

# A WEEK IN THE VALLEY

## JULY 23-29

A Lake Chelan  
Chamber of Commerce  
Publication

### WEEKDAYS

#### DAILY DRILL

9:00am-10:00am

Sign up early for Harmony Meadows Tennis Resort's specific stroke class that focuses on feeding and live-ball drills. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

### FRIDAY, JULY 23

#### YOGA CIRCUIT

8:30am-9:30am

Develop your yoga practice and create a deeper connection to the functional movement of yoga. For more information, visit [YogaChelan.com](http://YogaChelan.com).

#### PICKLEBALL 101

10:00am-11:00am

Learn the basics of pickleball at Harmony Meadows! Pickleball is easy to learn, great exercise and lots of fun. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

#### YOGA & WINE

11:00am-12:30pm

Join Yoga Uncorked at Rio Vista Wines on the River for yoga and wine tasting! Don't forget to take your own mat. For more information, visit [RioVistaWines.com](http://RioVistaWines.com).

#### LIVE MUSIC

3:00pm-6:00pm

Visit Alta Cellars for live music from a GMC truck stage! Plenty of indoor, outdoor and shaded space will be provided. For more information, visit [AltaCellars.com](http://AltaCellars.com).

#### PUB LIVE

6:00pm-8:00pm

Join Campbell's Pub & Veranda every Friday evening for live music featuring a variety of talented artists. For more information, visit [CampbellsResort.com](http://CampbellsResort.com).

### FRIDAY-SUNDAY, JULY 23-25

#### LAVENDER & ART FESTIVAL

10:00am-6:00pm

Visit Siren Song Farms to experience the beauty of our region's fertile lands and our community's creative spirit. For more information, visit [ChelanLavenderArt.com](http://ChelanLavenderArt.com).

### FRIDAY & WEDNESDAY, JULY 23 & 28

#### VINYASA LEVEL 1

10:00am-11:00am

Move beyond beginning basics and into Level 1 Vinyasa Yoga with Lynda Kennedy. This class focuses on balance, flexibility and safe bending. For more information, visit [YogaChelan.com](http://YogaChelan.com).

### SATURDAY, JULY 24

#### POWER YOGA

8:00am-9:15am

Explore various forms of Ashtanga Yoga and Vinyasa Power with arm balances, hand stands, balances and twists! For more information, visit [YogaChelan.com](http://YogaChelan.com).

#### GENTLE MIX YOGA

9:30am-10:45am

Gently stretch the muscles, quiet the nervous system and reduce stress with YogaChelan's Gentle Mix. For more information, visit [YogaChelan.com](http://YogaChelan.com).

#### 911 GLASS RESCUE GRAND OPENING

12:30pm-2:00pm

The Rotary Club of Lake Chelan invites the community to the grand opening of 911 Glass Rescue, where glass will be repurposed into various useful products. Enjoy a ribbon cutting, demonstration, snacks and more! For more information, visit [911GlassRescue.org](http://911GlassRescue.org).

### SATURDAY, JULY 24

#### CONCERT AT OHME GARDENS

7:00pm-8:30pm

After touring the gardens, enjoy live music by Junkbelly, Wenatchee's best rockin' blues band! For more information, visit [OhmeGardens.org](http://OhmeGardens.org).

### SUNDAY, JULY 25

#### YOGA & WINE

10:30am-12:00pm

Join Yoga Uncorked at Tildio Winery for yoga & wine tasting! Don't forget to take your own mat. For more information, visit [Tildio.com](http://Tildio.com).

#### LIVE MUSIC BY THE RIVER

1:00pm-4:00pm

Visit Rio Vista Wines on the River for live music, wine, snacks and swimming access! For more information, visit [RioVistaWines.com](http://RioVistaWines.com).

#### SUMMER CONCERT SERIES

3:00pm-5:00pm

Visit Siren Song Farms for fun in the sun and live music featuring Cascadia Groove. Bring your own blanket, chairs and outside food to enjoy! For more information, visit [SirenSongWines.com](http://SirenSongWines.com).

