

Yoga in New Bedford, Seven Days a Week



by
Michael
Silvia

Yoga was founded in India as a non-competitive, no-impact, safe way to get in shape and relieve stress. It has quickly become a mainstream way of staying healthy in America with 16 million Americans including yoga in their weekly workout routines. Stars like Madonna and Oprah Winfrey swear by the benefits of yoga. New Bedford and the South Coast of Massachusetts have seen a major growth in yoga studios and independent instructors.

This article provides a list of yoga classes in the South Coast area for each day of the week. I hope it will be a “living” document and grow with inputs from our readers. It is important for you to contact the yoga instructor to ensure the class schedule is still current. Below the schedule is a list of the the yoga studios in the area ad their contact information. If you know of a yoga studio or classes please e-mail info@newbedfordguide.com so we can include them on the list. Please include details like location, time, fee and contact information and any other details you feel will be useful. Thanks to Erin Macedo and Pam Teves who were major contributors to this list!

Monday

- 7:15-8:15 am: Yoga (YMCA New Bedford) – free with YMCA membership, \$7 per class for non-members.

- 9-10:30 am: In Love and Light Yoga – Heated Hatha – drop-ins \$15
- 8:15-9:15 am: Yoga (YMCA Dartmouth) – \$7 per class or \$55 for 10 classes.
- 4:30 – 5:45 pm: In Love and Light Yoga – Heated Flow – drop-ins \$15
- 6-7:30 pm: Yoga on Union – 5 classes for \$65, 10 classes for \$120 and \$15 for drop-ins.
- 6:30 pm: YOGA 101 (Dartmouth) – \$10 drop-in, 6 classes for \$50, or unlimited classes for \$65 a month



Erin Macedo showing off at Sunset Yoga at Fort Taber.

Tuesday

- 8-9 am: Yoga (YMCA Dartmouth) – \$7 per class or \$55 for 10 classes.
- 9:30 am: YOGA 101 (Dartmouth) – \$10 drop-in, 6 classes for \$50, or unlimited classes for \$65 a month
- 9:30-1045 am: In Love and Light Yoga – Gentle Hatha – drop-ins \$12
- 4-5 pm: Yoga on Union – Slow Flow -Jody (starts in April) – 5 classes for \$65, 10 classes for \$120 and \$15 for Drop-ins.
- 5pm: YOGA 101 (Dartmouth) – \$10 drop-in, 6 classes for

\$50, or unlimited classes for \$65 a month

- 5:30-6:45 pm: In Love and Light Yoga – Gentle Hatha – drop-ins \$12
- 6:30 pm: Sunset Yoga at Fort Taber. Starts 5 June, 2012. Classes are only \$5 per person and will run every Tuesday night (weather permitting) rain date is always the Wednesday following.
- 6:30 pm: YOGA 101 (Dartmouth) – \$10 drop-in, 6 classes for \$50, or unlimited classes for \$65 a month
- 5:45-6:45pm – South Coast Yoga at Synergy Physical Therapy – Power Flow & Hip Hop Yoga – \$5 drop-in
- 6-7:30 pm: Yoga on Union – Basics – Jonna – 5 classes for \$65, 10 classes for \$120 and \$15 for Drop-ins.
- 7-8 pm: Yoga (YMCA Dartmouth) – \$7 per class or \$55 for 10 classes.
- 7 pm: Be Yoga at Medium Studios (38 Bethel St.) – All Levels Hatha Yoga – \$8 drop-in, \$60 for 8 classes

Wednesday

- 6:00-7:15 am: Yoga on Union – Level 2 -Kayma – 5 classes for \$65, 10 classes for \$120 and \$15 for Drop-ins.
- 9-10 am: Gentle Yoga (YMCA New Bedford)
- 9-10:30 am: In Love and Light Yoga – Heated Hatha – drop-ins \$15
- 12-1 pm: Yoga (YMCA New Bedford) – free with YMCA membership, \$7 per class for non-members.
- 12-12:45 pm: Power Yoga (Om Studios) – \$10 fee.
- 4:30 – 5:45 pm: In Love and Light Yoga – Heated Flow – drop-ins \$15
- 6:00-7:30 PpmM: Yoga on Union – Level 1/2 -Juliet – 5 classes for \$65, 10 classes for \$120 and \$15 for Drop-ins.
- 6:30 pm: YOGA 101 (Dartmouth) – \$10 drop-in, 6 classes for \$50, or unlimited classes for \$65 a month
- 7:15-8:15 pm: Powerfully Peaceful Yoga (YMCA New Bedford) – free with YMCA membership, \$7 per class for

non-members.

Thursday

- 5:45-7 am: In Love and Light Yoga – Heated Flow – drop-ins \$15
- 6:00-7:15 am: Yoga on Union – Level 2 -Juliet – 5 classes for \$65, 10 classes for \$120 and \$15 for Drop-ins.
- 9-10:30 am: Yoga on Union – Level 2/3 -Juliet – 5 classes for \$65, 10 classes for \$120 and \$15 for Drop-ins.
- 9-10:30 am: In Love and Light Yoga – Heated Hatha – drop-ins \$15
- 9:30 am: YOGA 101 (Dartmouth) – \$10 drop-in, 6 classes for \$50, or unlimited classes for \$65 a month
- 12-12:45 pm: Yoga on Union – LUNCH *Pay What You Can*
- 5 pm: YOGA 101 (Dartmouth) – \$10 drop-in, 6 classes for \$50, or unlimited classes for \$65 a month
- 5:45-6:45 pm – South Coast Yoga at Synergy Physical Therapy- Power Flow & Hip Hop Yoga (alternating Thursdays) – \$5 drop-in
- 6:30-8 pm: Yoga on Union – HEATED Yoga -Kayma/ Guest Teacher – 5 classes for \$65, 10 classes for \$120 and \$15 for Drop-ins.
- 6:30 pm: YOGA 101 (Dartmouth) – \$10 drop-in, 6 classes for \$50, or unlimited classes for \$65 a month
- 7-8 pm: Yoga (YMCA Dartmouth) – \$7 per class or \$55 for 10 classes.

