



## Active Older Adults Day

**Free!**  
 A day designed especially  
 for those 60 and older.  
 Enjoy a day at the YMCA  
 and find just what  
 you are looking for.

### Free Activities:

- 8:45-12:15pm Blood Pressure Check & Flexibility Check (Lobby)
- 9:30-12:30pm Free 10-minute Chair Massage (Beck Center)

### Information Tables:

- Kezar Hearing
- Sundance Foods
- OSU Extension
- Holy Donuts
- U of O Athletic Training Service Center

### Snacks Sponsored by Capella Market

May 27th, 2009  
 Wed. 8-1:30pm

#### Free Class Options:

8—9am	Tai Chi (Movement Center)
8—9am	Deep Water Aerobics (Big Pool)
9—10am	Gentle Water Aerobics Deep Water Aerobics (Big Pool)
10:30-11:30am	Circle Swim (Big Pool)
10:30-12:00pm	Aerobics Plus (Movement Center)
11:30-12:30pm	Keep Moving (Small Pool)
12-1:30pm	Strength & Stretch (Movement Center)
12 -1pm	Gentle Yoga (Meading Room)



**EUGENE FAMILY YMCA**

2055 Patterson 686-9622 www.eugeneymca.org

We build strong kids, strong families, strong communities.

# Wine, Food, Sun

PONY UP FOR PINOT by Suzi Steffen

Is there a time more possibly perfect in the Willamette Valley than the last weekend in July? With the likelihood of gorgeous weather approaching 100 percent and an international crew of people who not only feel passionate about the grape and its fermented state but also local, organic food and health care for workers, the **International Pinot Noir Celebration** in McMinnville should charm everyone who can afford the ticket.

Yes, that ticket's pricey. Seriously pricey. On the other hand, your \$975 gets you everything from a seminar where the winemakers of Panther Creek Cellars, Cristom Vineyards and Bethel Heights share stories about their soils and microclimates to vineyard tours and winery lunches that read like head-spinning combinations of delight. Chefs including Leather Storrs (Portland's Noble Rot), our own Adam Bernstein (Adam's Sustainable Table), John Gorham (of PDX's glorious Toro Bravo) and a whole bunch more provide the taste delights for interviews with winemakers.

We all know this wouldn't be an Oregon conference without emphasis on local food and some form of social justice, and the IPNC takes on both. There's the Grand Dinner, where Vitaly Paley, Stephanie Pearl Kimmel and Rocky Maselli and other well-known Oregon chefs work with farmers to create that famous Northwest combo of



IPNC

local and crazy good food. The weekend previews November's Salud! auction, where winemakers auction off custom bottles of pinot noir in order to pay for field worker health care. Attendees can give a donation to Salud! on the registration form or at [www.saludaction.org](http://www.saludaction.org)

Looking for a less pricey option? On Sunday, July 26, the IPNC hosts the \$125-per-ticket "Passport to Pinot," a tasting extravaganza complete with winemakers from all over the world and, of course, top chefs from around the state. For pinot noir enthusiasts, the entire weekend looks like one long fantasy come to life in the Valley. The group request deadline for registration falls on May 30, but individuals can keep on registering either online or with the celebration's brochure. Check out [www.ipnc.org](http://www.ipnc.org) for the enticing specifics — and, hey, think about saving up now for next year's fun in the sun. ■

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 Eugene's new  
 Crescent Village

## b<sup>2</sup> WINE BAR

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Monday - Thursday 12-10pm

Friday - Saturday 12-12

Sunday 11-9pm

# listen up

morning edition

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