



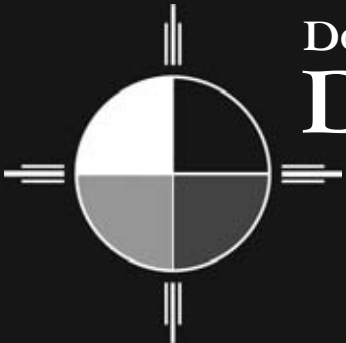
Amazon Community Center

Offering a variety of fun classes and activities for all ages, including:

- Painting & Drawing
- Trips for Adults
- Dance
- Fitness
- Ceramics
- and Much More



Amazon Community Center • 2700 Hilyard • 541-682-5373
www.eugene-or.gov/recenroll



DONALD DEXTER JR DMD LLC DENTISTRY

"The first wealth is health."
-Ralph Waldo Emerson

Invest in your health, the returns are abundant.

2233 WILLAMETTE ST, BLDG B • 541-485-6644
www.drddexter.com

Dance for a Reason

A Benefit for ELAW

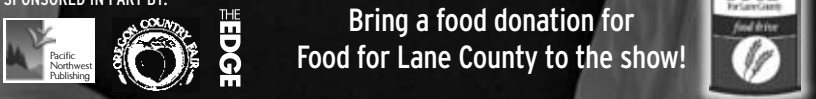


Friday, Jan. 25th

Hult Center | Silva Concert Hall | 7:30 pm
Tickets \$17.50 | \$20 Day of show
www.hultcenter.org | 541.682.500
PRODUCED BY Geni Morrow | danceforareason.com

EDGE Swannies | Musical Feet Tap Dance Co. | Eugene Youth Ballet | Kings Krew
Eugene Bhangra | Dance Factory | DTO | Dale Tumbao | Kindred Tribal Belly Dance
UO Department of Dance | In Shape Shifters | All That! Dance Company | Won Tan Nara
Lane Dance Program | HeartDance Company | BOUNCE/Circus Arts Academy | Work Dance Co.
The Crazy Diamonds Hoop Troupe | The EDGE

SPONSORED IN PART BY:



Bring a food donation for Food for Lane County to the show!

CALENDAR



RED TAILS SCREENS AT PETERSEN BARN ON TUESDAY

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

USA Dance: Tea Dance, 3-5pm, Veterans' Memorial Club, 1626 Willamette St. \$5, \$3 mem., stu.

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.

Spiritual Path Support Group, share your spiritual path & the wisdom you have gained from its teachings, 10am, info & location at 706-371-2112. FREE.

Vinyasa Mixed Levels Yoga, 10:30-11:30am, Everyday People Yoga, 352 W. 12th Ave., info at epyogaeugene.com Donat.

You are invited to Of One Mother Church of Love & Wisdom, 10:30am, directions at 285-4102.

Meditation, 5-6:15pm, Everyday People Yoga, 352 W. 12th Ave., info at epyogaeugene.com Donat.

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.

THEATER 25th Annual Putnam County Spelling Bee continues. See Friday.

MONDAY

JANUARY 28
SUNRISE 7:34AM; SUNSET 5:18PM
AVG. HIGH 49; AVG. LOW 35

FILM Movie Night, 9pm, The City. FREE.

GATHERINGS Eugene Lunch Bunch Toastmasters, noon, Room 316, 101 W. 10th Ave., info at 341-1690.

Anime Club, ages 12-18, 4-5:30pm, Ophelia's Place, 1577 Pearl St. FREE.

Women in Black Standing for Peace, silent vigil, 5-5:30pm, across the street from old federal building, 7th & Pearl St., info at 343-0063. FREE.

Inquiry Group for the work of Byron Katie, identify & investigate stressful thoughts, info & location at 686-3223. FREE.

Depression & Bipolar Support Alliance, peer support group for people w/mood disorders, 7-8:30pm, First United Methodist Church, 1376 Olive St.

Evolve-Talk-Listen! A facilitated weekly salon for meaningful sharing, practice "compassionate nonviolent communication" to resolve difficult situations, 7-9pm, info & location at 484-7366. \$7-\$20 donat.

Jameson's Trivia Night, 7-9pm, 115 W. Broadway.

Marijuana Anonymous, 12-step meeting, 7-8pm, St. Mary's Church, 166 E. 13th Ave.

Poetry Open Mic, 7pm, Granary Pizza, 259 East 5th Ave. FREE.

Bingo, 9pm, Sam Bond's. FREE.

Quizzo Pub Trivia w/Dr. Seven Phoenix, 9pm, Cornucopia Bar & Burgers, 295 W. 5th Ave.

Game Night, 9pm, Cowfish, 62 W. Broadway. FREE.

LECTURES/CLASSES "The Power of Clarity," sample seminar by Universal Insight, 9-11am, Market of Choice, 29th & Willamette St. FREE.

African Drum Class w/Alsensy Yansane, 5:30-7pm, WOW Hall. \$12, \$10 stu.

"Zionism & Israel," 7pm, Temple Beth Israel, 1175 E. 29th Ave., pre-reg. at tbieugene.org \$20 mem./three session course, \$36/three session course.

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. 24.

Pinocle 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.

West Coast Swing, 7pm lessons, 8-10:30pm dance, The Vet's Club, 1626 Willamette St., info at 68swing.com \$6, \$4 stu., mem.

SPIRITUAL Late Morning Health & Wellness Qigong, 10:30-11:30am, United Methodist Church, 1386 Olive St., info at transformationarts.org \$5 donat.

Open Heart Meditation, 5:30-6:30pm, 1340 W. 17th Ave., info at 914-0431. FREE.

TUESDAY

JANUARY 29
SUNRISE 7:33AM; SUNSET 5:19PM
AVG. HIGH 49; AVG. LOW 35

FILM Movie Matinee for Seniors: *Red Tails*, 1-3:30pm, Petersen Barn Community Center, 870 Berntzen Rd. \$1.

Random Harvest, 7pm, UO Baker Center, 325 E. 10th Ave.

FOOD/DRINK The Corner Market continues. See Thursday, Jan. 24.

Park Blocks Farmer's Market continues. See Thursday, Jan. 24.

GATHERINGS Cascade Toastmasters, drop-ins welcome, 6:45-8:15am, Original Pancake House, 782 E. Broadway, call 343-3743 for info. FREE.

WellMama support group for pregnant & new mamas experiencing mood disorders, 10:30am-noon, Parenting Now! 86 Centennial Loop, info at 800-896-0410. FREE.

Opal Network Quarterly Meeting: Violence, Fear, & the "Mentally Ill," a public discussion about solutions, 2pm, downtown library. FREE

Preview of Ben ski/snowshoe trip, 3pm, Campbell Community Center, 155 High St., info & pre-

PRO HEALTH FAMILY MEDICINE

Office visits starting at \$99
Same Day Appointments

Justin Montoya, MD

1410 Oak St, Ste 102 in the Keiper Spine building
541-228-3270 • www.prohealthfamilymedicine.com