Friday

- 8:15-9:15 am: Yoga (YMCA Dartmouth) – \$7 per class or \$55 for 10 classes.
- 9:30 am: YOGA 101 (Dartmouth) – \$10 drop-in, 6 classes for \$50, or unlimited classes for \$65 a month
- 12-1 pm: Yoga (YMCA New Bedford) – free with YMCA membership, \$7 per class for non-members.

- 6-7:30pm: Yoga on Union – HEATED Yoga -Juliet – 5 classes for \$65, 10 classes for \$120 and \$15 for Drop-ins.

Saturday

- 8-9:15 am: Yoga on Union – Level 2 -Juliet – 5 classes for \$65, 10 classes for \$120 and \$15 for Drop-ins.
- 9 am: Be Yoga at Medium Studios (38 Bethel St.) – All Levels Hatha Yoga – \$8 drop-in, \$60 for 8 classes
- 9-10:15 am: In Love and Light Yoga – Heated Flow – drop-ins \$15
- 9:30-11 am: Yoga on Union – Level 2 -Jonna – 5 classes for \$65, 10 classes for \$120 and \$15 for Drop-ins.
- 10:45 am – 12 pm: In Love and Light Yoga – Absolute Beginner's Hatha Series (warm) – drop-ins \$12

Sunday

- 8-9 am: Sunrise Yoga at Wing's Court (Om Studios) – \$10 fee.
- 8-9:30 am: In Love and Light Yoga – Heated Hatha – drop-ins \$15
- 10-11:30 am: In Love and Light Yoga – Heated Flow – drop-ins \$15
- 11 am-12:30 pm: Yoga on Union – Level 1/2 -Angela – 5 classes for \$65, 10 classes for \$120 and \$15 for Drop-ins.
- 11:30 am: Powerfully Peaceful Yoga (YMCA New Bedford) – free with YMCA membership, \$7 per class for non-members.

New Bedford Yoga Studios

- **Yoga Kids Inc. of New Bedford** – <http://yogakidsinc.org/>, e-mail: tidon3@comcast.net, phone: (508) 748-2025
- **Om Studios** – NewBedfordYoga.com, 752 Purchase Street, e-mail: info@newbedfordyoga.com, phone: 774-202-1189
- **Yoga on Union** – Yogaonunion.blogspot.com, Corner of Johnny Cake Hill & Union St, e-mail:

yogaonunion@gmail.com, phone: 508-858-6786, 508-207-3966
– 5 classes for \$65, 10 classes for \$120 and \$15 for Drop-ins, UMD & BCC \$10 drop-in rate w/ student ID

- **Be Yoga** – beyoubeyoga.com – e-mail: jdowning@beyoubeyoga.com, phone: 508-728-8432 – \$8 drop-in, \$60 for 8 classes – Class cards must be used within ten weeks of purchase and can be used at any regularly scheduled class/location.
- **In Love and Light Yoga** – inloveandlightyoga.com, 1890 Acushnet Ave, phone: 508-998-2273 – drop ins \$12, Heated Classes \$15
- **New Bedford YMCA** – ymcasouthcoast.org, 25 South Water Street, phone: 508.997.0734 – free with YMCA membership, \$7 per class for non-members.
- **Work Out World (WOW)** – <http://www.wowhealthclubs.com/newbedford/>, 1024 Kings Highway, phone: 1-888-2-WOW-FREE, e-mail: wownewbedford@hotmail.com

Other local Yoga Studios or Places that offer Yoga

- HOPE Yoga – Dartmouth, MA
 - YOGA 101 – Dartmouth (106 State Road)
 - Marion Yoga Loft
 - The Yoga Studio: Mattapoisett
 - Mia's Yoga Cellar: Dartmouth
 - Center for Holistic Arts: Acushnet
 - Devine Power Yoga: Fall River
 - Yoga With A Twist – 166 Main Street, Acushnet, MA – (508) 995-8652
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2nd Annual Whaling City Triathlon



The swim portion of the Whaling City Triathlon - photo by Capstone.

by Joyce Rowley

“Every kid swims, bikes, and runs during a typical day,” said USA Triathlon Race Director Mark Walter of Sun Multisport Events. “People think of the Hawaiian Iron Man when they think of triathlons. But only a small percentage of triathletes perform in that race.” According to Walter, the majority of triathlons are like the Whaling City Triathlon—challenging but accessible.

Sun Multisport Events started the Whaling City Triathlon two years ago because they thought New Bedford’s Fort Taber area had right the combination of wide sidewalks, access to Buzzards Bay, and a boulevard for cycling.

“The run is a sprint distance,” he said of the running portion. Yes, but that sprint comes at the end of a 12.2 mile bike ride that follows a quarter-mile swim in Buzzard’s Bay.



Photo by Capstone.

This race is sanctioned by USA Triathlon, the national organization that governs triathlon events. USAT selects and trains teams for international competitions, including the Olympic Games. Bay State Race Services will provide “Winning Time Chip” time splits for racers’ swim, transition 1, bike, transition 2, and run times.

Beginning at 8:00 a.m., waves of swimmers will leave the East Beach shore every four minutes. High tide that morning is at 8:10 a.m. Six lifeguards will be in kayaks and a medic from the New Bedford Fire Department on a boat in the bay to watch for swimmers in trouble.

Once back on shore, it’s a race to the bikes at Fort Taber and onto the second leg of the race. Four relief stations will be set up along Rodney French Boulevard, which will be closed to traffic for the event.

“We need at least 50 volunteers to help with the race,” said Walter. “Often, family and friends of racers show up but we can always use more.”

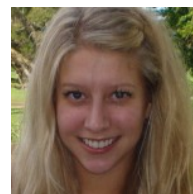
Last year, Chris Algar of Woods Hole, MA led a field of 257 triathletes with a top score of 57 minutes and 31 seconds. Second place went to David Lamoureux of Lakeville, MA at 58:31. Awards are given to the top three finalists in each age

group and in Athena and Clydesdale categories.

