



Heroically Healthy

When Super Grover loses his super-ness, it's up to the rest of the loveable *Sesame Street* characters to make things right. The fuzzy blue muppet learns lessons—filled with singing and dancing—about healthy habits in *Sesame Street Live: Elmo's Healthy Heroes* (page 73). Catch all the fun at the Doug Mitchell Center at UBC (Aug. 6 and 7) and the Abbotsford Entertainment & Sports Centre (Aug. 13 and 14). Don't worry: none of it feels like medicine.

Stand-Up Guy

You might know him as Aldous Snow from *Forgetting Sarah Marshall* and *Get Him to the Greek*, or as the author of *My Boooky Wook: A Memoir of Sex, Drugs and Stand-Up* and *Boooky Wook 2: This Time It's Personal*, or even as Mr. Katy Perry, but Russell Brand (page 74) is also an **eccentric stand-up comedian**. See his act at the Red Robinson Show Theatre (Aug. 5) and the River Rock Show Theatre (Aug. 6).



Festival Fun

What's the formula for a **sizzling summer party**? Take one music and arts festival with headliners such as Weezer (pictured), Metric, John Butler Trio and Major Lazer, add in some camping and a **mellow West Coast vibe**, then bake in the summer sun all weekend long. It adds up to Live at Squamish (Aug. 20 and 21; page 72).