



HEALTH Late Morning Health & Wellness Program, Shibashi Tai Chi & Qigong, 10:30-11:30am today & Wednesday, Eugene United Methodist Church, 1376 Olive St., www.transformation-arts.org \$5.

KIDS/FAMILIES Preschool Fun w/Art & Science, ages 3-6, 10:30-11am, Springfield Library, 225 5th St., Spfd. FREE.

MUSIC Molly Guardino, Caroline Baur, acoustic solo, 6pm, Cozmic. FREE.

Oregon Composers Forum w/OU Trumpet Studio, 7pm, Beall Hall, UO. FREE.

Eugene Symphonic Band: March Madness, 7:30pm, First Baptist Church, 3550 Fox Meadow Rd. \$8, \$5 sr., stu. FREE.

ON THE AIR City Club of Eugene: "Health Insurance and Accountable Care Act," 6:30-7:30pm, 89.7 FM KLCC.

OUTDOORS/RECREATION Aerial Circus Arts & Acro-Balance, free trial, 8-9pm today & Wednesday, GymFusion: National Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 drop-in, \$80 for 10 classes.

Rhythm Hoopdancing, 8-9pm, GymFusion: National Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 drop-in, \$80 for 10 classes.

SPIRITUAL The Shma as a Meditation: meditate on this 6-word phrase, based on kabbalistic & chasidic sources, taught by Shmuel Shalom (Geoffrey) Cohen, 7-9pm, Temple Beth Israel, 1175 E. 29th Ave.

15tues

Sunrise 5:46am; Sunset 8:33pm
Av High 67; Av Low 43

FILM *River of Love*, 7:30pm, Friends Meeting House, 2274 Onyx St., 485-6854. FREE.

FOOD/DRINK Creswell Farmers' Market, indoors, 4-6pm, 182 S. 2nd St., Creswell.

GATHERINGS Cascade Toastmasters, drop-ins welcome, 6:45-8:15am, Original Pancake House, 782 E. Broadway, call 343-3743 for info. FREE.

Community Center for the Performing Arts Annual Membership Meeting, 6:30pm, WOW Hall. FREE.

OE General Assembly, 7pm, OE V, 1274 W. 7th Ave.

Trivia Night, 7pm, Divine Cupcake, 1680 W. 11th Ave. FREE.

HEALTH Tai Chi, 11:30pm, Sacred Heart Medical Center, 3333 Riverbend Dr., Spfd., 515-0462. FREE.

Occupy Medical Clinic, 5-6pm, Occupy V, 1274 Polk St. FREE.

KIDS/FAMILIES Terrific Twos Storytime, for 2-year-olds w/ caregivers, 10:15am & 11am, downtown library, info at 682-8316. FREE..

Jammie Storytime, all ages, come dressed in pajamas, 7pm, Springfield Library, 225 5th St., Spfd. FREE.

LECTURES/CLASSES Conquering the Dragon, dealing w/addiction, for the whole family, noon-1:15pm, Jesco Center, 340 Blair Blvd., 579-3084. FREE.

Success Tips for Dirt Divas, 6pm, downtown library. FREE.

Occupy Education in collaboration w/CLDC, multi-week organizer training series continues, 6:30-8:30pm, OE V, 1274 W. 7th Ave. Don.

Friends of the Fern Ridge Library: "Local Bike Trails & Destinations," 7pm, Fern Ridge Library, Veneta. FREE.

"A Decade of War," Andrew Bacevich, 7:30pm, EMU Ballroom, UO.

LITERARY ARTS Windfall Reading Series: Ralph Salisbury & Aria Minu-Sephehr, 5:30pm, downtown library. FREE.

MUSIC All Access Dance Party, DJ, dance, 5pm, Cozmic. FREE.

Arto Järvelä, Finnish composer & master fiddler, 7:30pm, Sons of Norway Sonja Lodge, 710 McKinley St. http://sonjalodge.org

The Bucket Brigade, rock, folk, 7:30pm, Cozmic. FREE.