“And then there’s the swag,” said Walter. “Everyone gets an event race shirt and water bottle. Everyone that crosses the finish line gets a finisher medal.”

For more information on how to enter or volunteer, visit: www.sunmultisportevents.com/Whaling_City.htm.

South Coast Weekend Guide (July 22-24)



by Ali
Piva

It is going to be blazing hot this weekend! Mid-summer has brought a heat wave to New Bedford, with a National Weather Service alert for excessive heat on Friday with sun and a heat index of 98°F. According to weather.com, the air should cool slightly Saturday, but it will still be hot at 94°F. Sunday should bring a bit of relief with a prediction of partly cloudy skies and 83°F.

This weekend, definitely check out one or some of the many opportunities in the area to listen to local music, celebrate nightlife, enjoy the arts, benefit a good cause, avoid the heat, or support the zoos in our area. As always, most events discussed here are from LocalOracle. To have your events

promoted for FREE, submit them [HERE](#). If you need directions, simply click on the event name for contact info and directions.

FRIDAY, JULY 22



Friday will be 98 degrees!

On Friday, protect yourself from the scorching temperature by staying hydrated and cool! Avoid the risk of suffering a heat disorder by keeping your body temperature down. Drink water, or replenish electrolytes lost from sweating by drinking Gatorade or Coconut Water. Find a pool, hit the beach, or run through the hose – do anything you can to protect yourself from over-heating.

New Bedford has prepared for the expected heat by making accommodations throughout the area for heat relief. The City of New Bedford Department of Emergency will be providing heat relief shelters throughout New Bedford, at the five libraries and five senior centers. From New Bedford Guide: *“Due to the unseasonably hot weather conditions forecast by the National Weather Service for the greater New Bedford area, the City of New Bedford Department of Emergency Management has designated several city buildings as cooling centers.”*

Another step the City of New Bedford has taken, is joining forces with the SRTA services to provide free bus transportation to all riders. The Southeastern Regional Transit Authority will offer free busing from noon today until

final rides Friday at approximately 6 p.m. For more information, check [here](#). For a list of locations to find reprieve from the heat, as well as additional ways to stay safe and avoid a heat related disease, check [here](#).



Roger Williams
Park Zoo hosts
ZooARTyssey from
6pm-9pm.

Want to enjoy an evening outdoors? After temperatures have cooled into the evening, head into Rhode Island to the Roger Williams Park Zoo (1000 Elmwood Ave., Providence) for their ZooARTyssey. From Roger Williams Park Zoo: *"Enjoy an unforgettable experience as you journey through Roger Williams Park Zoo on a summer evening during the magical sunset hours and discover enchanting and engaging living art characters created by Rhode Island's renowned performance artists, TEN31 Productions. Enjoy the living art as well as all the animals on exhibit and live music. Delicious food and an array of beverages including beer and wine will also be available for purchase."* Tickets are \$15 for Adults, and \$10 for Children and Seniors. The event is from 6pm-9pm. Check [here](#) for more information.

There are many opportunities to experience live, local music Friday night. For music and a meal, head over to the Airport

Grille (1569 Airport Rd.) to enjoy live jazz and rock by Greg Lee Ensemble, featuring Dave Richards, Mark C. Hadden, and Greg Motta, from 8pm-11pm. J. Kelley Band will be in Fairhaven, at Down the Hatch (56 Goulart Memorial Dr., Fairhaven) – a great outdoor bar located at Earl's Marina on West Island – playing from 8pm-11pm. Ebony Keys featuring Michelle Hill will be playing at Candleworks Restaurant (72 N. Water St.) at 9:30pm. Get a drink at Pour Farm (780 Purchase St.) and enjoy live music from the Slow Burning Nuggets, at 10pm.

For more events, check [HERE](#).

SATURDAY, JULY 23



Horseneck Beach Day passes are \$7/car or \$35 for a season pass.

Spend the day at the beach, making the most of the continued heat and hot weather! Horseneck Beach (5 John Reed Rd., Westport) is one of the most popular beaches in the area and is part of the Massachusetts Department of Conservation and Recreation. Day passes are \$7/car or season passes are \$35 for Massachusetts Residents. Bring a beach umbrella, a cooler stocked with waters, and enjoy the weather in true South Coast style. Wear SPF and stay hydrated!

Saturday nights brings the long-awaited and much-anticipated

Wild Night at the Zoo, at Buttonwood Park Zoo (425 Hawthorn St.). This is the zoo's 16th annual fundraising gala event and is a wonderful opportunity to experience Buttonwood Park Zoo in a new way. From New Bedford Guide: *"This is the perfect opportunity to experience the zoo from a different perspective, as it becomes transformed into a 'Wild Night at the Zoo' with an open bar, dinner buffet, live and silent auction, as well as music! The Annual Fundraising Gala also brings an exclusive chance to meet the Buttonwood Park Zoo's Asian elephants Ruth and Emily. Ruthy's 25th Anniversary at the Zoo makes this year's gala all that more special and celebratory!"*



Buttonwood Park Zoo Wild Night 16th annual fundraising gala.

Tickets are \$100/person, and are available now on pre-sale; tickets will cost \$125/person at the door. Tickets are available for purchase [here](#). Proceeds of the gala directly benefit the educational and conservation mission of the Buttonwood Park Zoological Society – which is directly responsible for the care of the animals at the zoo. From Buttonwood Park Zoo: *"The mission of the Buttonwood Park Zoological Society (BPZS) is to support the Buttonwood Park Zoo so that the Zoo will be a significant contributor to the conservation of nature both at home and throughout the world. Accredited by the Association of Zoos and Aquariums."* Get dressed up and spend the night supporting an important local

establishment and attraction. Don't miss out on this amazing evening at the zoo!

