



FILE PHOTO/SHUTTERSTOCK

If You Virtually Build It, They Will Virtually Come. Get your toolbox out and build something that doesn't exist at *Minecraft Night*, Thursday, Aug. 29 at 6pm at Zarrow Library.

Dance

Thursday 29

BEGINNING KID AERIAL
Open class offered by Portico Dans Theatre. Aerial silks for ages 5-11.; Each Thurs. 5-5:30 p.m.; Liggett Studio, 314 S Kenosha; 405-596-8767

CONTEMPORARY BALLET
Open class offered by Portico Dans Theatre. Prior experience not necessary.; Each Thurs. 6:30-

7:30 p.m.; Liggett Studio, 314 S Kenosha; 405-596-8767

INTERMEDIATE AERIAL DANCE CLASS

Each Thurs. 6:30-7:30 p.m.; \$10 per class; Living Arts, 307 S. Brady; 918-585-1234; porticodanstheatre@live.com

WEST COAST SWING CLASS

Just Dance Swing Club presents West Coast Swing class.; Each Thurs. 8-9 p.m. and Fri. 9-10:30 p.m.; \$5; Ballroom Revolution, 3748 South Elm Place, Broken Arrow; 918-994-5550; jillh2231@gmail.com

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Friday 30

WEST COAST SWING CLASS

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Saturday 31

SWINGING SATURDAYS
7-10pm. Beginning East Coast



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swing lesson, 7-7:30pm. Dance, 7:30-10pm. Visit theoklahomaswingsyndicate.org for more info or call 918-430-4337.; Sat.

Wednesday 4

BEGINNING AERIAL DANCE

7-8pm. Portico Dans Theatre will teach the basics of aerial dance on silk fabric. No prior experience necessary.; Each Wed. 7-8 p.m.; \$15 per class; Living Arts of Tulsa, 307 E. Brady; 918-585-1234; porticodanstheatre@live.com.

Farmers' Markets

Thursday 29

FARMINATOR BUS
Come shop with "The Farminator" - natural farms mobile bus. A grocery store on wheels filled with locally grown vegetables and pasture-fed beef.; Thu., Aug. 29, 10 a.m.-12:30 p.m.; University of Oklahoma-Tulsa Schusterman Center, 4502 E. 41st St; 918-660-3000; naturalfarms.com

WESTSIDE FARMERS' MARKET
Operated by RedFork Main Street. Parking will be available on the east side of the market.; Each Thurs. 2-7 p.m. Through Aug. 29.; Westside Farmers' Market, northeast corner of 25th Street and Southwest Boulevard

BRIARCLIFF VILLAGE FARMERS' MARKET
We feature fresh-picked produce, salsas and jams, local and natural

meats, specialty products, plants, flowers & herbs, grilling on the GreenAcres Patio and demos inside the store.; Each Thurs. 3-7 p.m.; Green Acres Market, 117 S 7th Street, Jenks

PEARL FARMERS' MARKET

Thru Sept. 30.; Each Thurs. 4-7 p.m. Through Sept. 26.; Centennial Park, 1028 E. 6th St; 918-596-1444; pearlfarmersmarket.org

Friday 30

FARMERS' MARKET

Well, it's a farmers' market.; Fri. Aug. 30-7 p.m.; Charles Page Triangle Park, 4 E. Broadway

FARMINATOR BUS

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Saturday 31

CHERRY ST. FARMERS' MARKET
Each Sat. 7-11 a.m. Through Oct. 31.; Cherry St., 15th st. corridor between Peoria and Utica; www.cherrystreetfarmersmarket.com

BROKEN ARROW FARMERS' MARKET

Hey, it's a farmers' market!; Each Sat. 8 a.m.-12 p.m. Through Sept. 28.; Broken Arrow Farmers Market, 418 South Main St

FARMINATOR BUS
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Sunday 1

GUTHRIE GREEN SUNDAY MARKET

Food and more.; Each Sun. 10 a.m.-4 p.m. Through Oct. 28.; Guthrie Green, 111 E. Brady St

Tuesday 3

DOWNTOWN TULSA FARMERS' MARKET

10:30am-2pm; Each Tues. Through Oct. 29.; Williams Green, 3rd and Boston; www.pearlfarmersmarket.org

Wednesday 4

BROOKSIDE MARKET

Each Wed. 8 a.m.-12 p.m. Through Oct. 31.; Brookside Farmers' Market, Food Pyramid, E 41st St & S Peoria Ave; www.cherrystreetfarmersmarket.com

Festivals and Carnivals

Friday 30-Sunday 1

23RD ANNUAL RENTIESVILLE DUSK TIL DAWN BLUES FESTIVAL

Big names, big blues, all freaking night long for the whole weekend.; Aug. 30-Sept. 1, 5 p.m.; \$15 / day; Down Home Blues Club, 701 DC Minner Street; 918-855-0978; dcminnerblues.com/

Saturday 31

JENKS SATURDAY MARKET

The market will feature fresh picked produce, salsa and jams, natural meats, specialty products, demos at GreenAcres, live music, plants, flowers and herbs, food trucks, face painting for kids, and more! All area businesses are encouraged to pop a tent and promote what they do. Participants range from school clubs to food trucks; from shaved ice to plants and herbs.; Each Sat. 9 a.m.-1 p.m. Through Oct. 5.; GreenAcres Market, 117 S. 7th St; 918-209-5900; greenacres.com

