

HEALTH Stroke & Osteoporosis Screenings, five screenings, each 50-90mins long, Campbell Senior Center, 155 High St., pre-reg. & appts. at 877-237-1287, or at life-screening.com \$149 & up.

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

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

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

OUTDOORS/RECREATION Back-to-School Recreational Swims, 3-5pm today, tomorrow & Thursday, Sept. 6, Tamarack Wellens Center, 3575 Donald St., info at 686-9290. FREE.
Practice sailing, 5:30pm-8:30pm, River House Center, 682-5329. \$40.

Disciples of Dirt: Ladies mountain bike rides, 6pm, locations vary, info at disciplesofdirt.org/forum/planned-rides

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.

Rock Climbing Basics, 7pm, REI, 306 Lawrence St., space limited to 35. FREE.

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

SPIRITUAL Inquiry into the Self w/Alan Zundel, 7-8:30pm, Tamarack Wellness Center, 3575 Donald St., info at 510-8804. Don.

VOLUNTEER Volunteer orientation, 6:30pm, WOW Hall.

5wed

Sunrise 6:41am; Sunset 7:41pm
Av High 80; Av Low 49

ART/CRAFT "Try Drawing" w/ Jennifer Bernatz, 2pm, downtown library, info & pre-reg. at 682-5318, class #101645. FREE.

FILM *A Fierce Green Fire: The Battle For a Living Planet*, exploration of the environmental movement, 6:30pm, Knight Law Center, Room 110, UO. FREE.

FOOD/DRINK Sweetwater Farm Stand, fresh farm produce, products & recipes, 4-6pm, 1243 Rainbow Dr.

Ambrosia First Wednesday wine tasting & sale, 5:30-7pm, Ambrosia Restaurant & Bar, 174 E. Broadway, info at 342-4141 or ambrosiarestaurant.com \$20.

The Corner Market continues. See Thursday, Aug. 30.

GATHERINGS 10 week Beravement Support Group, Wednesdays through Nov. 7, 3-4:30pm, South Lane Mental Health, 1245 Birch Ave., Cottage Grove, pre-reg. 767-4185. Don.

Public Hearing on Sign Permit Denial, 3pm, 99 W. 10th Ave., info at 682-5699. FREE.

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

Homeowner Assistance Meeting, 5pm-7pm, Growers' Market, 454 Willamette St. 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.

Cozmic Carnival, variety, 5pm, Cozmic. FREE.

LECTURES/CLASSES "Eugene Then & Now" w/Bob Hart, illustrated trip through Eugene's past from mid-1800s to present, 6pm, downtown library, info at 682-5450. FREE.

Bike Maintenance Basics, 7pm, REI. FREE.

MUSIC Bonnie Raitt, Mavis Staples, 7pm, Cuthbert Amphitheater, www.thecuthbert.com \$35.50/\$65.50.

Open mic, 7:30pm, Cozmic. FREE. Purple Sparrows, Forget One Thing, 9pm, Sam Bond's. \$1-\$5.

OUTDOORS/RECREATION Weight Training & Strength Yoga, 8:30am, Celebration Studio, 1840 Willamette St. \$10.

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, swimming classes for individuals with disabilities, 10am, Amazon Pool, 2600 Hilyard St. \$7.

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

UO Volleyball, 7pm, Matthew Knight Arena. \$5-\$10.

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.

Disciples of Dirt Wednesday night ride, 7:30pm, locations vary, info at disciplesofdirt.org

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.

Back-to-School Recreational Swims continue. See Tuesday.



The Wainwright Brothers play Sam Bond's Thursday, Sept. 6

SOCIAL DANCE Argentine Tango Practica, 8-10pm, Knights of Pythias Hall, 420 W. 12th Ave. \$5.

SPIRITUAL A Course in Miracles Drop-In Study Group, 10-11:45am, Unity of the Valley, 39th & Hilyard, 914-0431. FREE.

Open Heart Meditation, noon, Unity of the Valley, 39th & Hilyard, info at open-your-heart.org.uk FREE.

6thurs

Sunrise 6:42am; Sunset 7:39pm
Av High 80; Av Low 49

BENEFITS 16th Annual Tailgate Auction education fundraiser, silent & live auctions, dessert dash & visits w/Duck mascot & cheerleaders, 5-9pm, Hilton Eugene & Conference Center, 66 East 6th Ave., info at 746-1651. \$75.

"Drink & Draw" fundraiser for DIVA, 6-8pm, Ninkasi, 272 Van Buren St. Don.

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

FOOD/DRINK Wine tasting, 5-7pm, Supreme Bean Coffee Co., 2864 Willamette St. FREE.

The Corner Market continues. See Thursday, Aug. 30.

FOOD for Lane County Youth Farm stand continues. See Thursday, Aug. 30.

Park Blocks Farmer's Market continues. See Thursday, Aug. 30.

GATHERINGS Group Acupuncture Clinic, 10am-noon,

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