For Saturday nightlife, don't miss Daddy-0 Band at Ice Chest Bar and Grille (136 Huttleston Ave., Fairhaven) at 9pm. Enjoy a bite from the new extended menu at No Problemo (813 Purchase St.) and stick around to listen to Cedros Highlites and the Riot after 10pm. Dance the night away to music by DJ A Tom Called Cooney at Rose Alley Ale House (94 Front St.) at 9:30pm.

For more events, check [HERE](#).

SUNDAY, JULY 24



Fort Taber New Bedford, MA.

Start the morning with some exercise and go for a walk at Fort Taber Park. Fort Taber is located on Clark's Point at New Bedford's southern-most tip. Enjoy beautiful views of Buzzards Bay and the Elizabeth Islands while walking and exploring the Fort's site. The park has a fishing pier, a playground for children, a small museum, and plenty of sidewalks and paths for walking, running, or bike riding. The park is open from dawn until dusk and is the perfect place to enjoy a beautiful day outside.

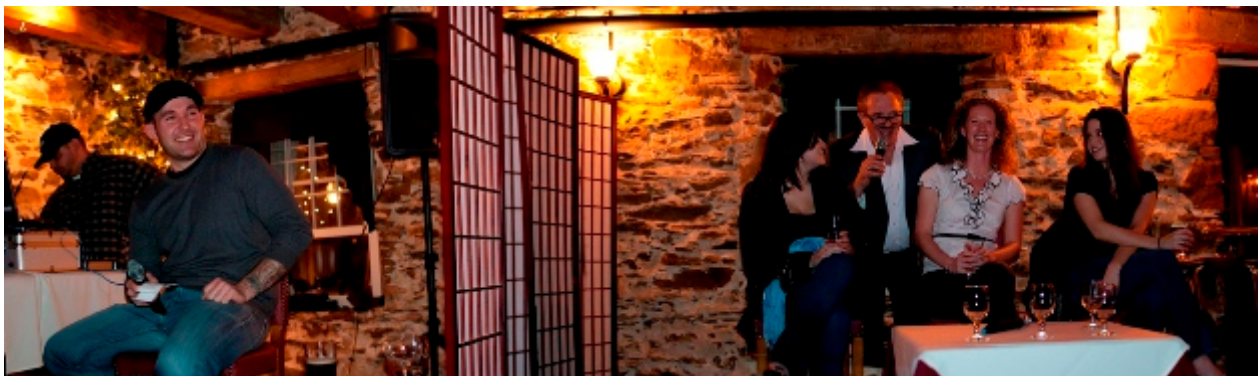
Enjoy a late brunch or lunch date at Cork Wine and Tapas (90 Front St.) or Dog Day Sundays with your BFF (best furry friend) at Hibernia Irish Pub (109 William St.). Kenny Richards will be on acoustic guitar in the evening at Rose Alley Ale House (94 Front St.), from 6pm-9pm. Or show up for Sunday Night Jam Session at Pour Farm (780 Purchase St); starting at 7pm and hosted by local musician Matt Antunes. Support independent, local musicians who are looking to get their music out to you! Want to jam? Give Matt a shout at straightlacedproductions@comcast.net.

Do something different this Sunday evening and support local athletics by attending a home game at Paul Walsh Field (230 Hathaway Rd.) to watch and cheer on the New Bedford Bay Sox. The Bay Sox are up against the Sanford Mariners at Sunday's home game, starting at 6L30pm. To order tickets, check [here](#). For more information on the New Bedford Bay Sox, or to check their summer schedule, check [here](#).

For more events, check [HERE](#).

Have a lovely weekend. Stay cool!

Date Night at Rose Alley Ale House (21 July)



Date Night is back with your host Phil Paleologos! After successful events at Catwalk, The Candleworks Restaurant and Hibernia Irish Pub, the folks at New Bedford Guide and **MGD 64** bring you Date Night at Rose Alley Ale House (94 Front Street, New Bedford) on July 21, 2011. Date Night is a PERFECT event for singles to have a date and find a chance at love! Videos and pictures of past events can be found on our [Date Night](#) page and [Date Night Facebook Page](#).

The following items will be given to EVERY contestants that us selected:

- \$20 Gas Card
- MGD 64 Gift Package (T-Shirts, Hats, etc.)

One contestant will also win a pair of Red Sox tickets worth \$300, when at the end of the night, we will draw a name from the contestant list. To become a contestant, send details and a few pics of yourself to info@newbedfordguide.com. The MGD girls and staff will provide tons of items for anyone in attendance!



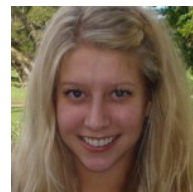
Here's how Date Night works: a bachelorette asks questions, written in advance on cards, to three hidden bachelors. The same question is asked to each bachelor until time runs out. The bachelorette makes her choice based solely on the answers to her questions. This process is then reversed, with one bachelor and three bachelorettes. The winning couple then go on an instant date, with free food. In between each round of Date Night, gift cards, movie passes and other prizes will be given away through trivia questions.

Potential contestants are asked to answer the question: Why do you want to be on the show? Send an e-mail to info@newbedfordguide.com, with at least two photos and a brief paragraph on why you would make a good participant on Date Night. Want to sponsor or host Date Night? Also contact info@newbedfordguide.com.

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South Coast Weekend Guide (July 15-17)



by Ali
Piva

New Bedford is in store for another warm, sunny, summer weekend. The weather.com forecast for the weekend predicts sunny skies Friday, Saturday, and Sunday with temperature highs up to 89°F. Perfect weather for the beach and spending time outdoors.

This weekend, definitely check out one or some of the many opportunities in the area to listen to local music, celebrate nightlife, enjoy the arts, or benefit a good cause. As always, most events discussed here are from LocalOracle. To have your events promoted for FREE, submit them [HERE](#). If you need directions, simply click on the event name for contact info and directions. If you want to save some money check out the South Coast Discount Coupons!

