

SOCAL PULSE

DISCOVER THE BEAT OF SOUTHERN CALIFORNIA

BY BROOKE KNETZGER ON JUNE 25, 2019



Cool off at Sycuan's Dip Day Club

This month, San Diego brings you over-the-top pool parties, Fourth of July BBQs, opening day at the racetrack and more. See our list of the top San Diego things to do in July.

Edited by Brooke Knetzger.

Summer Wine Series

July 3, 10, 17, 24, 31. Tower23 Hotel invites wine lovers to the Tower Deck this summer to join select vineyards and wine professionals as they share their craft and toast to the San Diego sunset. Located on the Pacific Beach boardwalk, Tower23 is the perfect spot to indulge in the annual *Sip Into Summer Wine Series* while enjoying spectacular ocean views of the San Diego coastline. These special events will be taking place every Wednesday night during the summer through September 4. 6 p.m. \$25-\$30. Tower23 Hotel, 723 Felspar Street, Pacific Beach, 858.270.2323. [Tickets](#)

Tequila Fortaleza Sips & Bites at The Patio on Goldfinch

July 3. Calling all tequila lovers! The cozy Mission Hills eatery is hosting a four-course dinner featuring sips of Tequila Fortaleza. Chef Ambrose has created a special menu for the event expertly paired with various tequilas to complement the four courses sure to delight. 6 p.m. \$60. 4020 Goldfinch Street, Mission Hills, 619.501.5090. [Tickets](#)

Fort Oak Debuts Chef's Counter Experience

July 3. Slide into a seat at Fort Oak's chef's counter where you'll watch Executive Chef Brad Wise and his culinary team slicing and dicing locally-grown vegetables, grilling meats and fresh caught seafood on a custom made 7,000-pound grill, and composing perfect plates right in front of your eyes. Fort Oak's Chef's Counter Experience is only available on Wednesday and Thursday nights every other week starting July 17. 7 p.m. \$100 pp. 1011 Fort Stockton Drive, Mission Hills, 619.722.3398. fortoaksd.com

Sunset Sessions at 10 Barrel Brewing Pub

July 5, 12, 19, 26. Summer is in full swing at the East Village hotspot. Head to "Sunset Sessions" to enjoy live music on the rooftop from local musicians every Friday through August. Guests can come early to enjoy Happy Hour \$4 beers from 3-6 p.m. with a spectacular view of the city! 6-9 p.m. 1501 E Street, East Village, 619.578.2311. 10barrel.com

Sunset Poolside Jazz Series

July 4, 11, 25. With spectacular views of the San Diego skyline at sunset, the Westgate Hotel's rooftop will be home to the 6th Annual Sunset Poolside Jazz Series, featuring an incredible lineup of the best smooth jazz artists in Southern California. 6:30-9:30 p.m. \$25+. The Westgate Hotel, 1055 Second Avenue, Gaslamp Quarter, 619.238.1818. westgatehotel.com

Upper East Bar Red, White & BBQ

July 4-7. Upper East rooftop bar will be holding a Red, White & BBQ party for the 4th of July celebrations. There will be \$8 cocktails featuring Jack Daniel's Whiskey & Tito's Vodka, \$5 beers, bratwurst, bacon-wrapped hot dogs and other BBQ favorites. 11:30 a.m – close. 435 6th Avenue, downtown, 619.531.8744. hotelsolamar.com

San Diego Pride Week

July 6-14. San Diego Pride Week is full of happening events and all are welcome to join in on the festivities! Highlights of the week include the Pride 5k, San Diego Pride Parade and the San Diego Pride Festival. For a full list of events and dates see website. sdpride.org

Lady Brain Fest

July 7. Lady Brain Fest is bringing an all-female fronted music festival to Heritage Ranch in Encinitas. The family-friendly event will encompass live music from 20 female-fronted musical acts, poetry readings, interactive art stations, special guest performers, local vendors, a kids' zone and more! See website for lineup. 12-7 p.m. \$12 online; \$15 at the door. Heritage Ranch, 450 Quail Gardens Dr, Encinitas. [Tickets](#)

Another Roll of the Dice

Previews July 10. The World Premiere of *Another Roll of the Dice* reunites songwriter Frank Loesser and author Damon Runyon, the creators of the legendary Broadway musical *Guys and Dolls*. In "Dice," three classic Runyon stories are intertwined with hits from the Frank Loesser songbook, including "Heart and Soul," "Two Sleepy People," and "Let's Get Lost," performed by iconic Runyonesque characters. Runs through August 4. See website for show times and ticket prices. North Coast Repertory Theatre, 987 Lomas Santa Fe, Solana Beach, 858.481.1055. northcoastrep.org



Celebrate the Little Italy Food Hall's One Year Anniversary

Little Italy Food Hall Turns One

July 12. Celebrate the Food Hall's one year anniversary of being open. Festivities include live music, face painting and balloon artists, treats and giveaways, anniversary cocktail specials from the LIFH Bar, food specials from select stations, fun activities and more! 3-9 p.m. Free to attend. Little Italy Food Hall, 550 W Date St, Suite B, Little Italy, 61969.7187. littleitalyfoodhall.com



Tequila tastings, live mariachi and more at Estancia's Garden Party

Garden Party: Tequila

July 12. Influencing a summer of sipping, savoring and socializing, Estancia's Garden Party series invites locals and San Diego visitors to indulge in a series of decadent pairing dinners rotating between wine, tequila to bourbon. July's event will focus on tequila, where guests can take part in a grand celebración of Estancia La Jolla's annual pilgrimage to Casa Herradura, where they hand-select barrels of reposado tequila for the year. Guests will enjoy food stations featuring Baja favorites, Herradura tequila tastings, wines from Valle de Guadalupe, an appearance by the Herradura donkey and live mariachi. 6:30-9:30 p.m. \$125+. Estancia La Jolla Hotel & Spa, 9700 N. Torrey Pines Road, La Jolla, 855.318.7602. [Tickets](#)

