

THINGS TO DO

1. Boca Raton's Summer in the City series presents Yacht Rock

Get the very best of that amazing time in music that was the mid-70s to early 80s with classics like "What a Fool Believes," "Baker Street," "Diamond Girl," "Reminiscing," "Brandy," and so many, many more. Boogie on over to Mizner Park, put on your captain's hat, imagine you're on the water and just start "Swayin' to the Music."

The event kicks off at 7 p.m. Friday, July 21. 590 Plaza Real, Boca Raton. Free. Information: myboca.us

2. Sunrise Beach Yoga at The Seagate

Get a high quality dose of "Vitamin Sea" as you stretch, strengthen and lengthen during this 60-minute Vinyasa yoga flow class on The Seagate Beach Club's private beach. The class features creative postures, meditation, and pranayama (breathwork). Guests should bring a mat, towel, and water bottle. Open to all levels.

The class is 8 to 9 a.m. Saturday, July 22. 401 South Ocean Blvd., Delray Beach. \$20. Information: seagatedelray.com; eventbrite.com

3. Art After Dark with Pan Paradise Steel Drum Band

Take a break from the South Florida heat, see some artwork from around the world, dive a little deeper with a docent-led tour, hear a curator speak, get hands on with an art workshop and then listen to the Caribbean sounds of Pan Paradise.

The event is 6 to 10 p.m. tonight, Friday, July 21. 1401 S. Dixie Highway, West Palm Beach. \$10. Information: norton.org

4. You on wheels: A Rolling Art Tour through West Palm

Be it via skateboard, scooter or bicycle get moving and see the newest and most vibrant art additions throughout downtown West Palm Beach on this two-hour, guided tour. After getting your soul filled, enjoy a sunset picnic along the city's waterfront on the Great Lawn.

The event is 6 to 8 p.m. Saturday, July 22. 504 Quadrille Plaza Drive, West Palm Beach. Free. Registration required. Information: eventbrite.com



Yacht Rock will bring the best of the late '70s and early '80s to Boca Raton tonight, Friday, July 21 during "Summer in the City." MICHAEL POLISSKY



Relax at the Norton Museum of Art with the great sounds of Pan Paradise Steel Drum Band during Art After Dark on Friday. PROVIDED

5. Shakespeare in the Palms III at Commons Park Amphitheater

Though not performed as often as some of the Bard's other comedies, this

Continued on next page



Feel the flow and experience true "serenity now," during the Sunrise Beach Yoga session at The Seagate in Delray Beach. DAMON HIGGINS/PALM BEACH DAILY NEWS