FRIDAY, JULY 15

If you are a Harry Potter fan, today is the day you've been waiting for. The final installment of the book-turned-movie series opens in movie theatres 7/15/11. Head over to Flagship Cinemas (500 Kings Highway) for popcorn and a great summer movie; show times available here. Or head into Providence to enjoy *Harry Potter and the Deathly Hallows: Part 2* in 3-D at the Providence Place Mall (9 Providence Place) IMAX theatre; show times available here.



For live, local music Friday night, check out Ice Chest Bar and Grille (136 Huttleston Ave, Fairhaven) to hear three-piece, all-purpose band The Morons; have dinner and stick around after 9pm to listen to hits from back in the day, and today. Also, Russ Peterson will be playing oldies and classic rock at Candleworks Restaurant (72 N. Water St.) at 9:30pm. Or listen to reggae band Ting and I after enjoying sangria and a burrito at No Problemo (813 Purchase St.).

For other nightlife, enjoy the downtown bar scene at Catwalk Bar and Grille (34 Union St.), Hibernia Irish Pub (109 William St.), Rose Alley Ale House (94 Front St.), or Cork Wine and Tapas (90 Front St.). Or for something different, check out recently opened Top Shelf Bar and Grill (1825 Acushnet Ave.).

For more events, check [HERE](#)

SATURDAY, JULY 16

This Saturday morning, start the weekend by making an impact in our area by volunteering to be a part of Operation Clean Sweep. This event is a great opportunity to support a wonderful cause and participate in community service while directly benefiting New Bedford. From New Bedford Guide: "*Operation Clean Sweep will*



hold a neighborhood cleanup on Saturday, July 16, 2011 in Ward 5 from 8:30 am until Noon. Hosted by Southcoast Hospitals Group, cleanup headquarters will be located at St. Luke's Hospital in the Hawthorn/ Page Street parking lot." Operation Clean Sweep is being held from 8:30am to noon at Ward 5 (corner of Page St. and Hawthorn St.). To volunteer, sign up [HERE](#). Lunch, tools, and gloves will be provided as well as there will be live broadcasting from FUN107.

Saturday is also the first day of the first weekend of an incredible local event, the South Coast Artist's Open Studio Tour 2011. This is the 8th year of this very special event in our area that showcases the artistic talent and creativity of many of our local residents. The South Coast Artist's Open Studio Tour 2011 is a self-guided tour that travels across highways and through rural and farm landscapes; exhibiting art in Tiverton, RI, Little Compton, RI, Dartmouth, MA and Westport, MA. Along this tour will be many different local artists opening up their studios for exclusive tours of their one-of-a-kind artworks. The tour is free to the public, and all ages are welcome.

From South Coast Artists: "This is your chance to visit the studios of some of the best artists living, working and exhibiting in the four beautiful coastal towns of Tiverton, Little Compton, Westport and Dartmouth...Along the way you'll discover the work of welcoming artists working in such diverse mediums as oils, acrylics, watercolors, photography, sculpture, basketry, fiber arts, ceramics, glass, wood, metal, jewelry, paper and mixed media. All you have to do is follow the map in the brochure and look for the blue and white Open Studio signs and windsocks marking each studio or gallery."



The South Coast Artist's Open Studio Tour 2011 is being held twice this year on July 16-17, and August 20-21. For more information on the check out the online brochure, or click [here](#) for the open studio tour map. Check [here](#) for the full list of South Coast Artists.

Check out the J.Kelley Band at Down the Hatch on West Island in Fairhaven from 8 PM – 12 AM. If you missed Russ Peterson at Candleworks Restaurant (72 N. Water St.) on Friday, be sure to check him out Saturday night at 9:30pm. For other nightlife, check out the Video Lounge at Hibernia Irish Pub (109 Williams St.) or Mechanical Bull Riding at Libad's Bar (578 Brockton Ave.).

For more events, check [HERE](#)

SUNDAY, JULY 17

On Sunday, enjoy a lazy day at the beach. Check out public beach West Beach (West Rodney French Blvd.) for fun in the sun and sand. West Beach is located at the southern end of the city on the west side of the peninsula. Enjoy a beautiful day at the beach overlooking Clarks Cove and Dartmouth coastline. Be sure to stay hydrated and wear sunscreen!



Or sleep in and enjoy a late brunch or lunch date at Cork Wine and Tapas (90 Front St.) or Dog Day Sundays with your BFF (best furry friend) at Hibernia Irish Pub (109 William St.). Don't forget about Sunday Night Jam Session at Pour Farm (780 Purchase St); starting at 7pm and hosted by local musician Matt Antunes. Support independent, local musicians who are looking to get their music out to you! Want to jam? Give Matt a shout at straightlacedproductions@comcast.net. End the weekend with Karaoke at the Catwalk Bar and Grille (34 Union

St.) at 9:30pm.

Have a great weekend!

Your Theatre Offers Free Acting Classes

New Bedford's Your Theatre, Inc will conduct six no-charge classes and workshops in acting on consecutive Thursdays from 7:30 to 9:30 p.m. in the auditorium complex of St. Martin's Church at the southeast corner of County and Rivet Streets beginning Thursday July 14 and ending August 18, 2011.



Open to South-Coast residents aged 16 and older, sessions will be limited to a maximum of 16 attendees. Participants will be chosen by the order in which their applications are received and regardless of gender, race, creed, or political, sexual and religious persuasion. Interested persons should submit their names, e-mail addresses and telephone number to POWS1@verizon.net, or call the Your Theatre, Inc. office at 508 993-0772.

The program will be conducted by Edward J. Maguire, retired Artistic Director with more than 50 years of experience in all aspects of theatrical production. He will be assisted by Cynthia J. Messier, a 40-year veteran actor and director. Mr. Maguire will coach participants in acting technique, while Ms Messier will concentrate on oral interpretation skills.