Family ArtLab

July 13. The Museum of Contemporary Art San Diego is hosting a series of pop-up Family ArtLABs at Westfield UTC! Come by for art-making and exploration centered around three sculptures from the Museum's permanent collection currently installed at the center. Led by MCASD Gallery Educators, Family ArtLAB: Geometric Abstractions invites participants to use geometric shapes to create playful and unique works of art that they can take home. 2- 4 p.m. Free to attend. Westfield UTC, 4545 La Jolla Village Drive, La Jolla. [Tickets](#)

Jazz at The Ranch

July 13-20. Rancho La Puerta, just one hour south of San Diego, provides a luxurious, all-inclusive wellness experience, offering guests a unique reawakening and spiritual mental escape. Jazz @ The Ranch returns for an exclusive week of wellness through music, evening jazz concerts, farm-fresh cuisine and jazzed-up workouts. World renowned jazz musicians Simon Nabotov, Tom Rainey and Ingrid Laubrock will perform high-energy sets commemorating the genre's evolution and impact. Rancho La Puerta, Tecate, Mexico, 800.443.7565. rancholapuerta.com



Poolside yoga at Manchester Grand Hyatt

Yoga by the Pool with CorePower

July 13, 20, 27. Kick-off the morning with a 9 a.m. 60-minute yoga flow class led by CorePower instructors on Grand Hyatt's 3rd floor rooftop pool deck, every Saturday from July 13 – Aug. 24. Yogis can enjoy a complimentary day pass to both rooftop pools to soak up the sun and picturesque views. Manchester Grand Hyatt San Diego, 1 Market Place, downtown, 619.232.1234. [Tickets](#)

66th Annual World Championship Over-the-Line Tournament

July 13-14, 20-21. The Old Mission Beach Athletic Club is calling all players, beach-goers and sports enthusiasts! Over 1,000 teams will hit the sand at sunrise with their bats, balls and most creative team names to kick-off 66 years of San Diego tradition. Grab your best friends, your favorite six-pack and kick back to enjoy a thrilling day of OTL. See website for additional information. OTL Tournament Fields, Fiesta Island. ombac.org

Bastille Day & 12th Anniversary at Bleu Bohème

July 14. The award-winning restaurant will celebrate Bastille Day and its douzième anniversaire, 12th anniversary, with a French fête. Specialty cocktails and a three-course dinner will mark the occasion. The menu, which may be ordered prix fixe for or a la carte, includes soupe au pistou, summer vegetable soup with white beans, campanelle pasta and fresh basil pistou with parmesan; carre d'agneau, rack of lamb with sautéed spinach, farro-goat cheese gratin and red wine gastrique; and crêpes suzette, sweet crepes rolled with oranges and Grand

Marnier, topped with vanilla ice cream. Plus two specialty cocktails. 5-9 p.m. \$58. 4090 Adams Ave., Kensington, 619.255.4167. bleuboheme.com

OUT in Little Italy: Pride Brunch

July 14. Launching this year is a bottomless mimosa brunch, taking place in Little Italy's Piazza della Famiglia. The event features food from participating eateries at the Little Italy Food Hall; live performances, and much more! The Piazza della Famiglia will come alive with colorful rainbow décor and exciting festivities during the mid-morning event. 9-11:30 a.m. \$75. 555 W Date Street, Little Italy. [Tickets](#)

Opening Day of the Del Mar Races

July 17. Hold onto your hats! Join thousands of fans for Opening Day—one of the most unique, exciting events on the West Coast. Take part in the fabulous fashion scene, see some of your favorite celebrities, experience the thrill of the high-speed races and bet on some of the world's most prestigious thoroughbreds. Gates open 11:30 a.m., first race 2 p.m. \$15-\$30. Del Mar Racetrack, 2260 Jimmy Durante Blvd., Del Mar, 858.755.1141. dmtc.com

Rancho Valencia Opening Day After Party

July 17. Rancho Valencia Resort & Spa is celebrating Opening Day as the official after-party with its elevated, and local favorite "After Pony Party". Guests will cheer to bets and the season kickoff with refreshing summer cocktails while enjoying delectable tasting stations, live DJ, private cabanas and an abundance of photo opportunities. Celebratory champagne will be available to toast the day's wins with other race enthusiasts and the celebrity jockeys themselves. 6-10 p.m. \$125 pp. 5921 Valencia Circle, Rancho Santa Fe. [Tickets](#)

Dip Day Club

July 20. Dip Day Club takes the pool experience to a new level in partnership with Five Group (*KAABOO*, *Hakkasan Las Vegas*, *STK*). Featuring DJ Snoopadelic, stunning bottle presentations and free-flowing champagne and beverages, Dip Day Club creates a new upscale pool party just 30 minutes from downtown San Diego. 12-7 p.m. \$25-\$45. Ages 21+. Sycuan Casino Resort, 5469 Casino Way, El Cajon, 619.445.6002. [Tickets](#)

National Carousel Day

July 25. Celebrate the 3rd Annual National Carousel Day at the historic Balboa Park Carousel. The event will feature musical entertainment, free carousel rides all day, face painting, food vendors, children's activities and more fun for the whole family! Free to attend. 11 a.m.-3 p.m. Balboa Park Carousel, 2920 Zoo Dr., Balboa Park.

Photos: Sycuan Dip Day Club courtesy H2 Public Relations. Little Italy Food Hall courtesy Grain & Grit Collective. Estancia & Manchester Grand Hyatt photos courtesy J Public Relations.