



What's up this weekend

Matisyahu, Jimmy Fallon, Freestyle Invasion and more

By Adam Eisenberg and Rochelle Oliver

Metromix
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(Credit: Metromix/Ben Hicks)

The weekend is here again, and it's time to stuff a week's worth of fun into just a few days.

This Saturday, Matisyahu is in town to perform live at the Pompano Beach Amphitheatre, and he's bringing special guests Les Claypool and Dub Trio along for the show. If that's not your sound, head to the BankUnited Center for old-school tunes from Taylor Dayne and more at the 2009 Freestyle Invasion.

If you're looking to laugh, head to West Palm Beach to catch Jimmy Fallon live at the Palm Beach Improv.

Whatever you choose to do, be sure to check back for more ways to Metromix your weekend.



 **PICK** [Matisyahu](#)

[Pompano Beach Amphitheatre](#) - 1801 NE Sixth St. - Pompano Beach
May 30

Hasidic hip-hop and reggae star Matisyahu makes his return to South Florida at the Pompano Beach Amphitheatre on Saturday. He'll be performing some of his old favorites and some new songs from his upcoming album, "Light." The show, obviously, starts after sundown. Les Claypool and Dub Trio are also on the bill.



 [Jimmy Fallon](#)

[Palm Beach Improv](#) - City Place - 550 S. Rosemary Ave. - West Palm Beach
May 30

Jimmy Fallon takes some time away from the talk-show circuit where he hosts "Late Night with Jimmy Fallon" to return to his stand-up roots. Catch the comedian in action at the Palm Beach Improv on Saturday. Fallon will perform at 7 and 9:15 p.m.



 [Freestyle Invasion](#)

[BankUnited Center at University of Miami](#) - 1245 Dauer Drive - Coral Gables
May 30

South Florida kicks it old school this Saturday at the BankUnited Center on the campus of the University of Miami. Join long-forgotten names like Taylor Dayne, Debbie Deb, Company B and more at the 2009 Freestyle Invasion.



[Betty Bangs](#)

[Sole on the Ocean Hotel](#) - 17315 Collins Ave - Sunny Isles Beach
May 30 : 12 p.m. - 6 p.m.

Sole on the Ocean kicks off its weekend pool series with a Betty Bangs fashion show, a live performance by the Hep Cat Boo Daddies, grill bites and complimentary Bacardis from noon to 6 p.m. on Saturday, May 30.



[Sip and Spa Thursdays](#)

[Essensia Restaurant & Lounge](#) - Palms Hotel & Spa - 3025 Collins Ave - Miami Beach
Thursdays : 6 p.m. - 9 p.m.

A new, weekly happy hour kicks off at Essensia. On May 28, the Thursday party will include complimentary ecofriendly cocktails from VeeV Aai Spirits and minispa services from The Palms Spa and AVEDA in addition to half-off Bonterra organic wines and lounge menu items. Every following week will play out as fun-spirited and down-to-earth happy hours with a sip, spa and snack. Guests can also receive 20 percent off on spa treatments booked on this night.



[Master Class blind wine tasting seminar](#)

[Morton's of Chicago - West Palm Beach](#) - Phillips Point Office Building - 777 S. Flagler Drive -
West Palm Beach
May 30 : 6 p.m. - 7:30 p.m.

Mortons The Steakhouse is hosting a Master Class Blind Wine Tasting Seminar, featuring seven blind wines alongside Mortons signature hors deuvres from 6 to 7:30 p.m. on Saturday, May 30.

Ink'd By: 