New Bedford Historical Park Great Outdoors Day



On July 15, 2011 from 5 – 10 p.m., New Bedford Whaling National Historical Park will host a free family event at Buttonwood Park celebrating the great outdoors. Great Outdoors Day will feature tent set-up demonstrations, a climbing wall, campfire storytelling, camping basics, and an outdoor movie showing of the film, “The Great Outdoors.” The park is collaborating with the City of New Bedford, the Department of Conservation and Recreation, New Bedford Parks, Recreation and Beaches, Third Eye

Unlimited, and the Marion Institute to put on the event. Great Outdoors Day will take place in the field to the north of the warming house at Buttonwood Park, near the pond. Free parking is available at the warming house.

The idea for Great Outdoors Day came from participants in the park’s Youth Ambassador Program, an after-school and summer program for New Bedford teens who communicate local and national history through music, video, live performances, events, and social media outreach. They came up with the concept for the event as a way to introduce the outdoors to populations that may not typically visit natural resource areas or participate in outdoor activities such as camping, hiking, or climbing. By familiarizing people with some of the fundamentals to safely enjoying the millions of acres of public land available in the U.S. and beyond, the Youth Ambassadors hope that nature will seem less foreign to the

many city residents that do not explore beyond the SouthCoast.



Youth Ambassador Program
(YAP) members

The Youth Ambassador Program represents the youth voice of New Bedford Whaling National Historical Park and participants have created songs and videos that introduce topics such as whaling and Underground Railroad history, as well as a song encouraging young people to “Get Outside and Move” which landed them a front page feature on Michelle Obama’s Let’s Move website www.letsmove.gov.

New Bedford Whaling National Historical Park was established by Congress in 1996 to help preserve and interpret America’s nineteenth century whaling industry. The park, which encompasses a 13-block National Historic Landmark District, is the only National Park Service area addressing the history of the whaling industry and its influence on the economic, social, and environmental history of the United States. The National Park visitor center is located at 33 William Street in downtown New Bedford. It is open seven days a week, from 9 AM-5 PM, and offers information, exhibits, and a free orientation movie on the hour from 10 AM-3 PM. The building is accessible. Admission is free. For more information, go the website at www.nps.gov/nebe, or call 508-996-4095.

South Coast Weekend Guide (July 8-10)



by Ali
Piva


After a very hot week filled with sunshine, the weekend's forecast predicts a chance of thunderstorms. According to weather.com, the forecast is for scattered thunderstorms Friday, isolated thunderstorms Saturday, and then back to sunny skies on Sunday. Temperatures are predicted to range in the highs of 78°F – 84°F.

While enjoying the weekend, definitely check out one or some of the many opportunities in the area to listen to local music, celebrate nightlife, enjoy the arts, or benefit a good cause. As always, most events discussed here are from [LocalOracle](#). To have your events promoted for FREE, submit them [HERE](#). If you need directions, simply click on the event name for contact info and directions.

FRIDAY, JULY 8

Friday kicks off the weekend with the start of one of New Bedford's most enjoyed, annual festivals – the Whaling City Festival at Buttonwood Park. The festival is a three-day event and is open Friday-Sunday from 9am-8pm. Enjoy rides, games, yummy carnival food, music and live performances. Or shop the many vendors and tents that will be set up! The Whaling City

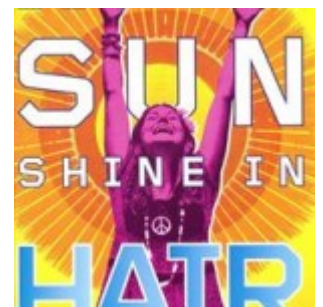
Festival is a super fun summertime event.

From NewBedfordGuide: *"The Whaling City Festival has been  running for an amazing 42 years and attendance is FREE of charge. The organizers claim that over 150,000 people visit each year. The festival offers over 200 retail vendors and 26 food vendors. The main attractions are the local bands, radio stations, vintage car shows and of course carnival rides."*

If you are looking for a great event outside this weekend, the Whaling City Festival is perfect for all ages. Live music will include Beatles, Santana, Johnny Cash and Led Zeppelin tribute bands with some amazing local music to include Neal McCarthy Problem and Abby Normal. Other entertainment includes Top Rope Wrestling, Rosie's Racing Pigs, Poppytown Puppets, BINGO with Linda Morad, Whaling City Food Drive and much more. A full schedule of events can be found [here](#).

The Whaling City Festival Custom Car and Truck show will be held Sunday from 8 AM to 3 PM and cost \$15 per entry. The trophy presentation will be at 3 PM. Don't miss yet another amazing festival that only hits New Bedford once a year!"

Friday is also the opening night for "Hair: The American Tribal Love Rock Musical," presented by the New Bedford Festival Theatre at the Zeiterion Performing Arts Center (684 Purchase St.). 'Hair' will be running from July 8 through to the 17th. Tickets are \$30-\$45, and are available for purchase [HERE](#). Don't miss out on this show!



From The Z: *"Don't miss HAIR, the most exuberant musical on stage! HAIR tells the story of a group of friends choosing to speak up and sing out in celebration of love, life and freedom. The first great rock musical, it has some of the most rousing and soulful songs ever written for the stage, including "Let the Sunshine In," "Easy to Be Hard," "Good*

Morning Sunshine," "Aquarius" and the infectious title song, "Hair". Its relevance is undeniable. Its energy is unbridled. Its truth is unwavering. It's HAIR and it's time!"

For Friday nightlife, check out DJ Eddie Freitas at the Ice Chest Bar and Grille (136 Huttleston Av., Fairhaven), or enjoy music by In-House DJs at Catwalk Bar and Grille (34 Union St.) or Hibernia Irish Pub (109 Williams St.).

For more events, check [HERE](#).

SATURDAY, JULY 9

Start this Saturday morning with peace, love, and exercise. Weather permitting, there will be Yoga at Fort Taber (1000C South Rodney French Blvd.) from 9am-10am. This will be a vinyasa style, hour-long yoga class and attendants are required to bring their own mat or towel, and water. The class is only \$5 and proceeds benefit local charities. This is a great way to start the weekend out with healthy exercise and good karma! Contact southcoastyoga@gmail.com with any questions or concerns.



