC Scott Topper, únete a la diversión en la azotea del Hotel Canary el domingo, 16 de septiembre de 1 a 4pm. Los boletos (\$30) www.nightout.com.



Photo By Shawn York

A gathering of top musical acts, Everyone in Harmony will take over the Marjorie Luke Theatre on Saturday, September 15th at 2pm and again at 7pm. The lineup includes barbershop quartet the Newfangled Four; men's chorus Pacific Sound; women's chorus Carpe Diem; and the Dos Pueblos High School Jazz Choir. Find tickets (\$15-50) at pacsound.eventbrite.com.

Una reunión de los mejores actos musicales, "Everyone in Harmony" tendrá lugar en el Teatro Marjorie Luke el sábado, 15 de septiembre a las 2pm y después a las 7pm. El programa incluye el cuarteto The Newfangled Four; el coro de hombres Pacific Sound; el coro de mujeres Carpe Diem; y el Coro de Jazz de Dos Pueblos High School. Compra boletos (\$15-50) en pacsound.eventbrite.com.

HEALTH

PET LOSS SUPPORT GROUP

Support Group • Hospice of SB, 2050 Alameda Padre Serra #100 • Free w/ registration • 805-563-8820 • Afternoon, Tu, through 9/25.

CENTERING PRAYER MEDITATION

Centering Prayer group conducted by Suzanne Dunn and formerly located at La Casa de Maria • Friends Meeting House, 2012 Chapala St • Free • www.lacasademaria.org • 10:30-11:30am Tu.

HEALING THE LOSS OF AN ADULT CHILD

Support Group • Hospice of SB, 2050 Alameda Padre Serra #100 • Free w/ registration • 805-563-8820 • Afternoon, Tu.

FOUNDATION PROGRAM

Meditation study program • Mahakankala Buddhist Ctr, 508 Brinkerhoff Av • Included w/ \$75 Membership • 805-563-6000 • 7-9pm Tu, Fr.

YOGA AT THE HUB

Weekly yoga sessions led by Kylie Wagner • Impact Hub Downtown, Back Patio • 805-284-0078 • 2-3pm Tu.

MOTHER'S CIRCLE BREASTFEEDING SUPPORT

Drop-in support and breastfeeding info • SB Cottage Hospital, Women's Services Conf Rm • Free • 805-682-7111 • 3:30-4:30pm Tu.

HAVE CHALLENGES IN YOUR LIFE?

Use the Wellness Recovery Action Plan to make positive changes in your life • 617 Garden St, 2nd fl • Free • 805-252-0483 • 6-7:30pm Tu.

CAPOEIRA CLASS

Afro-Brazilian martial art • Westside Dance, 2009 De La Vina St • \$15 • 805-280-9742 • 6:15pm Tu.

LUNCHTIME BREATHING MEDITATION

Mahakankala Buddhist Ctr • \$5 • 805-563-6000 • 12:30-1pm Tu.

LECTURES & WORKSHOPS

ADVANCE CARE COMMUNITY WORKSHOP

Presented by Alliance for Living and Dying Well, plan for the years ahead • Valle Verde Retirement Community, 900 Calle De Los Amigos Community Rm • Free • www.allianceforlivinganddyingwell.org • 3:30-5:30pm Tu, 9/18.

INTERMEDIATE BRIDGE CLASS

SB Bridge Ctr, 2255 Las Positas Rd • \$15 • www.sbbridge.org • 1-3pm & 7-9pm Tu.

ADVANCED BRIDGE CLASS

SB Bridge Ctr, 2255 Las Positas Rd • \$15 • www.sbbridge.org • 10am-Noon Tu.

ASSISTANCE WITH EBOOK & AUDIOBOOKS

Drop-in • Central Library • Free • 805-564-5604 • 4-6pm Tu.

MUSIC

JAI JAGDEESH

Deep, groovy, soulful music • Unity of Santa Barbara, 227 E Arrellaga St • \$30-45 • www.eventbrite.com • 7pm Tu, 9/18.

LIVE JAZZ AT THE PICKLE ROOM

Cougar Estrada & John Schnackenberg • The Pickle Room, 126 E Canon Perdido St • Free • 7pm 3rd Tu.

SOCIAL

S&B GATHERING

Meeting of Santa Barbara Lavender Elders/Mayores, bring your own brown bag lunch • Pacific Pride Foundation office, 608 Anacapa St #A • Free • www.pacificpridefoundation.org • 11:30am-1pm 3rd Tu.

SOCIAL JUSTICE BOOK CLUB

Books examining current social injustices and prejudices, this month

focusing on hispanic representation • Central Library • Free • www.splibrary.org • 6pm 3rd Tu.

