

THINGS TO DO



This weekend packs lots of lively things to do options. DAMON HIGGINS/THE PALM BEACH POST

SunFest on the West Palm Beach waterfront

Of course SunFest is the top event this weekend on seemingly everyone’s list. Complete with more than 30 performances scheduled from Friday evening through Sunday, any top 5 things to do list would be remiss if it weren’t included. Thousands will flock to West Palm Beach’s waterfront to catch the likes of The Chainsmokers, Flo Rida, Surfaces, Jack Johnson and Zigg Marley. But we’ve dedicated several stories to those details, including Friday’s TGIF cover. So here are five other things to do just in case your OCD is kicking in and you just need a list that is exactly 5 items long.

1. Full Moon Silent Disco & Cacao Ceremony on Singer Island Beach

Explore moving in new ways while listening to your body and grooving under the full moon. Connect with others while dancing on the beach and enjoy community, healing and connectivity. The evening opens with a Cacao ceremony and meditations before transitioning into a guided ecstatic dance. Wear clothing that is easy to move in, a blanket to sit on, water and bring an open heart. Free parking on site in the



Stretch, strengthen, maybe find some inner peace and then have a beer during Twisted Trunk Brewing’s Sunday morning yoga sessions. GETTY IMAGES

Singer Island Beach parking lot. The event is 6:30 to 9 p.m. tonight, Friday, May 5 from 6:30 to 9 p.m. 2401 N. Ocean Ave., Riviera Beach. Tickets start at \$30. Information: eventbrite.com

2 Boca Raton’s Food Truck Friday Series at Lake Wyman Park

Take a break from work or just get out of the house for a few hours and enjoy the final installment in this year’s series.

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