



PSYCHO SCREENS AT WILLAMALANE ADULT CENTER ON WEDNESDAY

Generals Hockey Game, 7:35pm, Lane Events Center, info at therinkexchange.com

SOCIAL DANCE All-Levels African Dance w/Alseny, 11am-12:30pm, WOW Hall. \$12, \$10 stu.

SPIRITUAL Buddhist Teaching by Lama Tsering Gyaltsen, 2-4pm, Saraha Nyingma Buddhist Institute, 477 E. 40th Ave., info at saraha.org \$20 sug. donat.

THEATER *Date Night at the Theatre* continues. See Thursday, Jan. 3.

VOLUNTEER Disciples of Dirt trail work weekend at Whypass, 10am-4:30pm today & tomorrow, info at disciple-sofdirt.org/content/trail-work-weekend-5

SUNDAY

JANUARY 6
SUNRISE 7:48AM; SUNSET 4:50PM
AVG. HIGH 46; AVG. LOW 34

BENEFITS InFARMation Fundraiser, 4pm, Cozmic, info at friendsoffamilyfarmers.org FREE.

FOOD/DRINK Lane County Farmers Market Holiday Market continues. See Saturday.

GATHERINGS Picc-A-Dilly Flea Market, 10am-4pm, Lane Events Center, 796 W. 13th Ave. \$1.50.

Drums of Peace, 2-4pm, old federal building, 211 E. 7th Ave. FREE.

Broadway Revue, 9pm, John Henry's. \$5.

Dance Video Flashback, '80s & '90s music videos, 9pm, Cowfish, 62 W. Broadway. FREE.

Poker Tournament, 9pm, Goodfellas, 117 South 14th St., Spfd.

EuGenius Winter Market continues. See Saturday.

HEALTH Occupy Eugene Medical Clinic, smoking cessation classes, 2-3pm, Park Blocks, 8th & Oak. FREE.

KIDS/FAMILIES Pokemon League, 1pm, Cozmic. FREE.

Family Fun: Around the World w/Skipping Stones Stories, 3pm, downtown library, info at 682-8316. FREE.

LECTURES/CLASSES Ipad for Beginners, 2:30pm, downtown library, info at 682-5450. FREE.

OUTDOORS/RECREATION GEARs: Crow via Central Rd., 38 miles, 10am Alton Baker Park, info at 342-7649.

Prenatal Yoga, 3-4:30pm, Yoga West Eugene, info at 337-8769. \$8 drop-in, \$7 stu.

Yoga by Donation, mixed levels, 4:30-5:45pm, Eugene Yoga, 3575 Donald St., 520-8771. Donat.

Emerald Valley BMX continues. See Saturday.

SOCIAL DANCE Tango Milonga, 3-5pm lessons, \$12; 5-7pm dance, \$5, Reach Center, 2520 Harris St.

Cuban Salsa, 5pm lesson, 6pm social dance, Courtsports, 2728 Pheasant Blvd., Spfd., see www.eugenecasineros.com for info. \$2 sug. don.

La Milonguita, Argentine Tango Social Dance, no partner necessary, 5-7pm, Reach Center, 2520 Harris St. \$5 dance, watch for FREE.

Veselo Folk Dancers, weekly international folk dancing, 7:15-10pm, In Shape Athletic Club, 2681 Willamette St., 683-3376. \$3.

SPIRITUAL Yoga Attunement w/Dave Curtis, all levels, 6:45-8am, Saraha Nyingma, 447 E. 40th Ave., info at yogawithdave.com or 515-3614. \$10 pre-reg., \$12 door.

Restorative Yoga, noon-1pm, Everyday People Yoga, 352 W. 12th Ave., info at epyogauegene.com Donat.

Compassion Meditation, 2-4pm, Saraha Nyingma Buddhist Institute, 477 E. 40th Ave., info at saraha.org FREE.

Relax Deeply Through Sound, 7-8:15pm, Yoga West of Eugene, 3635 Hilyard St., info at 343-7825. \$8.

Introduction to Tibetan Meditation, series passes available & drop-ins also welcome, Sundays through Feb. 10, 7:15pm-8:15pm, Just Breathe Yoga Studios, 2868 Willamette.

VOLUNTEER Disciples of Dirt trail work weekend continues. See Saturday.

Wall to Wall Winter Cycling Gear

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Urban Cycling Outfitters

New Year's Resolution...

Learn another language!

For 15+ years the UO's Yamada Language Center has offered small group instruction in the world's emerging languages to adults in the local community.

Winter term course offerings for LT 199 include:

Chinese (3 levels), Dutch, Modern Greek, Modern Hebrew, Persian/Farsi, Turkish, Vietnamese Wolof, and Lushootseed (online).

Interested?

Orientation is Jan. 10, 5:30-7:00.
2 hours per week, 9 weeks, \$125.

Yamada Language Center
Pacific Hall 121, 346-4319
<http://babel.uoregon.edu>



hear ye,
hear ye !!

LEGAL NOTICES

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Saraha Nyingma Buddhist Temple

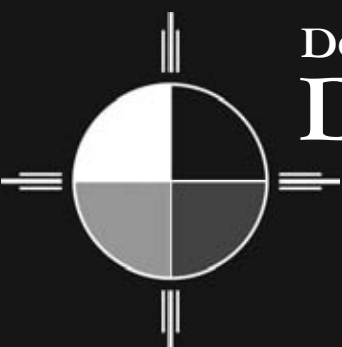


Lama Tsering Gyaltsen

Lama Tsering Gyaltsen
Teaching at Saraha Buddhist Temple
this Sat. 1/05 From 2-4:30 pm



477 E. 40th Ave., Eugene
Sat., Jan. 5, 2-4:30 pm: Special Event, Lama Gyaltsen Teaching on:
"The Seven-Line Prayer of Guru Padmasambhava"
(\$15 suggested donation, no one turned away for lack of funds)
Tue., Jan. 8, 6-7 pm: What Makes You Not a Buddhist Book Group
saraha.org info@saraha.org [f](http://facebook.com/saraha) Saraha Nyingma



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