DOWNTOWN NIGHT BOWLS

Night lawn bowling lessons & play, presented by SB Lawn Bowls Club • Spencer Adams Park, 1216 De la Vina St • Free • 805-636-9748 • 5:30-7:30pm Tu.

SCHMOOZE ROOM CAFE FOR SENIORS

Food, entertainers, speakers • Bronfman Family Comm Ctr, 524 Chapala St • 805-957-1115 • 12-1:15pm Tu.

BILLIARDS CLUB

Come shoot pool, all levels welcome • Bronfman Family Comm Ctr, 524 Chapala St • 805-957-1115 • 2:30-4:30pm Tu.

SPECIAL EVENTS

CRUISE SHIP IN HARBOR

Coral Princess • Sea Landing • www.downtownsb.org • 7am-6pm Tu, 9/18.

TUESDAY FARMER'S MARKET

Old Town State St • Free • 4-7:30pm Tu.

SANTA YNEZ VALLEY ELECTRONIC RECYCLING

4004 Foxen Cyn Rd • Free • 805-688-3555 • 8:30am-4pm Tu-Sa.

Wednesday, Sep 19th

CHILDREN & TEENS

CODING CLUB

Ages 10-17 work on coding, computational logic, and computer science activities and lessons • Central Library • Free • 4-5:30pm We.

BABY & ME LITERACY

For babies 0-18 months • Central Library • Free • 11:30am-12:30pm We.

READING &

SB TICKET

Your Guide to everything Santa Barbara ~ Continued



Photo by Fritz Olenberger

A delightful and diverse selection of music will mark the Santa Barbara Revels' fourth annual Equinox Concert on Sunday, September 23rd at the Unitarian Society. Beginning at 5pm, audience members will be treated to selections ranging from joyous tunes of California's Rancho period to a preview of the Celtic sounds of this December's "An Irish Celebration of the Winter Solstice." For tickets (\$25 in advance/\$30 at the door) visit www.revelsequinox.brownpapertickets.com

Una encantadora y diversa selección de música marcará el cuarto concierto anual de Equinox de los Santa Barbara Revels el domingo, 23 de septiembre en la Unitarian Society. A partir de las 5pm, los miembros de la audiencia escucharán selecciones que van desde melodías alegres del período Ranchero de California hasta un anticipo de los sonidos celtas de la "Celebración irlandesa del solsticio de invierno" de diciembre. Para boletos (\$25 por adelantado / \$30 en la puerta) visita www.revelsequinox.brownpapertickets.com

centeroftheheart.com • 11am-Noon We, 9/19-11/7.

OVERCOMING OUR OWN ANGER

Perfect for beginners or those with meditation experience • Mahakankala Buddhist Center, 508 Brinkerhoff Av • \$10 • www.meditationinsantabarbara.org • 6:30-7:30pm We.

SUMMERLAND EVENING YOGA

Hatha I Yoga with Bob Andre • Summerland Church, 2400 Lillie Av • Free-\$15 • 5:30-7pm We.

DIABETES CONSULTATION

Cost covered by most insurance companies • SB Cottage Hosp • 805-569-8240 • 1-4pm We, Th.

HEART SMART LECTURE SERIES

SB Cottage Hosp • Free • 805-569-7201 • 10-11am We.

APHASIA RECOVERY GROUP

Cottage Rehab Hosp • \$15 • 805-569-8999x82330 • 10-11am We.

GENTLE HATHA YOGA

Bronfman Family Jewish Ctr, 524 Chapala St • Donation • 805-957-1115 • 10:30-Noon We.

LUNCHTIME GUIDED MEDITATION

Relaxation & stress relief • Mahakankala Buddhist Ctr, 508 Brinkerhoff Av • \$5 • 805-563-6000 • 12:30-1pm We.

HEALTH & WELL BEING MEDITATIONS

Mahakankala Buddhist Ctr, 508 Brinkerhoff Av • \$10 • 805-563-6000 • 6:30-7:30pm We.

LECTURES & WORKSHOPS

SANTA BARBARA SACRED SPACES

Genevieve Antonow talks about her new book • Santa Barbara Historical Museum • Members Free | Guests \$5; Reservation Required • www.sbbhistorical.org • 11am-Noon We, 9/19.

COASTAL FUND GRANT WORKSHOP

Major Grant Deadline 10/12; Minor Grant Deadline 11/16 • AS Conference Room, MCC Building, UCSB • Free • <https://coastalfund.as.ucsb.edu> • 6pm We, 9/19.