Flora and Fauna

Friday 30

LOW COST VACCINATION CLINIC
11am-5pm every Friday. SPCA, 2910 Mohawk Blvd, 918-428-7722 or tulsaspc.org; Fri.; SPCA, 2910 Mohawk Blvd



Health and Well Being

Thursday 29

FITNESS ON THE GREEN

Boot Camp with The Y: Our one hour signature class is the complete total body workout to help you get in shape or challenge your body to reach its fullest potential!; Each Tues. Thurs. 5:30-6:30 p.m. and Thurs. 5:30-6:30 p.m. Through Oct. 31.; Guthrie Green, 111 E. Brady St

Friday 30

FITNESS ON THE GREEN

Get your walk on and get fit. Bring water!; Each Fri. 4:30-5:30 p.m. Through Oct. 31.; Free; Guthrie Green, 111 E. Brady; www.guthriegreen.com

Saturday 31

FITNESS ON THE GREEN

YMCA Mommy & Me Fitness: Come join a fellow Mom get some exercise for you and your kids.; Each Sat. 8:40-9:30 a.m. Through Oct. 31.; Guthrie Green, 111 E. Brady St

Monday 2

FITNESS ON THE GREEN

Tai Chi. Learn to do whatever it is that Tai Chi teaches you to do.; Each Mon. 5:30-6:30 p.m. Through Oct. 31.; Free; Guthrie Green, 111 E. Brady; www.guthriegreen.com

Tuesday 3

GROUP MEDITATION CLASS

Learn how to achieve greater health and relaxation through a guided meditation class. This class is offered on a donation basis and is open to all levels of experience.; Each Tues. 12 p.m.; Free; Synergy Holistic Health, 3312 S. Peoria Ave; 918-392-1913; tulsaholistichealth.com

FITNESS ON THE GREEN

Tai Chi. Learn to do whatever it is that Tai Chi teaches you to do.; Each Mon. 5:30-6:30 p.m. Through Oct. 31.; Free; Guthrie Green, 111 E. Brady; www.guthriegreen.com

Wednesday 4

HEALTH & HYDRATION CLASS

In this workshop and demonstration you will get to see the power of water and learn about the importance of proper hydration. As well as sign-up for a free trial of ionized water.; Every Wednesday; Free; Synergy Holistic Health, 3312 S. Peoria Ave; 918-392-1913; tulsaholistichealth.com/

FITNESS ON THE GREEN

Tai Chi. Learn to do whatever it is that Tai Chi teaches you to do.; Each Mon. 5:30-6:30 p.m. Through Oct. 31.; Free; Guthrie Green, 111 E. Brady; www.guthriegreen.com

kids, and even the family dog can learn the Downward-Facing Dog.; Each Wed. 10-11 a.m. Through Oct. 31.; Free; Guthrie Green, 111 E. Brady; www.guthriegreen.com

WEDNESDAY NIGHT RIDE

The Wednesday Night Ride is a 20+ year Tulsa tradition taking place every Wednesday night during Daylight Savings Time. Riders leave from River West Festival Park anywhere from 4 - 6 PM, usually in pre-arranged groups. However, everyone is welcome to join in and enjoy the post-ride camaraderie.; Each Wed. 4-6 p.m. Through Oct. 30.; River Parks, 96th and Riverside

LULULEMON'S COMMUNITY YOGA

Get your yoga on.; Each Wed. 6-7 p.m. Through Oct. 31.; Free; Guthrie Green, 111 E. Brady; www.guthriegreen.com

Ongoing

HIV, HEPATITIS B & C TESTING

Free confidential testing provided by H.O.P.E. Walk in clinic. 5-8pm. No appointment necessary. 3540 E. 31st St., Ste. 3 or call 918-749-TEST to make an appointment during regular hours.; Each Mon. Thurs.

NARCOTICS ANONYMOUS

Narcotics Anonymous is an international, community-based association of recovering drug addicts. Call 918-747-0017 for Tulsa area meetings or go to na.org; Ongoing.

SMOKING CESSATION

Program to get you on the right track to a healthier life. Hillcrest at 1265 S. Utica Ave. Call 918-579-4959.; Ongoing.; Hillcrest Hospital, 1265 S. Utica

TAE KWON DO

Taekwondo classes are offered three days per week.; Ongoing.; Schusterman Jewish Community Center, 2021 E. 71st St; csjcc.org

HIV TESTING

Also by appointment.; Each Mon.-Thurs. 6-8 p.m. and Sat. 6-8 p.m.; free; 743-4297; www.okeq.org

Lectures and Workshops

Tuesday 3

PARENTING CLASSES

Need a little help? Birthright at 6465 S. Yale, Ste. 604 offers free classes and lunch to those who seek it. Tuesdays, 11:30-12:30. Call 918-481-4884.; Tues.

HOME SCHOOL DRAMA

Taught by Genie Reiman & Erin Scaberry. These classes are designed for home-schooled students ages 8-18. Goals: To provide students with an introduction to theatre through individual and group drama experiences.; Each Tues. 9-11 a.m. Through Nov. 19.; \$100; Heller and Clark Theatre at Henthorne Park, 4825 S. Quaker; 918-746-5065; hellertheatre.com

RED MEAT

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from the secret files of
Max Cannon

