

## THINGS TO DO!

# GO with the FLOW

By **KELLY BRUCE BEARD**

Special to The Courier Newsweekly

This week brings many waterfront and water-related events.

Go with the flow and soak up some vitamin "sea" at these fun-filled events.

### WEST PALM BEACH WATERFRONT ATTRACTIONS

The West Palm Beach Waterfront will be a kaleidoscope of color and movement all summer long when "Los Trompos" (Spinning Tops), makes its Florida debut beginning Thursday, June 2 and continues



PROVIDED PHOTO

Celebrate World Oceans Day with Loggerhead Marinelife Center on Saturday, June 4.

through Aug. 28.

This playful and colorful art installation – that guests can take a spin on – consists of 20 three-

dimensional, larger-than-life structures inspired by the internationally known spinning top toy. Contemporary Mexi-

can designers Héctor Esrawe and Ignacio Cadena created this interactive installation that invites participants to engage with the individual spinning tops and collaborate together to spin the works and bring "Los Trompos" to life.

• Each top has a unique shape inspired by nature and traditional Latin American design, architecture and folk art. This free art installation brightens the Great Lawn on the West Palm Beach Waterfront daily from 10 a.m. to 10 p.m.

In addition to enjoying the interactive art installation, guests visiting the waterfront can play nine holes of glow-in-the-dark mini golf on the Intra-coastal Waterway with Glow FORE it Mini Golf beginning June 2. Cost: \$2.50 per person per round. Open daily from

noon to 10 p.m.

• To make "Summer in Paradise" complete, there are also plenty of aquatic activities for residents and visitors to enjoy.

From full moon paddle-boarding and sunset catamaran tours, to jet ski rentals and snorkeling trips, Visit Palm Beach will have special nighttime activities and daytime excursions on the Intracoastal Waterway as well as exclusive Summer in Paradise specials. A complete list of aquatic events and activities is available online at VisitPalmBeach.com or call 561-881-9757.

### CELEBRATE WORLD OCEANS DAY

Did you know that more than 70 percent of planet Earth is covered with water?

While World Oceans Day 2016 is officially



Things to Do

KELLY BEARD

June 8, help Loggerhead Marinelife Center celebrate the beauty of our blue planet on Saturday, June 4 at their annual World Oceans Day event.

Guests will enjoy free behind-the-scenes turtle yard tours throughout the day, interactive children's activities, and learn the many ways everyone can help keep our ocean clean, blue, and trash-free. LMC is

See FLOW, 41

## FLOW from 40

located at 14200 U.S. 1 in Juno Beach. Learn more at [Marinelife.org](http://Marinelife.org).

### STAND UP MUSIC FEST

Hurricane Season is upon us. And as Floridians begin preparing for potential disasters, John Denney will teach locals how to find the "Calm in the Eye of the Storm" for all who look for happiness and peace amidst the daily stresses and anxiety of everyday life that can look and feel like hurricanes.

Performance Coach John Denney will lead "Hard-wired for Happiness," an interactive presentation at Generation Stand Up's Music Fest where participants will learn how to maximize happiness with stress management techniques.

A "Glow and Flow Yoga" session follows with glow in the dark glow sticks led by Kim Depasquale of BlueLine Surf and Paddle Company.

The free event includes live music by local teens on Saturday, June 4 from 6 to 10 p.m. at the Harbourside Place Amphitheater, 200 N. U.S. 1 in Jupiter. Learn more at [StandUpFoundationFL.org](http://StandUpFoundationFL.org) or call 772-263-3974.

### GROSSOLOGY

Check out the South Florida Science Center and Aquarium's summer 2016 exhibition, Grossology: The (Impolite) Science of the Human Body.

The exhibit is open with the goal of educating children ages 6-to-14 and their families about why their bodies produce mushy, oozy, crusty, scaly, stinky things, which many people consider gross. Grossology is based on the best-selling book by science teacher

Sylvia Branzei.

The colorful exhibit incorporates sophisticated animatronics and imaginative exhibits to actively engage visitors. Learning is achieved through the use of interactive experiences, challenges and just plain fun. Grossology will run through Oct. 10.

The South Florida Science Center and Aquarium is located at 4801 Dreher Trail North in West Palm Beach. Admission to the South Florida Science Center and Aquarium during Grossology is \$15 for adults, \$11 for children ages 3 to 12 and \$13 for seniors aged 60 and older. Science Center members and children under 3 are free. For more information call 561-832-1988 or visit [SFSciencecenter.org](http://SFSciencecenter.org).

Submit your event listing and photo to [jcnevents@gmail.com](mailto:jcnevents@gmail.com).

Jupiter Courier  
Palm Beach County  
Weekly 16,000  
June 2, 2016