

The Jitterbug Vipers play a Coburg house party Monday



through Saturday, Amazon Park, pages.uoregon.edu/madduckling \$5.

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

"Delicious Nutrition on a Tight Budget" w/David Ferris, learn to eat well at a low cost, 6pm, downtown library, info at 682-5450. FREE.

MUSIC The Valley Boys, 6:30pm, Harrisburg Riverfront Park Gazebo. FREE.

Sarah Jarosz, 7:30-9pm, The Shedd. \$18-\$22.

Yanni, 7:30pm, Cuthbert Amphitheater, www.thecuthbert.com \$45/\$110.

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

OUTDOORS/RECREATION Obsidians: hike Maxwell Butte, 9 miles, sign up obsidians.org

Adapted Bike Riding for those w/ disabilities, 11am-3pm, Hilyard Community Center, 2850 Hilyard St., reg. www.eugene-or.gov/recenroll \$15.

OBRA Criterium, bike ride, 1K flat oval course, 5:30pm, Greenhill Technology Park, W. 11th & Terry, reg. 521-6529. \$15 per race, \$50 per month.

Baton/staff spinning, multi-level, first class free, 6:30-7:30pm, GymFusion: National Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002.

Eugene Emeralds vs. Everett, 7:05pm today through Aug. 4, 1:30pm Aug. 5, PK Park, 342-5367. \$6-\$12 per game.

SOCIAL DANCE Eugene Folk Dancers, weekly international folk dancing, 6:45 lessons, \$3; 7:45pm dance, \$2, Willamalane Activity Center, 215 W. C. St., Spfd., 344-7591.

FREE. Peace Vigil, 4:30pm, 7th & Pearl. FREE.

Homeowner Assistance Meeting w/Occupy Eugene Foreclosure Action Committee, 5-7pm, Upstairs Growers Market, 454 Willamette St. FREE.

First Wednesday MindFreedom Round Table: Tell Your Mental Health Recovery Story, 5:30pm, Growers Market, Second Floor, 454 Willamette St. FREE.

Health Care for All Oregon meeting, 7-8:30pm, EWEB, 500 E. 4th Ave. FREE.

Trivia Night, 7pm, Sharkeys Pub & Grill, 4221 Main St., Spfd.

Trivia at Supreme Bean, 7pm, 16 Tons Supreme Bean, 29th & Willamette. FREE.

Bingo Night, 8pm, Rogue Public House, 844 Olive St. FREE.

KIDS/FAMILIES Lapsit Storytime, ages birth-3 w/adult, 10am, Springfield Library, 225 5th St., Spfd. FREE.

Preschool Storytime, ages 3-6, 10am, Springfield Library, 225 5th St., Spfd. FREE.

Preschool Storytime, ages 3-6 w/ caregivers, 10:15am & 11am, downtown library, info at 682-8316. FREE.

Stories in Motion for Kids w/Kellee Blanchard, 2pm, Sheldon Branch

Library, 1566 Coburg, info at 682-8316. FREE. Cozmic Carnival, variety, 5pm, Cozmic. FREE.

LECTURES/CLASSES VA health benefits, 10-11am, Campbell Center, 155 High St., reg. www.eugene-or.gov/recenroll FREE.

"Laughter: A Professional Caregiver's Best Tool" w/Leigh Anne Jasheway, tap into your own sense of humor to avoid burnout while care giving, 6pm, downtown library, info at 682-5450. FREE.

MUSIC Cowboy Cadillac, 6:30pm, Coiner Park, Cottage Grove. FREE. Open mic, 7:30pm, Cozmic. FREE. Dana Lyn & Kyle Sanna, Beta Collide, acoustic, jazz, 9pm, Sam Bond's. \$1-\$5.

OUTDOORS/RECREATION Weight Training & Strength Yoga, 8:30am, Celebration Studio, 1820 Willamette St. \$10.

Bike Riding for Seniors, weekly in-town rides, helmets required, 9:30am, from Campbell Center, 155 High St., reg. 682-5218. FREE.

Accessible Aquatics, for people w/ disabilities, 10-11am, Amazon Pool, Amazon Pool, 2600 Hilyard St., reg. www.eugene-or.gov/recenroll \$7.

Kundalini Yoga Happy Hour, 5:30-6:30pm, YogaWest, 3635 Hilyard St. \$8.

Full Moon Healing Meditation, 6:30-7pm, Yoga West Eugene, 3635 Hilyard St., 343-7825.

Beginning Poi Spinning (Firedancing) 7:30-8:30pm, GymFusion: National Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-In, \$80 for 10 class punchcard. FREE TRIAL.

Advanced Poi Spinning (Firedancing) 8:30-9:30pm, GymFusion: National Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-In, \$80 for 10 class punchcard. FREE TRIAL.

