



SATURDAY IS YOGA DAY 2013 AT WILLAMALANE ADULT CENTER

**OUTDOORS/RECREATION** Flowing Yoga, 11am-noon, Trauma Healing Project, 2222 Coburg Rd, Ste 300, 687-9447. Donat.

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.

Pool Hall continues. See Thursday, Jan. 10.

Pinochle for Seniors continues. See Friday.

**SOCIAL DANCE** Beyond Basics & Advanced Beyond Basics, 7-8pm, The Vet's Club, 1626 Willamette St.

Scottish Country Dance w/Robert & Leone, all dances taught; reels, jigs, strathspeys, 7-9pm, Studio B, 1590 Willamette St., info at 935-6051. \$15/month.

**SPIRITUAL** Open Heart Meditation, 5:30-6:30pm, 1210 W. 4th Ave., info at 914-0431. FREE.

## TUESDAY

**JANUARY 15**  
SUNRISE 7:44AM; SUNSET 5:01PM  
AVG. HIGH 47; AVG. LOW 34

**FILM** *Yankee Doodle Dandy*, 7pm, UO Baker Center, 325 E. 10th Ave.

**FOOD/DRINK** The Corner Market continues. See Thursday, Jan. 10.

Park Blocks Farmer's Market continues. See Thursday, Jan. 10.

**GATHERINGS** Police Outreach Committee, 5:30pm, Singer Room, downtown library.

Cascade Toastmasters, drop-ins welcome, 6:45-8:15am, Original Pancake House, 782

E. Broadway, call 343-3743 for info. FREE.

NAMI Connections, peer support group for people living with mental illness, 3:30-5pm, First United Methodist Church, 1376 Olive St. FREE

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

Women's Polyamory reading & discussion group, 7-8:30pm, info & location at polydisco3@gmail.com

Side Bar D&T Bingo Night, 9pm, 1680 Coburg Rd., 343-1200. FREE.

Tricycle Races, 9pm, McShanes, 86495 College View Rd. FREE.

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

Jammie Storytime, come in your pajamas to hear stories, 7pm, Springfield Library, 225 5th St., Spfd., info at 726-2243.

**LECTURES/CLASSES** Library2Go, downloadable books help session, 10:30am-noon, Springfield Library, 225 5th St., Spfd., info at 726-2237.

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

Survival Skills for Artists, 10-week course, 6-9pm, through March 12, Hult Center, info & reg. at 682-5000. \$125/10-weeks.

Master Gardener Seminar: Urban Homesteading w/Bill Bezuk, 7pm, EWEB, 500 E. 4th Ave.

**LITERARY** Windfall Reading Series: Stephanie Lenox & Sam

Roderick Roxas-Chua, 5:30pm, downtown library, info at 682-5450. 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 for Self-Healing, noon-1pm, Trauma Healing Project, 2222 Coburg Rd., 687-9447. Donat.

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

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, Jan. 10.

**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.

**VOLUNTEER** New volunteer training, 3-5pm, Museum of Natural & Cultural History, UO Campus.

## WEDNESDAY

**JANUARY 16**  
SUNRISE 7:44AM; SUNSET 5:02PM  
AVG. HIGH 47; AVG. LOW 34

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

**FILM** *North by Northwest*, 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.

The Corner Market continues. See Thursday, Jan. 10.

**GATHERINGS** "Windows on Waldorf," visit while school is in session, 8:30-10:30am, Eugene Waldorf School, 1350 McLean Blvd.

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

Teen Gaming, 3:30-5:30pm Wednesdays through March 13, Sheldon Branch Library, 1566 Coburg Rd., info at 682-8316. FREE.

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

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

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.

**KIDS/FAMILIES** Winter Break Camps, through Jan. 7, 2013, Sheldon Center, 2443 Willakenzie Rd., times vary, more info at 682-5312.

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.

Whole Earth Nature School Fox Den, Evening Family Nature Program, 5pm, Cozmic. FREE.

**LECTURES/CLASSES** ASL: learn American Sign Language w/

Anne Devlin, all ages, 10am, info & location at www.signwith-mebaby.org FREE.

Ipad For Beginners, 5:30pm, downtown library, info at 682-5450. FREE.

**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 286-0000. FREE.

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

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

Rock Climbing, 5:30-8:30pm, Art & Technology Academy, 1650 W. 22nd Ave., info at 682-5329. \$5.

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 mountain bike 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.

UO Hockey Game, 8:15pm, Lane Events Center, 796 W. 13th Ave.,

info & tix at therinkexchange.com or 225-5123.

Pool Hall continues. See Thursday, Jan. 10.

**SOCIAL DANCE** Dundun Dance w/Kerfala "Fana" Bangoura, 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.

**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.

Introduction to Kaballah w/Shmuel Shalom [Geoffrey] Cohen, 2:30pm, info & location at conscioustorah.com or 514-2571.

Halakha: the "Way to Go" w/Rabbi Jonathan Seidel, historical & theoretical introduction to Jewish law through the centuries, 7-8:30pm Wednesdays through Feb. 27, Temple Beth Israel, 1175 E. 29th Ave.

Tai Chi, 7-8:30pm, Everyday People Yoga, 352 W. 12th Ave, info at epyogaeugene.com Donat.

Qigong w/Solala Towler, 7pm, Just Breathe, 2868 Willamette St. \$11.

## THURSDAY

**JANUARY 17**  
SUNRISE 7:43AM; SUNSET 5:03PM  
AVG. HIGH 47; AVG. LOW 34

**BENEFITS** Oak Hill School Benefit & Fundraiser, 7pm, Cozmic. FREE.

**COMEDY** Brickwall Comedy Club Amateur Competition, \$500 prize, 8:30pm, Brickwall Comedy Club. \$5.

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

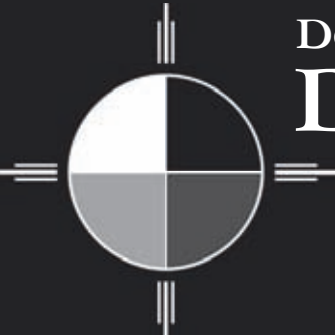
Park Blocks Farmer's Market continues. See Thursday, Jan. 10.

The Corner Market continues. See Thursday, Jan. 10.

**GATHERINGS** Group Acupuncture Clinic, 10am orientation, 10-11:30am clinic, Trauma Healing Project, 2222 Coburg Rd, Ste 300, 687-9447. Donat.

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

Women's Advisory Council for Youth, ages 12-18, 4-5pm, through March 21, Ophelia's



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*-Ralph Waldo Emerson*

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**Fri. the 11th**  
**Saved By The Bell**  
**90's Dance Night \$3**

**Sat. the 12th**  
**Fallujah**  
**w/The Entity, Jean Grey and Pantheon**  
no cover

**Wed. the 16th**  
**Soccer Babes**  
**w/ We Will Be Lions (from S.F.)**  
no cover

**Nightly Drink Specials**

77 W. Broadway  
Open Tuesday-Sunday  
Doors @ 9

**Thursdays**  
**80's night**  
**\$3**  
ladies free before 11

**First Friday**  
**BOUNCE**  
Dance Party w/ DJ SassyMouff  
**NO COVER**

**1st and 3rd Saturdays**  
**GLAM!**  
no cover before 9:30  
**\$5**

**Sundays**  
**John Henry's Broadway Review**  
Burlesque  
**\$5**  
\$3 for service industry