



**LEARN PET FIRST AID & CPR  
AT GREENHILL HUMANE  
SOCIETY ON SATURDAY**

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

Public Meeting: "The latest on local fish & tips for landowners," 5:45-7:30pm, Monroe High School Commons, info at 338-7060. FREE.

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

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.

Parent Child Workshop: Raising Happy Readers, ages 0-5 w/ supervisor, 10:30am, Springfield Library, 225 5th St., Spfd., pre-reg.

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

Herman D'Hooge speaks on "Smart Cities," 6pm, 177 Lawrence Hall, UO Campus. FREE.

Natural Healthcare for Older Adults, 6pm, downtown library, info at 682-5450. FREE.

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

**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.

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

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. 24.

**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

**JANUARY 30**  
SUNRISE 7:32AM; SUNSET 5:21PM  
AVG. HIGH 49; AVG. LOW 35

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

**FILM** *Bi the Way*, 7-9pm, Willamette Hall 100, UO Campus. FREE.

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

The Corner Market continues. See Thursday, Jan. 24.

**GATHERINGS** 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.

Oregon Wild Wednesday, 6-8pm, Eugene City Brewery, 844 Olive St.

Trivia Night, 7pm, Sharkeys Pub & Grill, 4221 Main St., Spfd.

Trivia at Supreme Bean, 7pm, 16 Tons Supreme Bean, 29th & Willamette. FREE.

Panel Discussion: "What We Can Do About Our Crowded Classrooms," 7:30-9pm, South Eugene High School, 19th & Patterson St. FREE.

Bingo Night, 8pm, Rogue Public House, 844 Olive St. FREE.

**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.

Storytime w/the Slug Queen, 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.signwithmebaby.org](http://www.signwithmebaby.org) 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 [\\$20/series](http://small-farms.oregonstate.edu/south-valley/events).

What Augustine Didn't Confess: A Public Lecture by Jim O'Donnell, 7pm, 123 Global Scholars Hall, UO Campus. FREE.

### OUTDOORS/RECREATION

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

Accessible Acqatics, 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.

Yoga by Donation, mixed levels, 12:15-1:15pm, Eugene Yoga, 3575 Donald St., 520-8771. Donat.

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

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

Yoga & Tae Kwon Do Class, 4pm, Alchemy Lotus Healing Center, 1380 W. 17th Ave., info at 286-0000. FREE.

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.

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

Disciples of Dirt Wednesday night mountain bike ride, 6pm & 7:30pm, locations vary, info at [disciplesofdirt.org](http://disciplesofdirt.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.

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.

Kayak Pool Sessions, 8:30-10pm, Leghton Pool, SRC. \$4-\$6. Pool Hall continues. See Thursday, Jan. 24.

**SOCIAL DANCE** 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 [heidil@weiskel.org](mailto:heidil@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](http://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](http://epyogaeugene.com) Donat.

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

## THURSDAY

**JANUARY 31**  
SUNRISE 7:31AM; SUNSET 5:22PM  
AVG. HIGH 49; 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. 24.

**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., [\\$12 lunch](http://wkly.ws/159).

Teen Book Group, 4pm, downtown library, info at 682-8316, pre-reg. FREE.

Tween Scene Book Group, 4pm, downtown library, info at 682-8316, pre-reg. FREE.

Mother Nurture support group, 6:30-8:30pm, 454 Willamette St., rm. 207, info at 852-6866. FREE.

Trivia Night, 7pm, Sixth Street Grill, 55 W. 6th Ave. FREE.

Doc's Pad Drag Queen Bingo w/ DJ Fallon Love, 8pm today & Thursday, Jan. 31, Doc's Pad, 710 Willamette St. FREE.

Zodiac Gatherings: Age of Aquarius, 8:30pm, The Green Room, 710 Willamette St. FREE.

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

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

**LECTURES/CLASSES** "Overcoming Worry, Frustration, Fear & Stress," sample seminar by Universal Insight, 2-4pm, Market of Choice, 29th & Willamette St. FREE.

"Rape: Race, Power & Politics in Early America," 3pm, Knight Library Browsing Room, UO Campus. FREE.

"Medicare Made Easy for those new to Medicare" w/Kim Kelly, 5-6pm, LTCA 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.

"I Don't Want to Be a Burden: Long-Term Care Planning," 6pm, downtown library, info at 682-5450. FREE.

Mark Hackett lectures on the fight against genocide, 6:30pm, Knight Library, UO Campus. FREE.

**LITERARY** Poetry readings by Sara Burant & Tim Whitsel, 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.

Contact Staff w/Brandon, 7:45-8:45pm, Academy of Artistic Gymnastics, 1205 Oak Patch Rd., 344-2002. \$10 Drop-In, \$80 for 10 class punchcard. First class FREE.



*When Pets are Family.*

**ANIMAL HEALTH ASSOCIATES**

2835 Willamette St.  
541-345-1544  
[www.animalhealthassociates.org](http://www.animalhealthassociates.org)

**Sheila Johnson, DVM**  
**Judy Schroeder, DVM**

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**TUITION:**  
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**HEALTH CARE FOR ALL OREGON RALLY IN SALEM**

**Monday, Feb. 4th, 10:30 to 3:00**  
Buses leave Eugene @ 8:30 am  
**Contact [patbitner@gmail.com](mailto:patbitner@gmail.com)**  
More info: HCAO.org  
**GET ON THE BUS!**