ADVANCE CARE COMMUNITY WORKSHOP

Presented by Alliance for Living and Dying Well, plan for the years ahead • Unitarian Society of SB, 1535 Santa Barbara St • Free • www.allianceforlivinganddyingwell.org • 1-3pm We, 9/19.

ADVANCE CARE COMMUNITY WORKSHOP

Presented by Alliance for Living and Dying Well, plan for the years ahead • Garden Court, 1116 De La Vina St • Free • www.allianceforlivinganddyingwell.org • 3-5pm We, 9/19.

ASSISTANCE WITH EBOOK & AUDIOBOOKS

Drop-in • Central Library • Free • 805-564-5604 • 10am-12pm We, Fr, Sa.

MUSIC

GABRIEL GARZÓN-MONTANO

Presented by We The Beat, Ages 18+ • SOHo • \$15-18 • www.sobosh.com • 9pm We, 9/19.

STRAIGHT UP JAZZ: SAX & KEYBOARD

John Schnackenberg & Cougar Estrada • Lovejoy's Pickle Rm, 126 E Canon Perdido • Free • 805-965-1015 • 7-11pm 3rd We.

COUNTRY NIGHT

Country dancing: line dance, two-step & swing tunes! • Creekside Restaurant & Bar, 4444 Hollister Av • \$5 • 8pm We.

KARAOKE THE BAND

Dargan's Irish Pub, 18 E Ortega St • Free • 8:30pm We.

OUTDOORS

FARMERS MARKET

SB Cottage Hosp Courtyard • Free • Noon-5pm We.

SOCIAL

SUNSET AT THE CANARY

Join Pacific Pride Foundation for the last installment of this year's series, w/ tunes by DJ Darla Bea and a special performance by Fratelli, A Men's Chorus • Kimpton Canary Hotel Rooftop • Free Entry • www.pacificpridefoundation.org • 6-8pm We, 9/19.

BISEXUAL SUPPORT GROUP

Antioch University, 602 Anacapa St Rm 121 • Free • 805-453-4570 • 7-8:30pm 3rd We.

YA FOR GROWNUPS

Monthly discussion of great YA Fiction • Central Library • Free • 805-962-7653 • 5:30pm 3rd We.

GO CLUB

Learn the ancient Chinese game GO • Coffee Bean & Tea Leaf Cafe, De La Vina St & State St • Free • 6pm to closing We.

KNITTING & CROCHETING GROUP

Goleta Library • Free • 805-964-7878 • 2-4pm We.

WINE DOWN HAPPY HOUR

Relax with friends & a glass of wine • Impact Hub, 1117 State St • \$10 • Info: 805-284-0078 • 4:30pm We.

ESL CONVERSATION GROUP

English language learners practice with native speakers • Central Library Adult Literacy Ctr • Free • 805-564-5619 • 5:30-6:30pm We.

SPECIAL EVENTS

WEDNESDAY FARMER'S MARKET

Solvang Village, Copenhagen Dr & 1st St, Solvang • Free • 2:30-6:30pm We.

Thursday, Sep 20th

CHILDREN & TEENS

WIGGLY STORYTIME

For toddlers 1-3 • Central Library • Free • 805-564-5606 • 10:30am Th.

DANCE

SALSA BACHATA & KIZOMBA DANCE

2 hours dance lessons & 2 hours social dancing • Butler Event Ctr, 5555 Hollister Av • \$7/\$5 • 805-915-8652 • 8pm Th.

LACORE LATIN DANCE FITNESS CLASS

With Yulia Maluta • SB Athletic Club, 520 Castillo St • Info: (760) 271-7183 • 6:30-7:30pm Th.

HEALTH

SURVIVORS OF SUICIDE

Support group for those grieving a loved one • Hospice of SB • Free • 805-563-8820x110 • 5:30-7pm 1st & 3rd Th.

VETERANS SUPPORT GROUP

Express your thoughts about military experience • Friendship Center, 89 Eucalyptus Ln • Free • 805-969-0859 • 2:30-3:30pm 3rd Th.

ENHANCE YOUR BRAIN POWER

Games & memory enhancement exercises • Friendship Ctr, 820 N Fairview Av • \$125 • 805-722-1306 • \$50 includes lunch • 9:30-1:30pm Th.

BEYOND OVEREATING

Skills for long-term weight management for women • 5276 Hollister #457 • \$120/month • 805-403-9585 • 6-7:30pm Th.

DEPRESSION & ADDICTION SUPPORT

Newhouse 3, Quinto St & Bath St • Free • 805-895-2079 • 8-9pm Th.