Be sure to check out the Whaling City Festival if you didn't on Friday! Or, if you had a great time, head back for another fun day on Saturday. Check out the schedule of events [HERE](#).

For dinner and music, head on over to No Problemo (813 Purchase St.) for some super yummy Mexican food, and stick around after 10pm to enjoy Sean Bones and Jake Hill. Or enjoy a meal and rock out to some soul music with Johnny Edwards Power of Soul at Ice Chest Bar and Grille (136 Huttleston Ave., Fairhaven) at 9pm. For other nightlife, check out DJ Jr Ray at Fins (37 Union St.).

For more events, check [HERE](#).

SUNDAY, JULY 10

Enjoy a beautiful beach day at Horseneck Beach! Sunny should be clear skies and hot temps, making for a perfect beach day. Horseneck Beach (5 John Reed Rd., Westport) is one of the most popular beaches in the South Coast and is part of the Massachusetts Department of Conservation and Recreation. Day passes are \$7/car or season passes are \$35 for Massachusetts Residents. Spend the day with your friends, or bring your family and enjoy the ocean, sun and sand. Be sure to wear SPF and stay hydrated!

Or sleep in and enjoy a late lunch or brunch at the Ice Chest Bar and Grille (136 Huttleston Ave., Fairhaven); open at 10am. Ice Chest will be hosting their Second Sunday Blues Brunch with featured blues performer Neal McCarthy. There will be a full brunch provided along with bloody-marys and mimosas – yum!

Don't forget, if you missed the first two days of the Whaling City Festival, you can still enjoy it on Sunday! Check out the schedule of events [HERE](#).

Or, just like every other Sunday, enjoy a late brunch or lunch date at Cork Wine and Tapas (90 Front St.) or Dog Day Sundays with your BFF (best furry friend) at Hibernia Irish Pub (109 William St.). End the weekend with Karaoke at the Catwalk Bar and Grille (34 Union St.) at 9:30pm.

2011 Whaling City Festival



by

Michael
Silvia

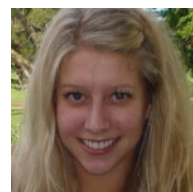
✖ The New Bedford Festival season is in full swing. Last weekend (2-3 July) Summer Festival took over downtown New Bedford with dozens of musicians and hundreds of street vendors. August will bring the world famous Feast of The Blessed Sacrament (Portuguese Feast/Madeira Feast) and the amazing Chowder Festival. This weekend (8-10 July, 9 AM – 8 PM daily) is the Whaling City Festival located at Buttonwood Park.

The Whaling City Festival has been running for an amazing 42 years and attendance is FREE of charge. The organizers claim that over 150,000 people visit each year. The festival offers over 200 retail vendors and 26 food vendors. The main attractions are the local bands, radio stations, vintage car shows and of course carnival rides. If you are looking for a great event outside this weekend, the Whaling City Festival is perfect for all ages.

Live music will include Beatles, Santana, Johnny Cash and ✖ Led Zeppelin tribute bands with some amazing local music to include Neal McCarthy Problem and Abby Normal. Other entertainment includes Top Rope Wrestling, Rosie's Racing Pigs, Poppytown Puppets, BINGO with Linda Morad, Whaling City Food Drive and much more. A full schedule of events can be found here.

The Whaling City Festival Custom Car and Truck show will be held Sunday from 8 AM to 3 PM. Admission is FREE, but it costs \$15 per car entry. The trophy presentation will be at 3 PM. Don't miss yet another amazing festival that only hits New Bedford once a year!

4th of July Weekend Guide (July 1-4)



by Ali
Piva

2012 New bedford Firework details [here](#). Also, check out the 14 Events for the 2012 4th of July week [here](#). 100s of other events on our event calendar [here](#).

It's going to be a warm, wonderful Fourth of July Holiday Weekend! According to [weather.com](#), temperature highs will range from 81°F – 85°F. Weather predictions are for a mix of sun and rain over the weekend, with PM showers on Friday, sunny skies on Saturday, isolated thunderstorms on Sunday, and partly cloudy skies for Independence Day. Such typical New England weather!

This Fourth of July weekend enjoy fun-in-the-sun, barbecues, beaches, and fireworks! From Wikipedia: *Independence Day, commonly known as the Fourth of July, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring independence from the Kingdom of Great Britain. Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, political speeches and ceremonies, and various other public and private events celebrating the history, government, and traditions of the United States.*

While enjoying the weather and celebrating the Fourth of July Holiday Weekend, definitely check out one or some of the many opportunities in the area to listen to local music, celebrate nightlife, enjoy the arts, benefit a good cause, or watch local fireworks. Most events discussed here are from LocalOracle.com. To have your events promoted for FREE, submit them [HERE](#). If you need directions, simply click on the venue name to get their contact info and directions.

FRIDAY, JULY 1

Celebrate the Fourth of July a few days early with FREE admission to Buttonwood Park Zoo (425 Hawthorn St). This free event is part of Highland Street Foundation's Free Fun Fridays. Buttonwood Park Zoo will be open from 10am-5pm. Bring your friends and family for a great afternoon with amazing animals. This is the perfect opportunity to visit the zoo's Asian elephants Emily and Ruthy, and show some love to Ruthy for her 25 Year Anniversary at Buttonwood Park Zoo!



Free Admission today (July 1) at the Buttonwood Park Zoo until 5pm!

If you haven't been yet, spend Friday evening at WaterFire Providence! This is a beautiful and awesome summer event. WaterFire takes place in downtown Providence, RI along Memorial Blvd., Providence River and Woonasquatucket River.

