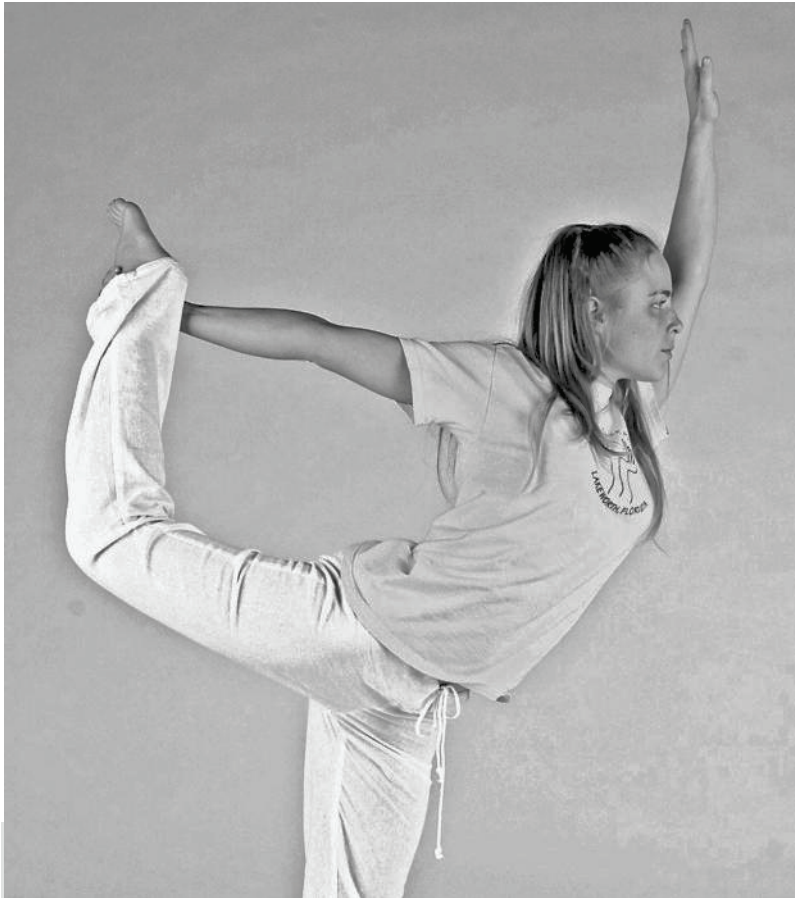


## THINGS TO DO



**If you're in need of a bit of stretching and strengthening, the free yoga classes at The Warehouse District have got you covered.** TIM STEPIEN/THE PALM BEACH POST

**Eddie Ritz**

Palm Beach Post  
USA TODAY NETWORK

**1. Big stretches Community Yoga, The Warehouse District**

Whether your thing is Vinyasa with Natalie Addison or Chad Carpenter to Open Flow with Maki Criscaut to Asana with Carlotta Sironi, these free classes offer something for everyone at any level and all ages.

Classes are from 10 to 11 a.m. Saturdays and Sundays and 6:30 to 7:30 p.m. Tuesdays and Thursdays. 1500 Elizabeth Ave., West Palm Beach. Free. Information: [www.thedistrictwpb.com](http://www.thedistrictwpb.com)

**2. Let The Good Times Roll****Summer Festival: Games Around the World, Norton Museum of Art**

This family festival, featuring renowned local DJ and MC for the day Marlon Foster, will feature a kite-making workshop, storytelling, chess sessions, the sport of pétanque, giant garden games and more.

The event is 10 a.m. to 2 p.m. . 1450 S. Dixie Highway, West Palm Beach. Included with paid admission, free for Palm Beach County residents. Information: [www.norton.org](http://www.norton.org)



**"She is of the Sea" is by Rochelle Irons is on display during her "Sinking to New Depths" exhibit at the Palm Beach Gardens Tennis & Pickleball Center.** CONTRIBUTED

**3. See "Sinking to New Depths" art exhibition, Palm Beach Gardens Tennis & Pickleball Center**

Raised in the Caribbean and South America, artist Rochelle Irons is an abstract/fluid artist whose mixed media paintings are an expression of the chaos of life and her need for tranquility and solitude.

The exhibit runs through Aug. 30. 5110 117th Court N., Palm Beach Gardens. Free. Information: [astepper@pbgfl.com](mailto:astepper@pbgfl.com); [www.pbgrec.com/gardensart](http://www.pbgrec.com/gardensart)

**4. Get in the groove Spider Cherry, Tin Roof**

Let this Delray-based band, created by London-born singer Nathan Mercado, get you groovin' with originals including "Fall," "The Voice In Your Head," "Butterfly Effect" and cool mash-ups featuring songs by Queen, The Doors, Otis Redding, Men at Work and more.

They will take the stage at 6 p.m. Saturday. 8 E. Atlantic Ave., Delray Beach. No charge. Information: [www.tinroofdelraybeach.com](http://www.tinroofdelraybeach.com); [www.spidercherry.com](http://www.spidercherry.com)

**5. Bust a gut Steve Marshall, Lake Park Black Box**

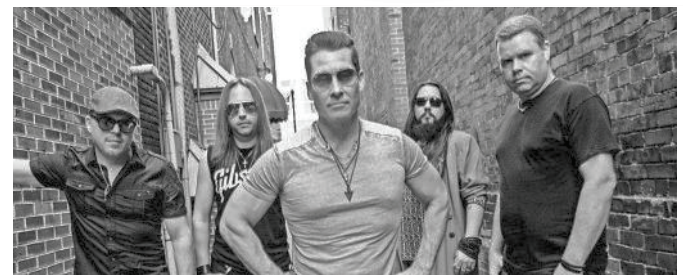
Laugh it up with this no-holds-barred comedian as he relentlessly riffs on topics from his negative Jewish family to why no one should ever make fun of Chinese people who work in a Chinese restaurant. The show is from 8 to 10 p.m. July 23. 700 Park Ave., Lake Park. \$20.

Information: [www.lakeparkblackbox.com](http://www.lakeparkblackbox.com)

**6. Art, music, more Summer Vibe Stroll, Compson Place**

Enjoy live music and view art by Zero Empty Space's resident artists and artists from the Boynton Beach Arts District.

The event is from 5 to 8 p.m. Thursday. 1880 N. Congress Ave., Boynton Beach. Free. Information: [Facebook.com/CompsonPlace](https://www.facebook.com/CompsonPlace); 561-413-5909.



**Rock the 90s WILL rock you Sunday at the Meyer Amphitheatre during Sunday on the Waterfront.** AMBER EDWARDS

**7. Get outside, listen up, get wild Sunday on the Waterfront featuring Rock the 90s, Meyer Amphitheatre** Harken back to the glory days of guitar-driven rock and the best of 90s alternative radio rock, as these five musicians deliver it in all its high-energy glory. One band, on a mission, to spread the gospel of 90s alternative rock to the masses. The show is from 4 to 7 p.m. Sunday. 105 Evernia St., West Palm Beach. Free. Information: [www.wpb.org](http://www.wpb.org)