

# A WEEK IN THE VALLEY SEPTEMBER 11-17

A Lake Chelan  
Chamber of Commerce  
Publication

## FRIDAY, SEPTEMBER 11

### LIVE & VIRTUAL YOGA AT TUNNEL HILL WINERY

9:00am

Sign up for one of just five spots for live outdoor yoga at Tunnel Hill Winery with Lynda Kennedy from YogaChelan or join the session virtually! For more information, visit [YogaChelan.com](http://YogaChelan.com).

## SATURDAY, SEPTEMBER 12

### LIVE AND VIRTUAL POWER IN THE PARK

7:45am-9:30am

Sign up for one of just five spots for an outdoor yoga class with Lynda Kennedy from YogaChelan or join virtually! After signing up, you will be notified of the location. For more information, visit [YogaChelan.com](http://YogaChelan.com).

### MANSON FARMERS MARKET

8:30am

Visit the Manson Grange for a weekly farmer's market! Shop for produce, baked goods, soaps and other handmade items. For more information, visit [MoreToManson.com](http://MoreToManson.com).

### VIRTUAL GENTLE MIX YOGA

9:30am-10:30am

Enjoy a combination of yin yoga, somatic movement, restorative and gentle asana that creates a practice that gently stretches muscles, quiets the nervous system and connects the mind and body. For more information, visit [YogaChelan.com](http://YogaChelan.com).

### ADVANCED JUNIOR TENNIS CLINIC

2:30pm-4:00pm

High school and tournament players ages 15 to 18 can bring their game to the next level at the Harmony Meadows Advanced Junior Tennis Clinic! For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

## SUNDAY, SEPTEMBER 13

### LAKE CHELAN MEN'S GOLF CLUB

8:00am-12:00pm

Guests and club members are welcome to join tee-time at Lake Chelan Golf Course! For more information, visit [ChelanGolfClub.com](http://ChelanGolfClub.com).

### LIVE & VIRTUAL YOGA AT TSILLAN CELLARS

8:30am

Sign up for one of just five spots for live outdoor yoga at Tsillan Cellars with Lynda Kennedy from YogaChelan or join the session virtually! For more information, visit [YogaChelan.com](http://YogaChelan.com).

## MONDAY, SEPTEMBER 14

### U-PICK FLOWERS AT CHELAN VALLEY FARMS

8:30am-10:30am

Walk the flower farm and pick your own creation to bring home and enjoy! Choose from an array of colors and flower varieties. For more information, visit [ChelanValleyFarms.com](http://ChelanValleyFarms.com).

### TEENY TENNIS CLINIC

9:00am-10:00am

Give your kids ages 4 to 8 an introduction to tennis with the Teeny Tennis Clinic at Harmony Meadows! For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

### TENNIS 101

9:00am-10:00am

Never touched a racket or trying to get back into the swing of things? Join Harmony Meadows for an hour of instructional based group play covering the fundamentals. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

## MONDAY & WEDNESDAY, SEPTEMBER 4 & 6

### VIRTUAL VINYASA YOGA

8:30am-9:30am

Enjoy a virtual vinyasa practice with Lynda Kennedy from YogaChelan. Practice awareness of breath and create a connection to fuel the focus of your mind and flexibility of the body. For more information, visit [YogaChelan.com](http://YogaChelan.com).

### VIRTUAL YIN/ RESTORATIVE YOGA

6:30pm-7:30pm

Enjoy a virtual restorative yoga practice with Lynda Kennedy from YogaChelan! This practice will encourage your body and mind to slow down and open through passive stretching. For more information, visit [YogaChelan.com](http://YogaChelan.com).

## TUESDAY & THURSDAY, SEPTEMBER 15 & 17

### PICKLEBALL DROP-IN

8:00am-9:30am

Hit the courts at Harmony Meadows every Tuesday and Thursday for a game of pickleball! All skill levels are welcome to drop in. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

### ADULT PLAY DAY

9:30am-11:00am

Join Harmony Meadows for a morning of drop-in tennis doubles play! Multiple rounds will be played to allow everyone to play against different players. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

### VIRTUAL YOGA BASICS

10:00am-11:00am

Enjoy a virtual yoga practice that gently stretches muscles, quiets the nervous system and connects the mind and body. For more information, visit [YogaChelan.com](http://YogaChelan.com).

For more information & current event listings, visit [LakeChelan.com](http://LakeChelan.com)

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## WEDNESDAY, SEPTEMBER 16

### MANSON FARMERS MARKET 8:30am

Vist the Manson Grange for a weekly farmer's market! Shop for produce, baked goods, soaps and other handmade items. For more information, visit [MoreToManson.com](http://MoreToManson.com)

### ADVANCED JUNIOR TENNIS CLINIC 2:30pm-4:00pm

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### WEDNESDAY EVENING TENNIS SOCIAL 4:00pm-6:00pm

Join Harmony Meadows for a Wednesday evening tennis social for doubles and king of the court style games! Admission includes complimentary beer and wine. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

### PUB TRIVIA AT STORMY MOUNTAIN BREWING 6:00pm-7:30pm

Enjoy a family-friendly evening of trivia at Stormy Mountain Brewing with questions about geography, history, pop culture, and more! For more information, visit [StormyMountainBrewing.com](http://StormyMountainBrewing.com).

## THURSDAY, SEPTEMBER 17

### CHELAN EVENING FARMERS MARKET 4:00pm-7:00pm

Enjoy fresh tomatoes, peppers, herbs, hummus, goat cheese, lavender and so much more from over 20 vendors! For more information, visit [ChelanFarmersMarket.org](http://ChelanFarmersMarket.org).

### LIVE AND VIRTUAL COREYO 5:15pm-6:15pm

Sign up for just one of five spots for a CoreYo practice from YogaChelan at Pingrey Centennial Park or join the session virtually! For more information, visit [YogaChelan.com](http://YogaChelan.com).