GLAUCOMA & HEARING SCREENING

Cottage Hosp. Eye Ctr • Free • 805-569-8264 • 11am-1pm Mo & 2:30-4:30pm Th.

SPEECH & MOVEMENT ENHANCEMENT

Cottage Rehab Hosp • \$15 • 805-569-8999 • 10-11am Th.

CULTIVATE A JOYFUL MIND

Guided lunchtime meditation • Mahakankala Buddhist Ctr, 508 Brinkerhoff Av • \$5 • 805-563-6000 • 12:30-1pm Th.

LECTURES & WORKSHOPS

FIESTAS, FESTIVALS AND PARADES - SANTA BARBARA CELEBRATES

A talk presented in conjunction w/ SB Historical Museum's Project Fiesta exhibit, talk by Historian Neal Graffy • Santa Barbara Historical Museum • Members Free | Guests \$5; Reservation Required • www.sbbhistorical.org • 5:30-7pm Th, 9/20.

WRITING IN THE GALLERIES

An informal exploration of the Museum's galleries as an impetus to writing • Santa Barbara Museum of Art • Free w/ Reservation • 805-884-6457 or lvallejo-howard@sbnma.net • 5:30-7pm Th, 9/20.

IPAD 101-LESSON & HANDS ON

Breast Cancer Resource Ctr, 55 Hitchcock Wy, #101 • Free • 805-569-9693 • 1:30-3pm 1st & 3rd Th.

WILDERNESS HIKING SPEAKER SERIES

Topics relating to hiking, backpacking, and the natural history of our area • Central Library • Free • 805-564-5603 • 6:30pm, 3rd Th.

BIRDS OF FALL

Six Week Field Class • SB Natural History Museum, MacVeagh House • \$75-85 • 805-682-4711 • 9-11am Th, Through 10/25.

IPAD 101-LESSON & HANDS ON

Breast Cancer Resource Ctr, 55 Hitchcock Wy, #101 • Free • 569-9693 • 1:30-3pm 1st & 3rd Th.

ASSISTANCE WITH EBOOK & AUDIOBOOKS

Drop-in • Central Library • Free • 805-564-5604 • 4-6pm Th.

MUSIC

ROBBEN FORD

Presented by SBL Entertainment • Lobero Theatre • \$39 • www.lobero.org • 8pm Th, 9/20.

MAMUSE

Album Release: Prayers for Freedom • Yoga Soup • \$35-40 • www.yogasoup.com • 7:30pm Th, 9/20.

FOLK ORCHESTRA OF SANTA BARBARA

Telegraph Brewing Company, 418 N Salspuedes St • Free Admission • www.telegraphbrewing.com • 8-10pm Th.

SPECIAL EVENTS

THE HISTORY OF OIL IN SB CHANNEL OPENING

Exhibit opening and wine and cheese reception • SB Maritime Museum, 113 Harbor Way • Free • RSVP/Register: www.sbmnm.org • 5:30-7pm Th, 9/20.

MILITARY & 1ST RESPONDERS CHILI COOK-OFF

Navy League's 3rd annual event benefiting California-based military units • SB Carriage & Western Art Museum, 129 Castillo St • \$15-40 • www.sbnl.org • 5-8pm Th, 9/20.

SANTA BARBARA WINE DINNER SERIES

"Venetian Night: Evolution of Amarone" inspired theme • Belmond El Encanto • \$120 per person • Reservations: 805-770-3530 • 6:30pm Th, 9/20.

LIVE DIVE

Watch & interact with divers live as they explore the coastal ecosystems under Stearns Warf • Sea Center on Stearns Warf • Free • www.sbnature.org • 11am Th, 9/20.

THURSDAY FLEA MARKET

Earl Warren Showgrounds • www.snauctions.com • Free • 8am-3pm Th.

THURSDAY FARMER'S MARKET

Carpinteria • Free • 3-6:30pm Th.

SPORTS

THE RUNDOWN

A fun and easy run around downtown SB • Santa Barbara Running, 110 Anacapa St • Free • www.sbrunningco.com • 6-7pm Th.

Friday, Sep 21st

DANCE

SWING DANCES

Beginning lesson at 7:30 before the dance • Carillo Recreation Center • \$8-15 • 805-698-0832 • 7:30pm 1st and 3rd Fr.

LECTURES & WORKSHOPS

COMMUNITY RESILIENCE MODEL

Introduction to a somatic wellness initiative that provides a non-judgmental perspective on normal human reactions to stress or trauma • Community Hall, Antioch University, 602 Anacapa St • \$20 suggested donation • www.pacificpridefoundation.org • 9am-4pm Fr, 9/21.