Oregon Jazz Ensemble w/the Dan Tepfer Trio, 8pm, Beall Hall, UO. \$7, \$5 stu. & sr.


Bluegrass Jam, 9pm, Sam Bond's. FREE.

SOCIAL DANCE Eugene Folk Dancers, weekly international folk dancing, 7:45pm, Willamalane Activity Center, 215 W. C St., Spfd., 344-7591. \$2.

16wed

Sunrise 5:45am; Sunset 8:34pm
Av High 67; Av Low 44

BENEFITS St. Vincent DePaul Indoor Picnic Supper & Concert w/Divisi, 5:30pm silent auction, 6pm program, St. Mary Catholic Church, 1062 Charnelton St. FREE.



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May 10-13

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Campus - 768 East 13th (above Rainbow Optics)
Downtown - 525 Willamette (across from Post Office)
Store hours: Monday-Saturday 9-6 and Sunday 10-5
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GROWING OLDER FEELING BETTER

Active Older Adult Wellness Week
EUGENE FAMILY YMCA



Blood Pressure Check
Monday, May 14th 8:30-10:30am
Join us in the Y lobby to start your week off right. Get your blood pressure checked and have a healthy snack before going off to one of our many class experiences. We'll have staff available for conversation, tours and questions.

Your Functional Fitness
Wednesday, May 16th 9:30-11:30am
Is your goal to live a healthy, active, and independent life? Our **Senior Fitness Test** will help you develop a plan to get there. Come join us to do a series of activities that will get you moving.
You'll learn meaningful information specific to your skills and abilities. This program is designed for those 60 years or better! Limited to 20 participants; call 541-686-9622 to sign up.

The Power of Posture
Tuesday, May 15th 12-1pm
Come get some tips, from the folks at P.T. Solutions, on what you can do to help improve and maintain your posture.

Renew and Restore
Thursday, May 17th 12:20-1:30pm
Every day we should take time to renew and indulge ourselves. This rejuvenating yoga experience is designed to get you to breathe, relax, calm your mind and nourish your spirit. We provide mats, blocks and straps; you bring along a blanket and pillow.

Free!
May 14 - 18th
50+ Wellness Week
Cut out the coupon to the right, bring it in and have a great week!

Make the most of your free week!
Check out all our class schedules at eugeneymca.org. Take a class, enjoy the sauna, relax with friends. It is free, with the coupon below, for the week! See you at the Y!



EUGENE FAMILY YMCA


ONE FREE WEEK

Name: _____
E-mail Address: _____

Valid May 14 - 18, 2012 for those 50 years or better.

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2055 Patterson Street Eugene, OR 97405
P 541 686 9622 W eugeneymca.org

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Survivors

JUSTICE CENTER

Lane County Legal Aid & Advocacy Center

We greatly appreciate the following who have donated to date and taken a stand against domestic violence in our community and contributed to the Survivors Justice Center at Lane County Legal Aid & Advocacy Center

Applied Scientific Instrumentation Tim Baxter Jean Beachdel George Boehmer C & C Court Reporting & Videoconferencing Mike Carpenter & Sido Surkis In Honor of Marge Church Dennis Dahlem ML Davies Andy & Kathy Gilbert Rev. Leslie Hall Rabbi Yitzhak Husbands-Hankin Stu, Charlie, & Mary Ann Hyatt Margie James Mary James & Rick Keegan Maureen Jenne Mary James & Rick Keegan Andrea Ciaston	Ann Kneeland Gay Kramer-Dodd Sue Laks Linda McCarthy Milo Mecham & Sara Brownmiller Jackie Melvin Chris Nordenson Craig Opperman, Lawrence Arlo, & Stevie Erwin Linda Prefontaine Mike Quillin Kathy Rice Pat Vallerand & Cheryl Roffe Laura Romeyn Jim Thomas John Van Landingham Peggy & Hannah Whalen Dana Woolbright Yvonne Younger Cass SkinnerLopata
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