Sunset will be at 8:22pm on Friday, so make sure you are in

Providence at that time to enjoy a beautiful, outdoor, evening event. From WaterFire: *WaterFire's over eighty sparkling bonfires, the fragrant scent of aromatic wood smoke, the flickering firelight on the arched bridges, the silhouettes of the firetenders passing by the flames, the torch-lit vessels traveling down the river, and the enchanting music from around the world engage all the senses and emotions of those who stroll the paths of Waterplace Park.*

Looking to start Fourth of July Weekend off with a traditional celebration? Head over to UMass Dartmouth (285 Old Westport Rd., Dartmouth) for Bristol County Savings Bank's Freedom Festival! This is UMass Dartmouth's annual celebration of Independence Day and display of fireworks.

This is an alcohol-free, family-oriented event with great music. This is such a wonderful local event to celebrate Fourth of July Weekend! From Herald News: *The fun begins at 6:15 p.m. with a concert by the Pop/Latin band Santa Mamba, followed by performances by Rock/Jazz/Zydeco oriented-Entrain at 7:45 p.m. and the New Bedford Symphony Orchestra Brass Quintet prior to the fireworks scheduled for 9:30 p.m. In the event of rain, the concerts and fireworks will be held on Wednesday, July 6, at the same times.*

For Friday nightlife, Iron Mustache will be performing at Black Watch Pub (266 Dartmouth St.) with Mother Night and Thrillhouse at 10pm; this is a benefit show for Jeannine Catz. Or check out McCarthy & Legge at the Bayside Lounge (125 Sconticut Neck Rd.). Also, Reggae Band Ting and I will be at No Problemo (813 Purchase St.) at 10pm and DJ Eddie Freitas will be at the Ice Chest Bar & Grille (136 Huttleson Ave., Fairhaven).

SATURDAY, JULY 2

Spend a beautiful, sunny Saturday in true South Coast style – at the beach!! Horseneck Beach (5 John Reed Rd., Westport) is

one of the most popular beaches in the South Coast and is part of the Massachusetts Department of Conservation and Recreation. Day passes are \$7/car or season passes are \$35 for Massachusetts Residents. Spend the day with your friends, or bring your family and enjoy the ocean, sun and sand. Be sure to wear SPF and stay hydrated!



Every day of the holiday weekend looks like a beach day.

This Saturday kicks off the first day of an incredible, two-day South Coast event – SummerFest! The [16th Annual Greater New Bedford SummerFest](#) is an International Folk Music and Arts Festival, described as an affordable destination for families seeking a fun-filled Independence Day Weekend. SummerFest takes over the streets of Downtown New Bedford with amazing vendors, local artists, and New England treasures.

Festival hours are Saturday and Sunday from 11 a.m. to 9 p.m. at \$20/day (available on-site only); Weekend Pass (Saturday and Sunday only) at \$20 advance/ \$25 gate. SummerFest: *“The two day family-oriented festival offers continuous folk music from 11am to 9pm on seven sound stages throughout the New Bedford Whaling National Historical Park ranging from the 1200 seat “Custom House Stage” to the intimacy of the 55 seat ‘Meet the Performer’ area. The Artisans’ Marketplace showcases the handcrafted work of many local artists as well as crafters from Maine to California and the International Bazaar offers*

high-quality, imported handcrafts from around the globe. Hosted by the City of New Bedford and The Standard-Times, the Greater New Bedford Summerfest offers an exciting atmosphere with great music, beautiful arts and crafts and fun activities for the whole family."

Don't miss out on another awesome South Coast event on Saturday – the Just Beer Summah Open House at Just Beer, which is the former Buzzards Bay Brewing Inc. (98 Horseneck Rd., Westport). The blues, BBQ, and raw bar event is free admission and a perfect way to celebrate Fourth of July weekend. Enjoy cold beer and local Cuttyhunk oysters – YUM! There will be music by Neal McCarthy Problem. Bring your own chair, blanket, and sunscreen and enjoy a fun, celebratory afternoon; event is from 12pm-5pm.

For Saturday nightlife, see Johnny's Basement at the Ice Chest Bar & Grille (136 Huttleston Ave., Fairhaven) or The Outer Limits at Kirby's Pub (818 Kempton St.); both at 9pm. Tom Allen Band will be at No Problemo (813 Purchase St.) at 10pm.

SUNDAY, JULY 3

Enjoy Sunday afternoon being thankful for our Independence! Celebrate by spending time with your friends and family, swimming in the pool or running through the sprinkler and cooking on the barbecue. Relax and celebrate the long weekend!



If you didn't make it to SummerFest Saturday, definitely check it out on Sunday! This is really a wonderful event and a good chance to explore Downtown New Bedford. Especially don't miss the [16th Annual Greater New Bedford SummerFest](#)'s fireworks display! Fireworks will be over the harbor Sunday night, at

9:45pm!

Or, just like every other Sunday, enjoy a late brunch or lunch

date at Cork Wine and Tapas (90 Front St.) or Dog Day Sundays with your BFF (best furry friend) at Hibernia Irish Pub (109 William St.). Wind down with Karaoke at the Catwalk Bar and Grille (34 Union St.) at 9:30pm.

MONDAY, JULY 4

Celebrate Independence Day by supporting a wonderful cause! Rose Alley Ale House (94 Front Street) is having the [July 4th Barbecue to support the Schooner Ernestina](#). This is a wonderful way to celebrate the holiday with an outdoor barbecue in Downtown New Bedford. The barbecue is an all-day event from 12pm-10pm – enjoy a special 4th of July menu, and live music from Rebecca Correia! From Rose Alley Ale House: *The Schooner Ernestina-Morrissey Association, Inc. (SEMA) is a 501c(3) not-for-profit corporation with the purpose of raising funds to provide for the maintenance, equipment, manning, programming and operation of the Schooner Ernestina ex Effie M. Morrissey as a sail training vessel, school ship, and educational enterprise.*

There will also be a fireworks display launched from a barge in New Bedford Harbor at 9:15pm. The public will have a clear view of the fireworks presentation from almost every point around the Harbor.

As always, have a wonderfully awesome weekend! Be safe and enjoy the holiday to the fullest!