

CALENDAR

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 Small Business Success Seminar, 8am-4pm, Pape Building Conference Room, 355 Goodpasture Island Rd., info & reg. at 465-6600 or willamette.score.org

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

EBooks: How to Choose an eReader or Tablet, 5:30pm, downtown library, info at 682-5450. FREE.

Living on the Land Class Series, 6-9pm Wednesdays through Feb. 13, LCC Cottage Grove Center, 1275 S. River Rd., Cottage Grove, register at <http://small-farms.oregonstate.edu/south-valley/events> \$20/series.

OP Bike School, 6pm, Wednesdays through Feb. 27, OP Barn, 18th & University St. \$65/6 classes.

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.

Disciples of Dirt Wednesday night mountain bike ride, 6pm, locations vary, info at disciple-sofdirt.org

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

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.

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, Jan. 17.

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.

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.



BUILD A BIRTHDAY CAKE AT THE LIBRARY ON SUNDAY

THURSDAY

JANUARY 24
SUNRISE 7:38AM; SUNSET 5:13PM
AVG. HIGH 48; AVG. LOW 35

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.

The Corner Market continues. See Thursday, Jan. 17.

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 Place, 1577 Pearl St., Ste 100. FREE.

'80s Night, 9pm, John Henry's. \$3, females FREE before 11pm.

Doc's Pad Drag Queen Bingo continues. See Thursday, Jan. 17.

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

LECTURES/CLASSES Blogging: Next Steps, 1:30-3:30pm, downtown library, info at 682-5450. FREE.

"How Long Term Care Insurance Works" w/Kim Kelly, 5-6pm, LTC Office, 333 W. 10th Ave., RSVP at 222-9020.

Small Business Clinic: Ask the Experts, 5-7pm, downtown library, info & pre-reg. at 682-5450. FREE.

Trip Initiator Clinic, 6pm, OP Barn, 1225 E. 18th Ave. FREE.

Eugene Astronomical Society telescope workshop, 7pm, EWEB, 500 E. 4th Ave.

Science Pub: The Science Behind Vaccines, How Safe Are They? 7pm, Cozmic. \$5 donat.

"Mortality, Morality, & the Meaning of Life," w/Ira Byock, M.D., 7:30pm, Lillis Hall 282, UO Campus. FREE.

LITERARY Jose Chaves reads from his memoir "The Contract of Love," 7pm, Tsunami Books, 2585 Willamette St. FREE.

OUTDOORS/RECREATION Kundalini Yoga Mixed Levels w/Siri Kirin [Kathe Forrest], 5pm, address & info at 512-934-1725 or 255-3372. Donat.

Contact Juggling, 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.

Amazon Community Center

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Eugene
Sun., Jan 20th - 3pm
Eugene Public Library
~ Singer Rm ~
100 W 10th Ave.

1-877-MEDITATE
(Talk given by a local speaker)

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