Eugene Emeralds vs. Everett continues. See Tuesday.

SOCIAL DANCE Full Moon Dance, 8-10pm, Greenway Bike Bridge, Valley River Center, 683-7346. FREE.

SPIRITUAL A Course In Miracles Drop-In Study Group, 10-11:15am, Unity of the Valley, 39th & Hilyard, 914-0431. Don.

Open Heart Meditation, by appt., noon-12:30pm, Unity of the Valley, 39th & Hilyard, 914-0431. Don.

2thurs

Sunrise 6:02am; Sunset 8:36pm Av High 84; Av Low 52

FILM Ophelia's Place Thursday Movie Matinee, 3:30pm, see www.opheliasplace.net for info.

Occupancy Eugene documentary night continues. See Thursday, July 26.

FOOD/DRINK The Corner Market continues. See Thursday, July 26.

FOOD for Lane County Youth Farm stand continues. See Thursday, July 26.

Wine tasting continues. See Thursday, July 26.

GATHERINGS Eugene Metro Business Networking International, 11:30am, Downtown Athletic Club, 999 Willamette St., http://wkly.ws/159 \$12 lunch.

Women's Business Network Monthly Luncheon, 11:30am-1:30pm, 12th floor Eugene Hilton, 66 E. 6th Ave. \$20, \$15 mem.

Peace Vigil, 4:30pm, 7th & Pearl. FREE.

KIDS/FAMILIES Wonderful Ones Storytime, 1-year-olds w/caregivers, 10:15am & 11am, downtown library, info at 682-8316. FREE.

Stories in Motion for Kids w/Kellee Blanchard, 1pm & 3pm, downtown library, info at 682-8316. FREE.

Lego Club, ages, 2-18, 2-4pm, Springfield Library, 225 5th St., Spfd. FREE.

LECTURES/CLASSES Medicare Experts at Your Service, 1-3pm, Willamalane Adult Activity Center, Spfd. FREE.

LITERARY ARTS Travel writing workshop w/Midge Raymond, 6pm, downtown library, info at 682-5450. FREE.

MUSIC Stories in Motion for Kids w/Kellee Blanchard, 2pm, Bethel Branch Library, 1990 Echo Hollow Rd., info at 682-8316. FREE.

Theo's Trio, acoustic, jazz, 5pm, Cozmic. FREE.

Jitterbug Perfume, swing, 8:30pm, Cozmic. \$6.

Grant Peebles w/Phoebe Blum, John Elliott, acoustic, 9pm, Sam Bond's. \$1-\$5.

OUTDOORS/RECREATION All-Comers Track Meet, ages 13 & up, 5pm Thursdays through Aug. 2, Hayward Field, UO, www.oregontrackclub.org \$3 for 3 events. Drop-in Kayaking continues. See Thursday, July 26.

Free Yoga, mixed levels continues. See Thursday, July 26.

Prenatal Yoga continues. See Thursday, July 26.

Walk with Us continues. See Thursday, July 26.

Eugene Emeralds vs. Everett continues. See Tuesday.

SOCIAL DANCE Crossroads Blues/Fusion continues. See Thursday, July 26.

SPIRITUAL Reiki Tummo Healing Clinic, by appt., 5:30-7:30pm, 2550 Portland St., 914-0431. Don.

THEATER No Shame Eugene Theater Workshop, write, direct & act in original 5-min. pieces, 7:30-9:30pm, 174 W. Broadway. FREE.

The Silver Spur Saloon continues. See Thursday, July 26.

VOLUNTEER Care for Owen Rose Garden, bring gloves & small hand-weeding tools, instruction provided, noon-3pm, end of N. Jefferson St., 682-5025.

corvallis EVENTS

Note: Continuation dates for out-of-town events are listed under the first day of the event.

THURSDAY, JULY 26 War, 7pm, Monteith Riverpark, 489 Water Ave., Albany. FREE.

Monday, July 30 Rep. Phil Barnhart Community Meeting, 6:30pm, Sodaville City Hall, 30723 Sodaville Rd, RSVP rep.philbarnhart@state.or.us

attn: OPps

Call to theater actors/actresses for a staged reading of an original screenplay before a live audience. Must be over 18. Reply to artfotowrytr@gmail.com

Call for Musicians: The Majestic in Corvallis auditions for Rent, 7-10pm July 31 & Aug. 1, info at www.majestic.org

Applications now available for 2012 SLUG Queen Competition. Deadline to apply, Aug. 3, contest Aug. 10. www.slugqueen.com

Travel Lane County Seeks Photo Entries for 2012 Eugene, Cascades & Coast Photo Contest, info at www.EugeneCascadesCoast.org/photo-contest

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