MUSIC

OUTSIDE IN EQUINOX FALL FESTIVAL

A blockchain-driven festival to unite and empower those who want to create a better economic world • Live Oak Campground • \$39.99+ • www.outsideinequinox.com • Fr-Su, 9/21-9/23.

MIGUEL

W/ special guest dvsn • SB Bowl • \$35.50-\$69.50 • www.AXS.com • 7pm Fr, 9/21.

THE BEACH BOYS

W/ opening act Christian Love • The Granada Theatre • \$54-123 • www.granadash.org • 7:30pm Fr, 9/21.

MATT ANDERSEN

An intimate night of great live music, food, and wine • Standing Sun LIVE . 92 2nd St, Buellton • \$20-25 • www.standingsunwines.com • 7:30pm Fr, 9/21.

SOUTH ON LINDEN

Last of Carpinteria Arts Center's Summer Concerts • Carpinteria Arts Center, 855 Linden Av • Free Entry • www.carpinteriaartscenter.org • 6pm Fr, 9/21.

SOCIAL

FRENCH CONVERSATION

Practice French conversation skills • Montecito Library • Free • 805-969-5063 • 2-3pm 3rd Fr.

SPECIAL EVENTS

STORM READING

Select scenes from the original show staged and scenes from the television version of the show will be screened • Lobero Theatre • \$15-125 • www.Lobero.org • 7pm Fr, 9/21.

THE GREEN GALA

The Community Environmental Council's annual "eco-chic" party of the year • The Lark, 131 Anacapa St • \$275 • 805-963-0583 x116 • 6:30pm Fr, 9/21.

MARY JANE MCCORD PLANNED PARENTHOOD ANNUAL BOOK SALE

Earl Warren Showgrounds • Free Admission and Parking • www.booksale.ppcentralcoast.org • Fr-Su, 9/21-9/30.

PUBLIC VIEWING OF THE STARS

Westmont Observatory • Free • 805-565-6272 • 7:30pm 3rd Fr.

Saturday, Sept 22nd

CHILDREN & TEENS

SUPERHERO ADVENTURE

Stories, songs, crafts, and more; children ages 3-7 and their families • Central Library • Free • www.sbpilibrary.org • 11am-Noon Sa, 9/22.

DANCE

BALLROOM DANCE

3 instructors for all levels • Carrillo Ballroom, 100 E Carrillo St • \$15/\$10 • 805-564-5418 • 7 pm lesson, 8-10pm social dancing, 4th Sa.

MUSIC

THE NATIONAL

W/ special guest Phoebe Bridgers • SB Bowl • \$40.50-\$50.50 • www.AXS.com • 7pm Sa, 9/22.

LECTURES & WORKSHOPS

AN EVENING WITH CRAIG TILLEY & FRIENDS

Part of PGLAA tête-à-tête talk series, moderated by Dr. David Odoriso • Barrett Ctr, Pacifica Graduate Institute, 801 Ladera Ln • Free w/Registration • www.pgiaa.org • 7-10pm Sa, 9/22.

SPECIAL EVENTS

BUTTERFLIES ALIVE! OPENING

Walk through a garden filled with butterfly-friendly plants while nearly 1,000 live butterflies flutter freely • Butterfly Pavilion, SB Museum of Natural History • Free w/ Admission • www.sbnature.org • Noon-4pm Daily, Sa 9/22 - Su, 10/14.

CELEBREMOS!

Celebrate Hispanic Heritage Month with face painting, crafts, flamenco performances, and mariachi music • Eastside Library • Free • www.sbpilibrary.org • Noon-2pm Sa, 9/22.

UNA PAREJA DE 3

Spanish Language Comedy Performance • The Granada Theatre • \$49-94 • www.granadash.org • 8pm Sa, 9/22.

MOXI@NIGHT: IN MOTION

Experiential evening raising funds for the museum's STEAM education, outreach, and accessibility initiatives • MOXI Museum, 125 State St • \$350+ • www.moxi.org • 6-11pm Sa, 9/22.

HARD CORE CIDER TOUR

Enjoy 2 oz. samples from some of the World's Top Craft Hard Cider Makers and food, music, and more • Ellings Park • \$10-50 • www.hardcorecidertour.com • 1-4pm Sa, 9/22.

SPORTS

SHE.IS.BEAUTIFUL 5K & 10K

All levels welcomed and encouraged • Begin near Chase Palm Park • \$53-56 • <http://runsheisbeautiful.com> • 8:30am Sa, 9/22.

Sunday, Sept 23rd

LECTURES & WORKSHOPS