

CALENDAR

New Zone Gallery Holiday Gift Store continues. See Thursday, Nov. 29.

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.

Outdoors w/Obsidians, learn how to join the Obsidians and see why you should, 7-8pm, REI, 306 Lawrence St. FREE.

OUTDOORS/RECREATION Pinochle for Seniors, 9am-noon, Campbell Community Center, 155 High St. \$0.25.

Tai Chi for beginners w/Suman Barkhas, 11:30-noon, Sacred Heart Medical Center at Riverbend, 3333 Riverbend Dr., Spfd., info at 515-0462.

Nia 5 Stages, noon-1pm, Trauma Healing Project, 2222 Coburg Rd., 687-9447.

Nia Dance, 1pm-2pm, Trauma Healing Project, 2222 Coburg Rd., 687-9447.

Scrabble for Seniors, 1-3pm, Campbell Community Center, 155 High St. \$0.25.

Practice sailing, 5:30pm-8:30pm, River House Center, 682-5329. \$40.

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.

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

Double Staff, 7:30-8:30pm, Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-In, \$80 for 10 class punchcard. First class FREE.

Pool Hall continues. See Thursday, Nov. 29.

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.

WEDNESDAY

DECEMBER 5
SUNRISE 7:33AM; SUNSET 4:34PM
AVG. HIGH 47; AVG. LOW 35

BENEFITS Ninkasi Benefit for CAHOOTS, noon-9pm, Ninkasi Brewery, 272 Van Buren St.

COMEDY Brickwall Comedy Club Open Mic, 8:30pm, Brickwall Comedy Club. FREE.

FILM Good Morning Vietnam, 1pm, Willamalane Adult Center, 215 W. C St., Spfd. FREE.

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

Ambrosia's final First Wednesday Wine Tasting & Sale, Italian wines, 5:30-7pm, Ambrosia Restaurant & Bar, 174 E. Broadway Ave.

The Corner Market continues. See Thursday, Nov. 29.

GATHERINGS Free Admission Day at UO Museum of Natural & Cultural History, 11am-5pm, UO. FREE.

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.

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

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

Human Rights Day Celebration, 5:30-8pm, Atrium Building, 99 W. 10th Ave. FREE.

Public Forum: Creative Maladjustment Week next July, 5:30-7pm, MindFreedom International, 454 Willamette St., floor 2, info at 345-9106.

NAMI Connections Support Group for individuals w/mental illness, 6pm, NAMI Office, 76 Centennial Loop., Suite A, 209.

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.

Bounce w/DJ Sassy-mouff, 9pm, John Henry's. FREE.

New Zone Gallery Holiday Gift Store continues. See Thursday, Nov. 29.

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.

Sensory Storytime, stories for children w/sensory integration or other special needs w/caregivers, 1pm, downtown library, info at 682-8316. FREE.

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

LECTURES/CLASSES ASL: learn American Sign Language w/ Anne Devlin, all ages, 10am, info & location at www.signwithmebaby.org FREE.

eReaders for the Absolute Beginner, 5:30pm, downtown library, info at 682-5450. FREE.

"Beyond Wars, Conquests, Maccabees & Latkes: The Mystical & Spiritual Aspects of Chanukah," 6:30pm, Temple Beth Israel 1175 E. 29th Ave. \$10 sug. donat.

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

Chess for Seniors, 9am-noon, Campbell Community Center, 155 High St. \$0.25.

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

Aqua Nia, 10-11am, Tamarack Wellness Center, 3575 Donald St., pre-reg. at 686-9290. \$11.

Bike Riding for Adults, 10:30am, Campbell Community Center, 155 High St., info at 682-5318. FREE.

Bike Riding for Seniors, weekly in-town rides, helmets required, 10:30am, from Campbell Center, 155 High St., reg. 682-5218. FREE.

Foursome Bridge for Seniors, noon-3:30pm, Campbell Community Center, 155 High St. \$0.25.

Cribbage for Seniors, 12:30-3pm, Petersen Barn Community Center, 870 Berntzen Rd. \$0.25.

Bingo for Seniors, 1-4pm, Campbell Community Center, 155 High St. \$0.25.

Yoga & Tae Kwon Do Class, 4pm, Alchemy Lotus Healing Center, 1380 W. 17th Ave., info at 232-2042. FREE.

Yoga by Donation, mixed levels, 4:15-5:15pm, Eugene Yoga, 3575 Donald St., 520-8771. Donat.

Rock Climbing, 5-8pm, Art & Technology Academy, 1650 W. 22nd Ave., info at 682-5329. \$5.

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

Acrobatics, 7:30-8:30pm, Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-In, \$80 for 10 class punchcard. First class FREE.

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

Hoopdance Beats, 8-9pm, Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-In, \$80 for 10 class punchcard. First class FREE.

Kayak Pool Sessions, 8-9:30pm, Leghton Pool, SRC. \$4-\$6.

Poi w/Zach, 8-9pm, Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-In, \$80 for 10 class punchcard. First class FREE.


Pool Hall continues. See Thursday, Nov. 29.

SOCIAL DANCE All-Levels African Dance w/Alseny, 7-8:30pm, WOW Hall. \$12, \$10 stu.

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

Intro to Cuban Salsa Dancing: Styling & Musicality, 8pm, The Reach Center, 2520 Harris St., info at heidi@weiskel.org \$5.

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Sun., Dec. 2., 2-4 pm: Special Event, Lama Gyaltzen Teaching on:
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(\$15 suggested donation, no one turned away for lack of funds)

Tue., Dec. 4, 6-7 pm: What Makes You Not a Buddhist Book Group
saraha.org info@saraha.org  Saraha Nyingma