



HAPPILY EVER AFTER ... MAYBE! CONTINUES AT RED CANE THEATRE

Sensory Storytime, stories for children w/sensory integration or other special needs w/care-givers, 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 FREE.

Class for women recently widowed or seeking information about divorce, noon-1pm, Community Mediation Services, 93 Van Buren St., info at 2ndsaturdayeugene.org or 239-3504. \$25/4 classes.

Seminar: Jake Heggie, composer & pianist, speaks, noon, Collier House, UO Campus. FREE.

"So You're Going on Medicare," 1:30-3pm, Campbell Community Center, 155 High St., info at 682-5318. FREE.

"D.B. Cooper & the Exploding Whale: Folk Heroes of the NW" w/ William L. Sullivan, 7pm, Knight Library, UO Campus. FREE.

OUTDOORS/RECREATION 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.

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 & 7:30pm, locations vary, info at 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.

Pinball Tournament, 21+, 8pm, Blairally Vintage Arcade, 245 Blair Blvd., info at 335-9742.

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, March 7.

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 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 Jew-

ish 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

MARCH 14
SUNRISE 7:26AM; SUNSET 7:18PM
AVG. HIGH 56; AVG. LOW 37

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

The Corner Market continues. See Thursday, March 7.

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.

Board Game Night, new players welcome, 6-11pm, Funagain Games, 1280 Willamette St., info at 654-4205. FREE.

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

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

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

Side Bar Trivia Night, 9pm, 1680 Coburg Rd., 343-1200. FREE.

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

Music & Story Time, 3pm, The Dancing Weasel Toy Store, 30 E. 17th Ave. FREE.

LECTURES/CLASSES Master Class: Jake Heggie, composer & pianist, reflects on the music of "Dead Man Walking," noon, Collier House, UO Campus. FREE.

Saraha Nyingma Buddhist Temple



Lama Tsering Gyaltsen
Teaching at Saraha Buddhist Temple
this Sat. 3/09 From 2-4:30 pm



477 E. 40th Ave., Eugene
Lama Tsering Gyaltsen
Sat., Mar. 9, 2-4:30 pm: Special Event, Lama Gyaltsen Teaching on:
"The Bardos : Life, Death + the Four Other Intermediate States"
(\$20 suggested donation for this event, no one turned away for lack of funds)
+ Sun. 2-4 Chenrezig & Mon. 7-8:30 pm Buddha Puja Meditation
saraha.org info@saraha.org Saraha Nyingma

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How The World Began

by Catherine Trieschmann
March 8 - 24

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