### MONDAY, JULY 26

#### PICKLEBALL OPEN PLAY

6:00pm-8:00pm

Reserve your spot for active and social pickleball open play! You can join with or without a partner. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

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

509-682-3503 | 800-4-CHELAN | PO Box 216 | 216 E Woodin Ave | Chelan, WA 98816

# A WEEK IN THE VALLEY

## JULY 23-29

A Lake Chelan  
Chamber of Commerce  
Publication

### MONDAY & WEDNESDAY, JULY 26 & 28

#### VINYASA YOGA - LEVEL 2

8:30am-9:45am

Practicing Level 2 Vinyasa Yoga will leave you energized and with a sense of well being throughout your day. For more information, visit [YogaChelan.com](http://YogaChelan.com).

#### YOGA IN THE MEADOWS

10:00am-11:00am

Register for Harmony Meadows' yoga session with Amy Andrews! Don't forget a yoga mat and some water. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

#### BEGINNER TENNIS - AGES 5-12

10:00am-11:00am

Harmony Meadows Tennis Resort is hosting a low pressure tennis experience for kiddos! This class will teach the proper fundamentals and basic strokes of tennis. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

#### BEGINNER TENNIS - AGES 13-18

11:00am-12:00pm

Harmony Meadows Tennis Resort is hosting a low pressure tennis experience for kiddos! This class will teach the proper fundamentals and basic strokes of tennis. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

### MONDAY-THURSDAY, JULY 26-29

#### INTERMEDIATE & ADVANCED TENNIS - AGES 9-18

1:00pm-3:00pm

Players will develop consistency, court positioning and learn strategies for singles and doubles during this class at Harmony Meadows Tennis Resort. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

### TUESDAY & THURSDAY, JULY 27 & 29

#### YOGA BASICS

10:00am-11:00am

Explore at your own pace and level within the basics of yoga. Enjoy learning more about functional movement, reducing stress and building strength! For more information, visit [YogaChelan.com](http://YogaChelan.com).

### WEDNESDAY, JULY 28

#### YOGA & WINE

11:15am-12:30pm

Join Yoga Uncorked at Ancestry Cellars for yoga and wine tasting! Don't forget to take your own mat. For more information, visit [AncestryCellars.com](http://AncestryCellars.com).

#### PUB TRIVIA

6:00pm-7:30pm

Pub Trivia at Stormy Mountain Brewing is back! Head downtown to enjoy trivia for all ages and skill levels. For more information, visit [StormyMountainBrewing.com](http://StormyMountainBrewing.com).

#### MIDWEEK MIX-UP

6:00pm-8:00pm

Visit Harmony Meadows for 3 rounds of compatible and competitive mixed doubles for players NTRP 3.0+. For more information, visit [HarmonyMeadowsCenter.com](http://HarmonyMeadowsCenter.com).

#### MYOFASCIA & YIN

6:30pm-7:30pm

Take advantage of this combo class that focuses on stretching the connective tissues, myofascia and ligaments that are not exercised as often. For more information, visit [YogaChelan.com](http://YogaChelan.com).

### THURSDAY, JULY 29

#### CHELAN EVENING FARMERS MARKET

2:00pm-6:00pm

Browse from 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).

#### CORE-YO

5:15pm-6:15pm

Be ready to be challenged in YogaChelan's yoga for the core! Work on standing balance, arm balance and overall strength. For more information, visit [YogaChelan.com](http://YogaChelan.com).

#### LIVE MUSIC AT ROCKY POND

5:30pm-7:30pm

Visit Rocky Pond's downtown tasting room for live music, delicious wine and small plates! For more information, visit [RockyPondWinery.com](http://RockyPondWinery.com).

#### LIVE MUSIC AT TIPSYPY CANYON WINERY

6:00pm-9:00pm

Enjoy great views and wine at Tippy Canyon Winery's 2021 Summer Concert Series every Thursday evening! For more information, visit [TippyCanyon.com](http://TippyCanyon.com).

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

509-682-3503 | 800-4-CHELAN | PO Box 216 | 216 E Woodin Ave | Chelan, WA 98816